

**FRIDAY 22<sup>ND</sup> - MONDAY 25<sup>TH</sup> JULY**

# SUNRISE COAST WEEKENDER

**PROGRAMME**



**PAKEFIELD HOLIDAY PARK  
LONDON ROAD, KESSINGLAND,  
LOWESTOFT, SUFFOLK NR33 7PF**





# WELCOME TO THE SUNRISE COAST FESTIVAL

The world has been a strange place for the last few years, with hitherto unknown words & phrases becoming part of the everyday language.

From Brexit, to COVID, to Black Lives Matter, to wars in Europe to Cost of Living crunch. Strange times indeed !

It's why we are particularly pleased to add the following term Sunrise Coast Weekender! to the dictionary.

Now in its sophomore year the Weekender that brings all the elements of all of the best Weekenders is now here again !

40 djs hailing from places as musically diverse as Brixton, Hackney, Romford & Birmingham playing the best in Classic Reggae, Revival, Lovers Rock & Soul, Rare Groove & timeless anthems.

Fun parties with our Pyjama & Black Tie theme nights

Beach parties on Saturday & Sunday, where you can sip on a cocktail & imagine you're somewhere abroad!

Late night blues parties, taking you back in time to when your back could deal with the turbulence!

Keep fit classes every day courtesy of the excellent Caribbean Mixx team featuring some of the most celebrated names in the Keep fit arena.

All of this with like minded people who are gathered for one thing. Good times!

Of course it takes many ingredients to make a cake like this:

So thanks goes out to Beverley Allen the Lady behind the scenes who makes the chalet bookings work;

to Desmond Velinor & team who organises the coach travel that many of you use,

to Martyn Wynter (Shoe Doctor) & Partyace the guys responsible for processing your tickets, to the staff at Pakefield who go out of their way to make all our stay as pleasant as possible, to the security who work to keep us safe.

Lastly to the really important people **YOURSELVES !!!! THANKYOU**

From Orlando & Mark

Ps Always remember we are here for you, if there is a problem gives us the time & we will do our best to solve it. If we can't it's not because we didn't want to! X





