



2025 Waka Ama Long Distance Nationals

Porirua – Thursday 24th – Sunday 27th April 2025

Race Pānui - April 15th, 2025

Mai i Miria te Kākara ki Whitireia

Whakawhiti te moana o Raukawa

Ki Wairau, ki Whakatū.

Tihei mauri ora!

Ko ngā maunga whakahirahira e tū teitei ana, e whakaata ana i ngā wai kanapa o te moana!

E te tī e te tā ka pakaru te tangi o te tai ki uta, ka piki ki runga ki nga whanga o Awarua rāua ko Rereroa.

Ko Tainui te waka—hoea! Ko Whitireia te maunga—tū mai, tū mai! Raukawakawa, te moana marino, karanga mai!

E te tai huri mai, haere mai ki Kapiti, ki te kāinga o te iwi kua wehe atu i te hunga nunui i te tai pari.

Ko te reo whakamihi tēnei o Ngāti Toa Rangatira i tō mātou kāinga, haere mai e te motu, whakatata mai, whakatata mai!

Ka rauawatia tō waka ka otia rawatia, tau ana e! (Ngāti Toa whakatauki)



2025 LONG DISTANCE NATIONALS

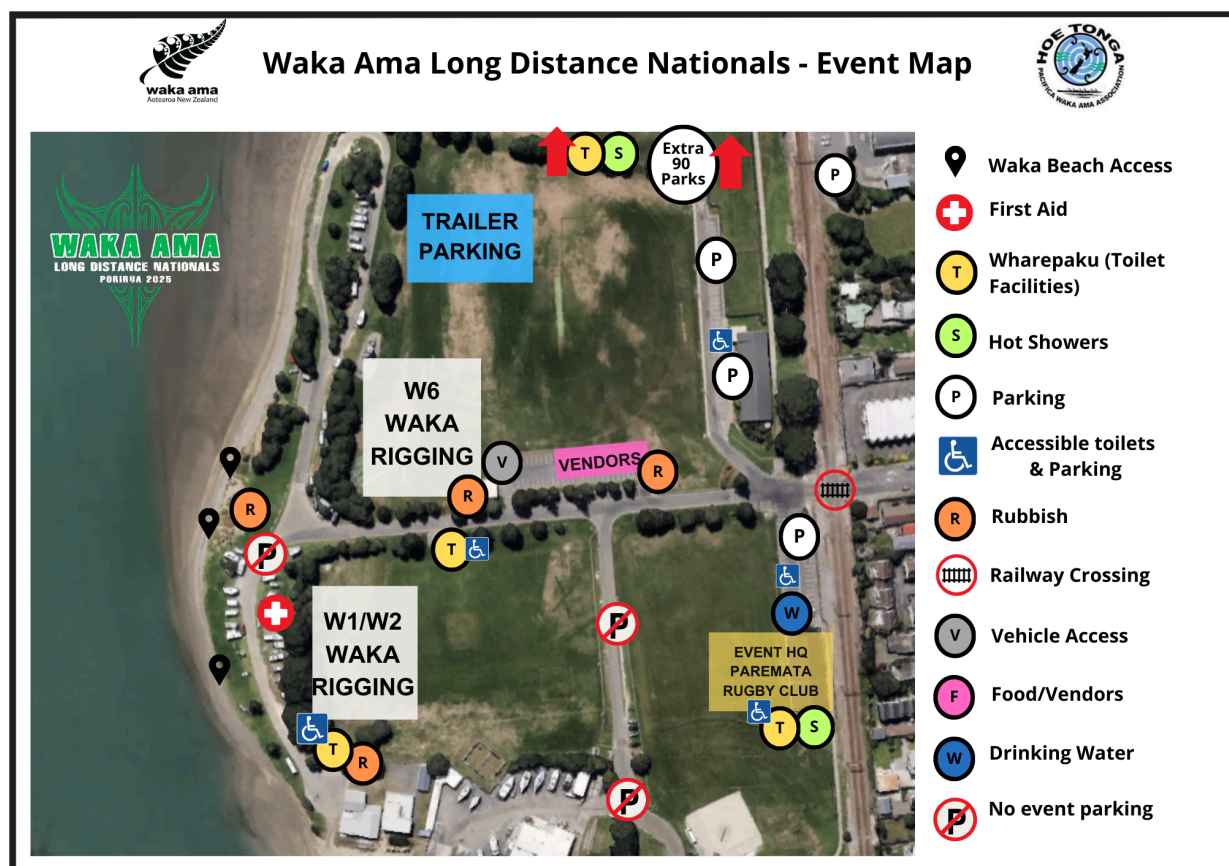
Hoe Tonga Pacifica Waka Ama Association (HTPWAA) alongside Waka Ama New Zealand (WANZ), are proud to host the 2025 Waka Ama Long Distance Nationals (LDNs) to be held at **Ngati Toa Domain, Porirua**.

