I.A.W.A. Gold Cup 2026 Information Sheet
Saturday 7th November 2026

Promoter: **Paul Barette**
Email: iawa@metamorfit.co.uk
Tel: +44(0)7710 659744

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

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) We will arrange with neighbouring businesses for additional parking 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, there are central and out of town options for accommodation such as Premier Inn and Travelodge.

Facilities: We will be providing basic refreshments (tea/coffee) and snacks to purchase like protein bars. Please bring lunch. Local shops are a short drive of no more than a couple of minutes.

Travel: The nearest train station is Eastbourne.
Buses are operated by 'Stagecoach'.
The area is well serviced by local taxi services.

Accommodation: For in-town accommodation and tourist hotels please visit the local tourist information: https://www.visiteastbourne.com/accommodation

Banquet Information & Awards Presentations:

Saturday 7th November (arrive 7pm for 7.30pm dinner)

The Royal Sovereign Suite
Sovereign Harbour Yacht Club
3 Harbour Quay
Eastbourne
BN23 5QF

Parking – Free Parking available at the Waterfront Carpark – Post Code: BN23 5QB
Venue 'What 3 Words Precise Location' ///gifted.scarcely.stage
https://w3w.co/gifted.scarcely.stage
Parking 'What 3 Words Precise Location' ///card.chip.danger https://w3w.co/card.chip.danger
Parking Google Maps Location: https://maps.app.goo.gl/SBn3s3ZSzSRGxMCf9

Cost: £40

Menu:

A Three-course meal, with a bar open for purchasing drinks.
Menu options will be required by the closing date and will be shared soon.
Any dietary requirement not catered for, please contact the promoter for further information.
If required a children's menu can also be made available.