IAWA Gold Cup 2026

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

Date: **7th November 2026**

Entry Fee: **£40.00**

Weightlifting Timetable:

Weigh In: 9am to 10am Weightlifting Starts: 11am

Silver Cup entries (for those not holding a World Record) will lift first followed by Gold Cup

CLOSING DATE FOR ENTRIES: Saturday 10th October 2026

Required Information:

Name: ……

Address: ……

Date of Birth: ……

Age Group: ……

Weight Category: …… T-Shirt Size: ……

1st Choice Lift: ……IAWA Lift Ref No……

2nd Choice Lift: …… IAWA Lift Ref No……

Home Phone Number: ……

Mobile: ……

E-mail: ……

Signed:……

Banquet & Awards Ceremony

£40.00 per head (Three Courses. Menu choices will be required in advance) arrive 7pm for 7.30pm dinner.
Venue: Sovereign Harbour Yacht Club, Harbour Quay, Eastbourne BN23 5QF
Tel: 44 (0) 1323 470888

Number for meal: …… Total fee: ……

Further Information: Contact promoter Paul Barette - email for all enquiries: iawa@metamorfit.co.uk,
Tel: +44 (0) 7710 659744
Bank Transfers to: Acc. Name – Paul Barette Sort Code 52-41-00 Acc. Number 47895098
Cheques to be Made Payable to: Paul Barette / PayPal entries to paul@metamorfit.co.uk
(to avoid PayPal charges please ensure you use the pay friend/relative option)
Send forms to: MetamorFIT, 5F Southbourne Bus Park. Courtlands Rd. Eastbourne BN22 8UY