Nga Hau Maiangi Ha	rd n Fast Season 2024						
Series #1							
CATEGORY PLACINGS							
5km							
W6 - 5km - J16 Men				PLACINGS 23/03/24	20/04/24	11/05/24	22/06/24
	T1.1						
Tamaki J16s Men	Tamaki	244	32:39.3	1st			
W6 - 5km - J16 Women							
Tiare Manea Green	Cook Islands	240	37:05.8	1st			
NG Flore Newson Mars							
W6 - 5km - Novice Men							
Portage Scuba Divers	<u>Portage</u>	242	34:13.8	1st			
W6 - 5km - Novice Mixed							
Waitaramoa	Waitematā Waka Ama	250	29:32.2	1st			
Haumana	Tui Tonga Canoe Club	233	30:15.2	2nd			
Team Awhiowhio	Taniwha	243	30:56.5	3rd			
Team Rangitoto	Taniwha	246	31:16.1	4th			
S.O.B Mix Learning To Steer	POCC						
	Te Paerangi	235	31:57.5	5th			
Maranga		239	33:25.9	6th			
S.O.B Mix Learner's License	POCC	236	35:07.7	7th			
Kaitaki Kiwi Rail	POCC	238	36:26.5	8th			
W6 - 5km - Novice Women							
Portage Pasifika	Portage	241	33:54.9	1st			
Kumaras	Te Paerangi	245	35:32.5	2nd			
W6 - 5km - Master Women	1						
Kahurangi	Nga Hoe Horo	234	30:46.3	1st			

Nga Hau Maiasai	Hard n Fast Season 2024						
-	nara II rast Season 2024						
Series #1							
CATEGORY PLACINGS							
10km				PLACINGS			
W6 - 10km - Master Men				23/03/24	20/04/24	11/05/24	22/06/24
Tnt Rocks	Waitakere OCC	441	55:28.6	1st			
Dem Fullas	Hauraki Waka Ama	445	58:43.0	2nd			
Dentruids		440	56.43.0	2110			
W6 - 10km - Master Wome	n						
Kahurangi	Nga Hoe Horo	437	55:40.2	1st			
Hinewhaitiri	Te Paerangi	450	57:42.1	2nd			
W6 - 10km - Open Men							
C.L.M Va'a	POCC	449	48:05.3	1st			
Aratika On The Edge	<u>Aratika</u>	447	50:59.5	2nd			
Sons Of Beaches	POCC	439	52:53.8	3rd			
Tamaki Kahurangi	Tamaki	440	56:21.4	4th			
W6 - 10km - Open Women							
Seimoana	Manukau	436	54:04.2	1st			
S.O.B Lalelei	POCC	438	55:57.8	2nd			
<u>Aratika Hinemoa</u>	Aratika	443	1:00.59.2	3rd			
Maranga	<u>Te Paerangi</u>	448	1:01.09.1	4th			
W6 - 10km - Senior Master	Women						
Aratika Pohutukawa	Aratika	442	1:02.10.0	1st			
Nga Hau E Wha	Waitakere OCC	446	1:06.16.2	2nd			
NAC 40lum Coniou March	NAI						
W6 - 10km - Senior Master	IVIIX						
Crew De La Ville	Tu Tangi Ora	444	54:58.7	1st			