# Welcome to

# SUNRISE COAST

## WEEKENDER FESTIVAL

### MEAL TIMES

Friday

Dinner 7pm - 9pm

Saturday

Beakfast 10am - 11.30am

Dinner 7pm - 8.30pm

Sunday

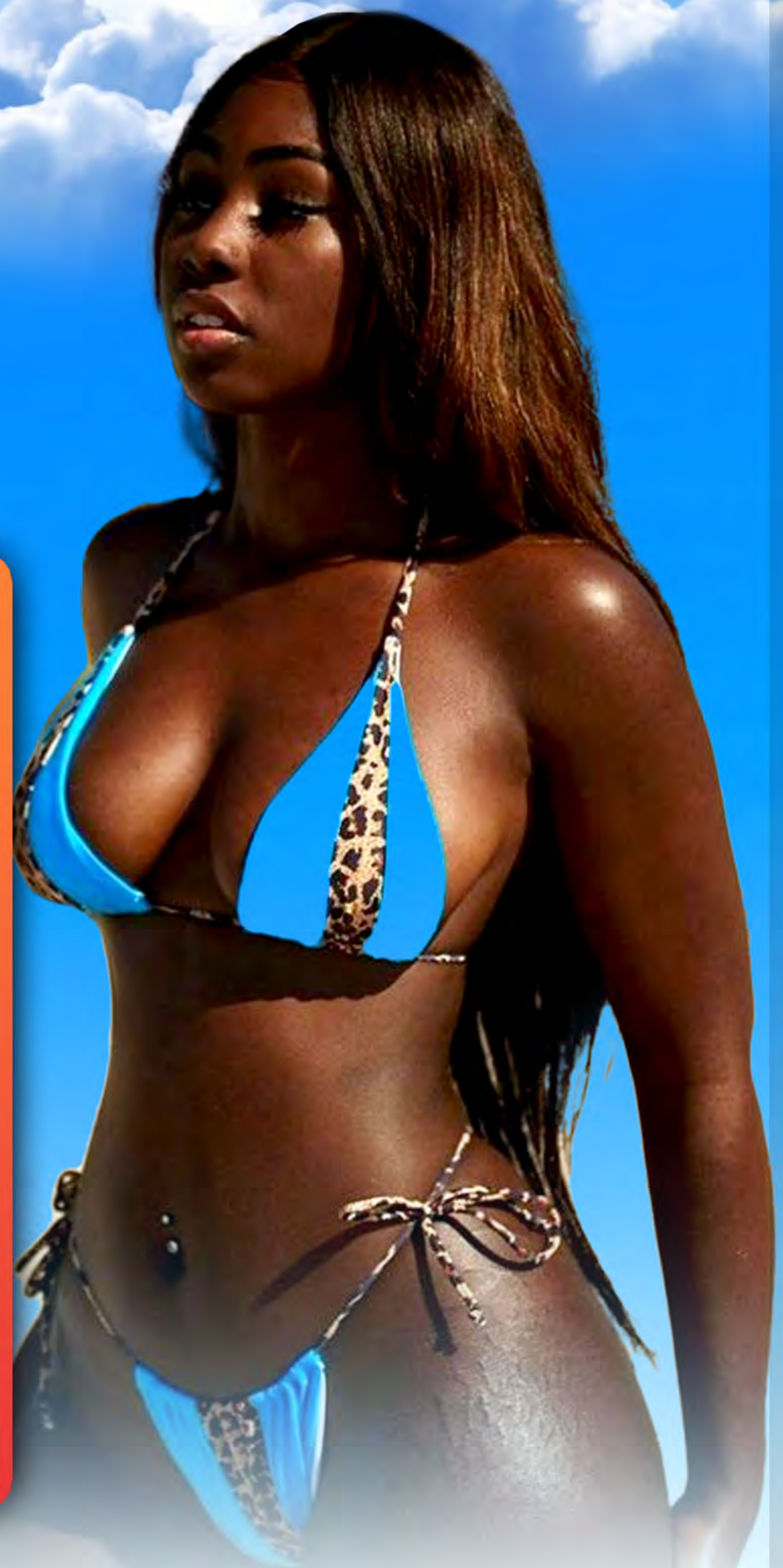
Beakfast 10am - 11.30am

Dinner 7pm - 8.30pm

Monday

8am - 9.30am

Checkout: Monday 25th July 2022 at 10am







In association with

# CARIBBEAN MIXX

HEALTH FITNESS DANCE

23rd July 2022

## SATURDAY CLASSES

**GAMES ROOM**

**PRINCES BAR**

**QUEEN VICTORIA BAR**

**CONFERENCE ROOM ONE**

8:00am - 8:45am  
**TEAM WAKE UP & STRETCH**  
ALL INSTRUCTORS

10:00am - 12:00pm  
**SATURDAY & SUNDAY BREAKFAST IN THE FOOD HALL**

9:00am - 9:45am  
**AFRO - BEATS**  
Nora Soutter

9:00am - 9:45am  
**MOBILISE YOUR SPINE**  
Helen Pybus

10:00am - 10:45am  
**REGGAE SALSA**  
Weininger Irwin  
Award Winning DJ Mouly Gae

10:00am - 10:45am  
**YOGA YOGA**  
YOGA  
Dianne Reilly

11:00am - 11:45am  
**SOCA COMBO**  
Janice Francis  
Irwin

11:00am - 11:45am  
**PERFECT POSTURE**  
Andrea Stewart

12:00pm - 12:45pm  
**DANCEHALL**  
Sylvia Johnstone

12:00pm - 12:45pm  
**PULSEROLL**  
Helen Pybus

1:00pm - 1:45pm  
**SOCA FETE**  
Dave McQueen

1:00pm - 1:45pm  
**FUNKY SALSA**  
Fonti

2:00pm - 2:45pm  
**RAGGA BALLS**  
Winston Squire

2:00pm - 2:45pm  
**FANTASTIC FORM**  
Andrea Stewart

3:00pm - 3:45pm  
**SOCA TONE**  
AnDrea

3:00pm - 3:45pm  
**PULSEROLL**  
Helen Pybus

4:00pm - 5:45pm  
**Free Practice**  
Various Instructors  
& DJ Hughie



AGELESS TEENAGERS



COOL ROWINGS

22nd July 2022  
**FRIDAY**

7:00pm **WELCOME LINE DANCE PRINCES BAR**  
Best Line Dance Group/Pose wins t-shirt prizes  
Meet ALL SUPPORT STAFF & PRESENTERS  
8:00pm **DINNER IN FOOD HALL**

PIROUETTE GREEN available for park games  
Check out the Swimming Pool and Sauna onsite!