2025 LDN PŌWHIRI

The pōwhiri will take place at **8am Thursday 24th April, at Ngati Toa Domain**, followed by a cup of tea. Please be on-site by 7.45am. A google poll survey will be sent to club contacts to ascertain numbers for catering.

VENUE

- The event will be based at Ngati Toa Domain - [Google map link Ngati Toa Domain](#)
- The wider domain buildings and grass areas are where the following are located:
 - Registration and Administration - Paremata-Plimmerton Rugby Clubrooms
 - WANZ Merchandise Tent, Food trucks and Vendors - Vendors area
 - Kaumatua and accessible parking / toilet facilities - as marked
- Further down the grassed areas, towards the beach front will be:
 - First Aid
 - Safety checks and rigging for all waka
 - Additional race portaloos and accessible toilet block
 - The trailer parking will be on-site at the venue - see Site Map below
- The main Prizegiving and paddler kai will take place at - **6pm Saturday April 26th**, at [Te Rauparaha Arena, Parumoana St, Porirua](#)



BACK-UP RACE DAY

As at LDNs 2024, if the weather or sea conditions make it unsafe to paddle any one of the allocated race courses then **Sunday April 27th, is the back-up race day. Clubs/Paddlers are advised to make plans to be available that day.**

PARKING

Car Parking

Public car parking will be on the marked parking spaces within the domain confines. There is also free public parking across the railway line all the way along. And an additional 90 carparks to the north within the Domain area, accessed from the main entrance. These last two areas are partly used by train commuters, but will be vacant on Friday and Saturday.

Please do NOT park in the areas/roads where there are yellow lines, and do not park in the mobility car parks unless you have a sticker to do so. **Please follow the instructions of the parking volunteers.**

There is to be NO public car parking at the marina end of the domain. The majority of this parking belongs to the Mana Cruising club and their members. In addition, we have reserved the public spaces there for the Safety boat drivers and their boat trailers.

Trailer Parking

Is on the rugby field on the right-hand side as you enter the Domain. There is only one gate in/out for access, as is marked on the site map. Please do not park trailers on the roads and regular car parks. **Please follow the instructions of the parking volunteers.**

Accessible parking

There is Accessible parking close to the event admin area, and at various other marked parking spots. Please display your mobility pass at all times.

W1 and W6 Drop off

W1 and W6 drop-off and rigging areas can be seen on the site map. For W6 drop-off - there will be trailer access to the grass on Wednesday 2-6 pm; Thursday 6 - 8 am, and then from 2pm; and Friday 9 - 11am. There will be no trailer access for W6 pick-up until after racing on both Friday and Saturday.

****For W1 drop off, there is no vehicle access to the field.**

Waka Trolleys & Tyres

Please bring ALL your trolleys to assist in moving your waka from the safety check area to the launch area. Canoes can be left on the grass overnight in the safety check/rigging area, as security is provided.

VENDORS

Please bring cash/eftpos for the vendors who will be selling a range of kai, clothing, coffee and paddling equipment. Food offerings include: Hangi and boil up, Vietnamese street food, French crepes, Kiwi seafood, Indian naan, Coffee trucks, Ice cream van. And for breakfast: burritos, pancakes, and protein oat bowls.

FACILITIES

There are multiple Council building toilets and showers available across the venue. There will also be portaloos near the race entry/exit points on the beach. There are waste bins onsite, which will be emptied regularly. Please respect the whenua and ensure you pick up any rubbish, and we leave the area tidy.

Wheelchair Accessible Toilets

There is an accessible toilet at the rugby clubrooms, and an accessible portaloos at the race entry/exit points. There is also one in the middle toilet block of the domain, close to the waka rigging area.

TIDES DURING THE EVENT

	High Tide	Low Tide
Thursday April 24	7:40 pm	1:22 pm
Friday April 25th	8:01 pm	2:15 pm
Saturday April 26th	8:45 pm	2:57 pm

PADDLER KAI

THURSDAY, FRIDAY & SATURDAY

- A small kai will be available to all paddlers immediately after their races at the finish area, on Thursday, Friday & Saturday
- Please note, this is only for the paddlers that are racing on those days.

SATURDAY MAIN PADDLER KAI

- The main Paddler Kai will be served at [Te Rauparaha Arena, 17 Parumoana St, Porirua City Centre](#)
- For this kai - all paddlers will be given a wristband when their W6 teams complete registration.
- The wristband entitles each paddler to receive one evening meal box on Saturday April 26th
- Those paddlers not in the W6 team on Saturday will need to come to registration for a wristband.

There are no extra paddler meals available for sale during the day or on Saturday night. Supporters and spectators are encouraged to purchase kai from the food vendors on-site or from local cafes/restaurants.



Waka Ama Long Distance Nationals -
Te Rauparaha Arena Location



PRIZEGIVING AND SATURDAY PADDLER KAI

Prizegiving and Saturday paddler kai will take place at the [Te Rauparaha Arena, 17 Parumoana St, Porirua City Centre](#) Kai will be available from 6pm on presentation of your paddler wristband.

