

# 14TH & 15TH JULY 2023 HOE MATARIKI

**WHANGĀREI TERENGA PARAOA**

PARUA BAY - TAMATERAU - MANAIA

**VENUE: ONERAHI BOAT CLUB  
PARUA BAY, WHANGAREI  
HEADS ROAD**



**Parihaka Waka Ama Club and  
Pakikaikutu haukainga welcome  
paddlers to a two-day event of  
competitive long distance racing on  
Friday 14th July  
and  
whakawhanaungatanga, W12,  
cultural iho takaro games, kai and  
storytelling on Saturday 15th July,  
2023!**

**Parihaka  
Waka Ama Inc.**

**WANZ & TTPCA SANCTIONED LONG  
DISTANCE EVENT: DAY 1  
& WHANAU HAVE A GO W12 DAY 2.**





**EVENT MANAGER – KURA HEKE  
PH: 0220431798**

MSD Social Cohesion Funding project





**Parua Bay - S4-01**

-  All camping prohibited
-  Self-contained vehicles in designated overflow site when ground conditions permit
-  Self-contained and non self-contained vehicles in designated site or marked parking spaces only
-  Tents permitted in designated site



## HOE MATARIKI - PARUA BAY SITE MAP





**Map 1: Novice & Junior 8km course (no alternate provided as this is in shelter of Parua Bay). Note if weather is very bad this novice course will be repeated twice for the women's and men's races, providing a total of 16km.**



**Whangarei Te Rerengaparaoa Views**





**MAP 2: 18km race course – the green is the preferred course if the tide is coming in, however if the tide is still going out then the red course will be run.**





Alternate **RED** Course  
- close to shore line

W5 18km Course

The map below shows an alternate in red if the weather is bad as it provides a sheltered, close to shore run.



# WHANAU DAY - Saturday 15th July 2023

## Onerahi Boat Club

### Parua Bay, Whangarei Heads Rd.

### 8am - 2pm

## MATARIKI 2023

- *STORY TELLING*

- *W12 'HAVE A GO'*

Register by email

[parihakawakaama@gmail.com](mailto:parihakawakaama@gmail.com)

or have a go on the day

- *KAI*



**PWA & PAKIKAIKUTU PAPAKAINGA -WHANAU DAY'**  
**Enjoy STORY TELLING, Live Music, Activities,**  
**entertainment, food & free give-aways**

# **Whanau Day**

*Parihaka Waka Ama & Pakikaikutu*

*Hau Kainga*

*welcome you to...*

**Onerahi Boat Club - PARUA BAY**

**Sat July 15th: 8am-2pm**

- ***celebrate Matariki Puanga, the rising of the stars Pleiades & the signalling of the Māori New Year.***



**Share korero**

**Maintain whakapapa-connect**

**Experience paddling a W12**

**doubled hull Waka**

**Sing & Play**

**Eat.**

*Nau mai hoki mai.*

## **RACE PROGRAMME - Friday 14th July 2023**

7.00am Registration Opens

7:30am	Welcome & Karakia
8:00am	BRIEFING Race 1 - 18km W6 Women and Mixed
8.30am	START Race 1 - 18km W6 Women and Mixed
10:30am	BRIEFING Race 2 - 8km W6 Novice and Juniors
11.00am	START Race 2 - 8km W6 Novice and Juniors
12:00pm	BRIEFING Race 3 - 18km W6 Men
12.30pm	START Race 3 – 18km W6 Men
2:30pm	Hangi/Karakia

PWA Management Team Leaders Debrief. Preparation for Saturday

**All Friday entries must be done on Waka Ama NZ online entry system.**

## **WHANAU DAY- Saturday 15th July 2023**

8:00am Karakia

- Registrations W12
- Storytelling

1:00pm Kai - - Pack Down

Register by email [parihakawakaama@gmail.com](mailto:parihakawakaama@gmail.com) or have a go on the day

### **Fees:**

Senior division: \$240 per Waka

Junior division: \$120 per waka

Novice Division: \$200 per waka (steerer no charge)

Registration fee entitles you to soup after the race, and eligibility for spot prizes.