## GAMES ROOM

**CARIBBEAN FITNESS ZONE**  
MUSIC GENRE: Soca, Ragga, Afrobeats, Soukous, Dancehall  
Lovers Rock, Dub, Roots + more

## PRINCES BAR

**SOUL FITNESS ZONE**  
MUSIC GENRE: RnB, Garage  
Rare Groove, Soulful House  
Jungle, Disco + more

## QUEEN VICTORIA BAR

**LATIN DANCE ZONE**  
MUSIC GENRE: Salsa, Merengue  
Bachata, + more

## CONFERENCE ROOM ONE

## MIND BODY SOUL ZONE

MUSIC GENRE: Easy Listening  
Smooth sounds, Mellow grooves  
Tranquil vibe + more

25th July 2022

## MONDAY

7:30am - 10:00am  
**BREAKFAST** Farewell to friends Old & New!

**CHECKOUT BY 10:00am**  
Wishing you a safe journey home



In association with

# CARIBBEAN MIXX

HEALTH FITNESS DANCE

24th July 2022

## SUNDAY CLASSES

**GAMES ROOM**

**PRINCES BAR**

**QUEEN VICTORIA BAR**

**CONFERENCE ROOM ONE**

9:00am - 9:45am  
**RAGGA BALLS**  
Winston Squire

9:00am - 9:45am  
**COOL ROWINGS**  
Weininger Irwin

9:00am - 9:45am  
**GOSPEL STRETCH**  
Dianne Reilly

10:00am - 10:45am  
**SOCA PARTY**  
AnDrea

10:00am - 10:45am  
**RIP BOOTCAMP**  
Dave McQueen

10:00am - 10:45am  
**PILATES WITH MINDFULNESS & MEDITATION**  
Helen Pybus

11:00am - 11:45am  
**RASTACISE**  
Weininger Irwin

11:00am - 11:45am  
**UFD Zumba**  
Bob & Adele

11:00am - 11:45am  
**PERFECT POSTURE**  
Andrea Stewart

12:00pm - 12:45pm  
**ZIMBAWE AZONTO**  
Nora Soutter

12:00pm - 12:45pm  
**STREET DANCE DIVA**  
Pauline Thomas  
Bennett

12:00pm - 12:45pm  
**PULSEROLL**  
Helen Pybus

1:00pm - 1:45pm  
**RAGGATON**  
Robert Sharpe

1:00pm - 1:45pm  
**ABS & STRETCH**  
Janice Francis  
Irwin

1:00pm - 1:45pm  
**SOULFUL STRETCH**  
Diane Reilly

2:00pm - 2:45pm  
**F.I.T JAM SOCA**  
Faye Edwards

2:00pm - 2:45pm  
**F.A. Bulous**  
Garage Jam  
Fitzroy Gaines

2:00pm - 2:45pm  
**FANTASTIC FORM**  
Andrea Stewart

3:00pm - 3:45pm  
**DANCEHALL 2**  
Sylvia Johnstone  
Award Winning DJ Mouly Gae

3:00pm - 3:45pm  
**K.I.C.K IT!**  
Ross Mathieu

3:00pm - 3:45pm  
**PULSEROLL**  
Helen Pybus

4:00pm - 4:45pm  
**RAGGA V SOCA**  
Represent with a  
Headress or flag!

4:00pm - 4:45pm  
**FREE PRACTICE**  
Various Instructors  
& DJ Hughie



THE RAGGA V SOCA CONTINUES SO WEAR YOUR CARNIVAL HEAD DRESS WAVE  
YOUR FLAGS AND LET'S GO TO THE BEACH WITH ALL THE CARIBBEAN MIXX PRESENTERS

## CARNIVAL PROCESSION TO THE BEACH

4:45pm - 5:30pm

CLASSES SUBJECT TO CHANGE

www.caribbeanmixx.co



**SATURDAY NIGHT  
FROM 8PM**

**PYJAMAS PARTY**



**Saturday 23rd July 2022**  
Pakefield Holiday Village  
Lowestoft Suffolk

PYJAMAS, BAGGY, TIGHT,  
COTTON, SILK, THICK OR SEE THROUGH  
THE CHOICE IS VARIED & THE CHOICE IS YOURS!

