

I.A.W.A. Gold Cup 2023 Information Sheet

4th November 2023

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Venue: MetamorFIT, Unit 5F Southbourne Business Park, Courtlands Road, Eastbourne, BN22 8UY. England

Lunch & Local Facilities: Local shops/restaurants/fast food outlets will require a short drive if you plan to leave the venue for refreshments.

Tea & Coffee and light refreshments will be provided and the gym shop will be open.

Google Map Showing Venue:

<https://www.google.co.uk/maps/place/MetamorFIT/@50.780638,0.286577,15z/data=!4m5!3m4!1s0x0:0xae9ff4150dbd21cd!8m2!3d50.780638!4d0.286577>

Driveway to Southbourne Business Park is opposite ESK Car-Park (next to Charter House)

The gym is within easy reach of the town centre. If you are travelling by train, taxis are easy to find just outside the station. Buses run a regular service from the town centre stopping in Ringwood Road (approx. 2-3 minute walk to gym) There should be plenty of space to park but you may be asked to move if our neighbours require access to their businesses.

Hotels:

Being a Seaside Tourist Town there is a great selection of Hotels to choose from. For best rates I would suggest websites such as [booking.com](https://www.booking.com), there are central and out of town options for accommodation such as Premier Inn and Travelodge. The View Hotel (Banquet Venue) are offering preferential room rates for people attending the banquet of 15% off the best available rate (full prepayment) contact reservations on 01323 433904 or 'Kendra' (events management) on 01323 433903.

Banquet Venue:

The Horizon Suite, The View Hotel, Grand Parade, Eastbourne, BN21 4DN. Arrive 7pm for 7.30pm dinner. We have the room until midnight and is in close proximity to the town centre.

The meal will consist of 3 courses. Your menu choices will be required before the event, details will be sent out nearer the time. Drinks from the bar.