Entry fees are non-refundable but may be transferable to another paddler from that team.

**Parihaka Waka Ama bank account is Kiwi Bank 38 9015 0805080 00**

**One payment club, reference your club name**

### **Registrations:**

On-line entries via [www.wakaama.co.nz](http://www.wakaama.co.nz) - close **Monday 26th June 2023.**

Register early to avoid disappointment.

Our priority is your safety. To ensure we comply with the Waka Ama Event Sanctioning process of support boat vs. waka ratio, priority of entries will be given in order of registration.

All race participants must register and the steerer must attend race briefing and sign that they have attended.



## **Novice Paddlers:**

The Novice Race is open to 14yrs+. Novice teams must have an experienced steerer and be able to complete 8km within one hour.

Novice paddlers are those who have either not competed in a national regatta and/or have been paddling for less than 12 months and/or do not have suitable ocean paddling experienced.

Novice and junior paddlers must wear MSA approved PFDs throughout the duration of the race.

## **Waiver Forms:**

All race participants are required to read and sign the race waiver form provided on race day.

Any paddlers 18 years or under must have a parent or guardian read and sign on their behalf.

No liability will be taken for those paddlers who do not comply with the organizers instructions

## **Race Distance and Divisions:**

8-10km	W6	J16's & J19's – Boys / Girls / Mixed
	W6	Novice – Men / Women / Mixed (no age divisions)
18km	W6	Senior Division – Men / Women / Mixed

## **Paddler capability / skills:**

Any paddler competing must:

- Unless a Novice - be capable of competing in Senior races
- Be trained in and capable of self-rescue techniques (e.g. right a capsized waka)
- Be able to swim and be comfortable in conditions relative to their skill level
- Have an adequate degree of skill and fitness to finish the race in conditions that might be expected
- Be dressed for the expected conditions
- Carry / Have access to adequate food and drink for the race

### **Hangi Meal:**

Hangi are limited to when pre-ordered

Cost: \$20per meal

We have limited meals available so these will be allocated on a first in first serve basis, based on emails received.

**Please email [parihakawakaama@gmail.com](mailto:parihakawakaama@gmail.com) if you would like to place an order.**

### **Support Boats:**

All requests for the approval of individual support boats must be made in writing to Parihaka Waka Ama by the close of on-line registrations being **Monday 26th June 2023.**

### **Waka Hire: Please arrange your own waka hire.**

All waka are to have 6 MSA approved PDFs throughout the duration of the race.

All canoes must have spray skirts fitted (unless dispensation requested and approved by Race Director).

All canoes must carry two forms of communication (flare, VHF, cellphone). VHF channel and phone numbers will be provided at race briefing.

Should wind conditions exceed or be forecast to exceed 25 knots (46km+) MSA approved PFD's must be worn by all participants.

All participants, coaches and officials must be made aware of the conditions – paddling may only occur after all the risks have been assessed; the zone and local maritime rules have been considered, and the potential risks are deemed to be minimal.

In all races and events, should there be extreme wind warning or gale force marine warnings in place OR should the wind conditions exceed or be forecast to exceed 34 knots (62km+) (according to local official marine weather radio or Met Service website <http://www.metservice.com/national/home>) then racing will only proceed under Race Director approval.

***SPONSORS: Kia ora & Thank You!!***

***Ministry of Social Development (MSD) - Social Cohesion***

***Whangarei District Council (WDC)***

***155 Te Whare Awhina***

***Onerahi Boat Club (OBC)***

***Whangarei Cruising Club (WCC)***

***Sport Northland (SN)***

***Kepa Earles Whanau Support***

***VENTIA TRANSPORT & ROADING***



**\*\*\* IMPORTANT SAFETY ANNOUNCEMENTS PLEASE NOTE \*\*\***

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Kia haumarū - be safe - Kura Heke, Event Manager & Ngaire Rae Pehi, Race Director