**SUNDAY NIGHT  
FROM 8PM**



**BLACK TIE &  
EVENING DRESS**

**Concert & Cabaret Night**  
**Sunday 24th July 2022**  
Pakefield Holiday Village  
Lowestoft Suffolk  
FORMAL ATTIRE / FROM 8PM

The Bring Your Own Drinks  
Summer Beach Party

*Lifes a  
Beach*

**SATURDAY 23RD JULY 2022 SUNDAY 24TH**

TAKING PLACE AS PART OF  
THE SUNRISE COAST WEEKENDER FEST  
PAKEFIELD HOLIDAY VILLAGE, LOWESTOFT, S

**ARP** ANOTHEERRIGHTPRODUCITON.CO.UK

**SATURDAY 23RD JULY 2022 SUNDAY 24TH**

**LEAVING FRIDAY MORNING 22ND JULY 2022**  
**RETURNING MONDAY MORNING 25TH JULY 2022**  
PICK UP POINTS BEHIND TOTTENHAM LEISURE CENTRE  
CLYDE ROAD, TOTTENHAM DEPARTING AT 11:00AM

BASIC CHALET COST £250.00 PP  
PLUS BOOKING FEE  
BASED ON TWO PERSONS SHARING.  
RETURN COACH COST £40.00 PP

SPLIT PAYMENT OPTION AVAILABLE.

£150 DEPOSIT SECURES YOUR  
ROOM AND COACH SEAT.

£165 FINAL PAYMENT INCLUDING  
BOOKING FEE COMPLETES  
YOUR BOOKING.  
PAYABLE BY:  
FRIDAY 8TH JULY 2022

**ONLY OPEN TO ATTENDEES OF  
THE SUNRISE COAST WEEKENDER**  
Absolutely no outsiders allowed on the campus and beach

MUSIC:  
NEW ATTRACTION  
+ A HOST OF  
DJS PERFORMING

**JAMAICA**  
Re-igniting a Nation for Greatness

*Lifes a  
Beach*

**ARP** ANOTHEERRIGHTPRODUCITON.CO.UK

DESIGNED BY  
dGdeizgnz  
.COM





## **REGGAE ROOM PRINCESS BAR 9PM - 3AM (FRIDAY NIGHT)**

6.00 PM - 09.00 PM SIR BREENA SOUND  
9.00 PM - 09.45 PM MR B  
9.45 PM - 10.30 PM DJ CHRISTOS & MARTIN WYNTER  
10.30 PM - 11.15 PM ROY MEDALLION  
11.15 PM - 12.00 AM DADDY TURBO  
12.00 AM - 12.45 AM COUNTRYMAN  
12.45 AM - 01.30 AM PD COOLIE  
01.30 AM - 02.15 AM ALLAN BRANDO  
02.15 AM - 03.00 AM CULTURE BEATS

## **SOUL ROOM QUEEN VIC BAR 9PM - 3AM (FRIDAY NIGHT)**

9PM - 10PM GAYLE DUMONT  
10PM - 1PM PETE PRECISE  
11PM - 12AM STRETCH TAYLOR  
12AM - 1AM SCOTT JAMES  
1AM - 2AM CHRIS ALEXANDER  
2AM - 3AM WAYNE ENYAW

## **REGGAE ROOM PRINCESS BAR 9PM - 3AM (SATURDAY NIGHT)**

9.00 PM - 09.45 PM. LITTLE ANDY (GEMI MAGIC)  
9.45 PM - 10.30 PM. COMMANDER B  
10.30 PM - 11.15 PM. CULTURE BEATS  
11.15 PM - 12.00 AM. DADDY ERNIE  
12.00 AM - 12.45 AM SAXON SOUND  
12.45 AM - 01.30 AM FATMAN SOUND  
01.30 AM - 02.15 AM. COUNTRYMAN  
02.15 AM - 03.00 AM PD COOLIE

## **SOUL ROOM QUEEN VIC BAR 9PM - 3AM (SATURDAY NIGHT)**

9PM - 10PM MARK COLLINS  
10PM - 11PM STRETCH TAYLOR  
11PM - 12AM CHRIS ALEXANDER  
12AM - 1AM WAYNE ENYAW  
1AM - 2AM PETE PRECISE  
2AM - 3AM CALVIN FRANCIS





## **PARTY ROOM SEA VIEW BAR 2AM - 9AM (FRIDAY NIGHT)**

02.00 AM - 02.45 AM DJ PICO  
02.45 AM - 03.30 AM MR B  
03.30 AM - 04.15 AM JUNE FURLONG  
04.15 AM - 05.00 AM DJ KATHY  
05.45 AM - 06.30 AM SAXON SOUND  
06.30 AM - 07.15 AM ROY MEDALION  
07.15 AM - 08.00 AM LADY TLC  
08.00 AM - 08.30 AM DJ RATTY  
08.30 AM - 09.00 AM COMPANY SOUL SOUND

## **PARTY ROOM SEA VIEW BAR 2AM - 9AM (SATURDAY NIGHT)**

02.00 AM - 02.45 AM SANTIC ROMANTIC  
02.45 AM - 03.30 AM SPECIAL TOUCH  
03.30 AM - 04.15 AM 5TH AVENUE  
04.15 AM - 05.00 AM FATMAN SOUND  
05.45 AM - 06.30 AM COMPANY SOUL SOUND  
06.30 AM - 07.15 AM DJ RATTY  
07.15 AM - 08.00 AM NEW ATTRACTION  
08.00 AM - 08.30 AM AMERICAN EXPRESS  
08.30 AM - 09.00 AM DJ KATHY

## **CONNOISSEUR ROOM SEA VIEW BAR 12PM - 6PM (SATURDAY)**

12.00 PM - 01.00 PM DJ PICO  
01.00 PM - 02.00 PM PD COOLIE  
02.00 PM - 03.00 PM NATTY B  
03.00 PM - 04.00 PM COUNTRYMAN  
04.00 PM - 05.00 PM JUNE FURLONG  
05.00 PM - 06.00 PM CALVIN FRANCIS

## **CONNOISSEUR ROOM SEA VIEW BAR 12PM - 6PM (SUNDAY)**

12.00 PM - 01.00 PM MARK COLLINS  
01.00 PM - 02.00 PM LADY TLC  
02.00 PM - 03.00 PM DJ CAPONE  
03.00 PM - 04.00 PM MARTIN WYNTER & DJ CHRISTOSS  
04.00 PM - 05.00 PM SANTIC ROMANTIC  
05.00 PM - 06.00 PM CHRIS ALEXANDER





## BEACH PARTY (LIFE'S A BEACH) 12PM - 6PM (SATURDAY)

12.00 PM - 12.45 PM DJ CAPONE  
12.45 PM - 01.30 PM SCOTT JAMES  
01.30 PM - 02.15 PM ROY MEDALLION  
02.15 PM - 03.00 PM CALVIN FRANCIS  
03.00 PM - 03.45 PM COMMANDER B  
03.45 PM - 04.30 PM NATTY B  
04.30 PM - 05.15 PM AMERICAN EXPRESS  
05.15 PM - 06.00 PM NEW ATTRACTION

## BEACH PARTY (LIFE'S A BEACH) 12PM - 6PM (SUNDAY)

12.00 PM - 12.45 PM SANTIC ROMANTIC  
12.45 PM - 01.30 PM 5TH AVENUE  
01.30 PM - 02.15 PM. SPECIAL TOUCH  
02.15 PM - 03.00 PM ALLAN BRANDO  
03.00 PM - 03.45 PM DADDY ERNIE  
03.45 PM - 04.30 PM SIR BREENA  
04.30 PM - 05.15 PM FATMAN SOUND  
05.15 PM - 06.00 PM NEW ATTRACTION

# CABARET LOUNGE

PRINCESS BAR 9PM - 3AM (SUNDAY NIGHT GRAND FINALE)

**9PM - 10PM** SIR BREENA SOUND  
**10PM - 11PM** JOHN SIMMIT / NINIA BENJAMIN / A DOT  
**11PM - 12AM** EVERIS / DON-E  
**12AM - 1AM** SCOTT JAMES / WAYNE ENYAW / PETE PRECISE  
/ CHRIS ALEXANDER  
**1AM - 2AM** PD COOLIE / ROY MEDALLION / SANTIC  
ROMANTIC / GATECRASH  
**2AM - 3AM** SAXON / NEW ATTRACTION / SPECIAL TOUCH /  
COMPANY  
**3AM - 4AM** FATMAN / DADDY ERNIE / COMMANDER B /  
ALLAN BRANDO





# Lifes a Beach

SATURDAY 23RD JULY 2022 SUNDAY 24TH

LEAVING FRIDAY MORNING 22ND JULY 2022  
RETURNING MONDAY MORNING 25TH JULY 2022

PICK UP POINTS BEHIND TOTTENHAM LEISURE CENTRE  
CLYDE ROAD, TOTTENHAM DEPARTING AT 11:00AM

BASIC CHALET COST £250.00 PP  
PLUS BOOKING FEE  
BASED ON TWO PERSONS SHARING.  
RETURN COACH COST £40.00 PP

SPLIT PAYMENT OPTION AVAILABLE.  
£150 DEPOSIT SECURES YOUR  
ROOM AND COACH SEAT.

£165 FINAL PAYMENT INCLUDING  
BOOKING FEE COMPLETES  
YOUR BOOKING.  
PAYABLE BY:  
FRIDAY 8TH JULY 2022

- THREE NIGHTS ACCOMMODATION
- COMPLIMENTARY BREAKFAST & DINNER
- THREE NIGHTS PARTYING
- THREE PARTY ARENAS
- TWO SPECTACULAR BEACH PARTIES
- OVER 40 DJ'S PERFORMING
- FITNESS & DANCE CLASSES

**ONLY OPEN TO ATTENDEES OF  
THE SUNRISE COAST WEEKENDER**  
Absolutely no outsiders allowed on the campus and beach

MUSIC:  
NEW ATTRACTION  
+ A HOST OF  
DJS PERFORMING



ANOTHERRIGHTPRODUCITON.CO.UK

Lifes a Beach



The Bring Your Own Drinks  
Summer Beach Party

Lifes a Beach

SATURDAY 23RD JULY 2022 SUNDAY

TAKING PLACE AS PART OF  
THE SUNRISE COAST WEEKENDER  
PAKEFIELD HOLIDAY VILLAGE, LOWESTOFT, SU



ANOTHERRIGHTPRODUCITON.CO.UK





2nd - 12th  
June

Flying Fish &  
Cou Cou Barbados  
Music Experience

# BARBADOS 2023

## Earlybird Tickets

£100 deposit secures your room  
in Southgap or Yellowbird hotel & events

Exclusive for 2022 Customers ONLY make sure you don't miss out in 2023!!

*daily activities*

*spoil yourself....  
you know you wanna.*

Free entry with Flying Fish & Cou Cou Wristbands  
All White Boat Cruise with Free Food • Beach Parties  
Pool Parties • Soul & Reggae Concerts • All Venues Close By

**Earlybird**

(per person based  
on 2 persons sharing)

from **£1499**

ALL TRANSPORT INCLUDED  
REP IN EACH HOTEL  
OPTIONAL ISLAND TOUR  
DAILY WHATSAPP UPDATES

PRICES ABOVE INCLUDES HOTELS, ENTERTAINMENT WRISTBANDS. 'WE WATCHED WE LISTENED WE LEARNED'

For more info call: **07877 799455**





indigo  
at The O<sub>2</sub>

# GIANTS OF LOVERS ROCK

SAT 15<sup>TH</sup>  
OCT 2022

## PERFORMING:

Janet Kay (Silly Games) • Carroll Thompson (Hopelessly in Love)  
Peter Hunnigale (Be my Lady) • Don Campbell (See it in your eyes)  
Vivian Jones (Sugar Love) • Donna Rhoden (Be Kind)  
Peter Spence (Lovers Rock) • Dennis Bovell (After Tonight)  
Paulette Tajah (Co's u love me baby) • Winsome (Same Girl)  
15/16/17 (Just my imagination) • Aysha Loren (Keep it like it is)  
Paul Dawkins (Someone to love) • Audrey Scott (Goodbye my love)  
Michael Gordon (Investigators Baby I'm yours)  
Pauline Caitlin (Brown Sugar Black Pride)  
J C Lodge (Telephone Love)

TICKETS: from £25 + B/FEE

[www.axs.com](http://www.axs.com)

for more info call Orlando on

07877 799 455

Janet Kay (Silly Games) • Carroll Thompson (Hopelessly in Love)  
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JULY 2022

PAKEFIELD HOLIDAY PARK  
LONDON ROAD, KESSINGLAND,  
LOWESTOFT, SUFFOLK NR33 7PF