There are free Council car parks outside the venue, and additional areas for parking at nearby shopping complexes.

RACE RULES

All entrants must be familiar with the Waka Ama New Zealand race and safety rules.

Race Rules can be found online here: <https://wakaama.co.nz/pages/view/1005147>

- **PFD's – All J16 and Novice paddlers/Teams must wear PFD's to race.** All other paddlers must have them readily available in the waka. Should the conditions require it – the Race Director may advise that it is compulsory for all paddlers to wear their PFD.
- **Spray Skirts: All W4/W6 must have spray skirts.** These are required to be fitted for the safety check.
 - For W2 that cannot be fitted with sprayskirts - paddlers will be required to wear their PFDs and have onboard 1 bailer per person.
- **Only 1 Entry in a division** – As per the race rules: There must be a minimum of two (2) paid entries for a programmed race to be run. If there was only one entry for a race, the organising committee combined this entry with another race, and have already informed the affected paddler or team.
 - Please note: there are no medals awarded for divisions with only 1 entry.
- **Race Briefings** - One (1) member of each crew will be required to attend the race briefing and sign the briefing check-in form
- **Racing Uniforms** - Paddlers are required to wear uniform tops for their racing. All paddlers in any one team shall wear the same uniform (Tops) in all but the mixed events - any differences in uniform may only be between the male and female paddlers.

COMPETITORS' ABILITY

We are providing opportunities for **experienced and capable crews and individuals** in age categories from J16 and above. The term “experienced” means that teams and individuals have experience in sea conditions. All Clubs are responsible for ensuring that all paddlers are competent in the divisions that they have been entered into. The Race Director has the discretion to withdraw a team or an individual who is deemed to be unfit or unprepared to complete the race.

The short course race will provide an opportunity to those paddlers who are experienced but are unable to complete the senior distance – the short course events will not be eligible for medals. **J16 and Short Course events will be held on the safest course for that day, depending on weather and sea conditions.**

PAYMENT PENALTIES

After the paddler roster closes April 14th 2025, a **\$25 per paddler late fee will apply**, for any changes or additions, in addition to the entry fees.

Any club that withdraws teams after being invoiced will still be charged the full entry fee.

All team entries are to be entered via the Waka Ama New Zealand website through your Club Coordinator.

REFUND POLICY

- No refunds will be given for any withdrawals after April 14th when the roster closed
- No refund will be given if the event is cancelled due to a natural disaster or extreme weather should the event be cancelled after Monday April 21st

EVENT TIKANGA

All venues used by our event are drug, alcohol, vape and smoke-free. Please respect our whānau and whenua. You will be asked to leave the venue if the rules are not followed.

This includes the Te Rauparaha Arena, and all car parks surrounding both venues.



MERCHANDISE

There will be limited merchandise available to purchase at the venue. If there is a demand, online orders may be reopened after the event, but this is not guaranteed.

WAKA HIRE

The W6 Waka Hire Spreadsheet is still live on the [event web page](#) if your waka circumstances have changed. W1, OC1, OC2 Hire - please contact clubs directly in Hoe Tonga if you want to hire a single or double waka. Please make sure you have paid the clubs directly if you are hiring waka (not WANZ).

To all those teams bringing waka, **please remember to bring your waka trolleys and tyres**, as access to the water is via a stony beachfront.

TRAVEL

Here is a Google Map link to the venue: [Ngati Toa Domain, Paremata, Porirua](#)

Please allow plenty of time on Wednesday and Thursday, if travelling out of Wellington Central or south from the Kapiti Coast to get to the venue, because of commuter traffic. It is also advised NOT to travel on the new (windy) Transmission Gully motorway if you are carrying a W1 waka on your roof! Take the old SH1 around the coast.

Metlink have also advised that **trains will not be running April 25-27th** due to scheduled maintenance.

AIR TAHITI NUI PARTNERSHIP

Waka Ama NZ announced a new partnership in October 2024, with Air Tahiti Nui, the flagship carrier to the breathtaking Islands of Tahiti.

As part of this partnership, there will be two (2) tickets to giveaway at the Long Distance Nationals. Attendees at the event will be able to register their details to be included in the draw.



For more info about this partnership and Air Tahiti Nui please visit the Air Tahiti Nui Website [here](#) and follow Air Tahiti Nui on [Facebook](#) and [Instagram](#)

EVENT SCHEDULE

WEDNESDAY APRIL 23rd	
2 pm – 6 pm	Waka Drop off, Trailer Parking and Administration areas open Registration for Races 1 & 2 open.
THURSDAY APRIL 24th	
6.15 am - 7.45am	Trailer Parking and Administration areas open Registration & Safety checks for Races 1 & 2 open
8 am	Pōwhiri, Ngāti Toa Domain (registration desk & safety checks closed)
9 am	Race briefing for Race 1
10 am	Race 1 Start
9 am - 11.30 am	Administration for general queries re-open Registration and Safety Checks for Race 2 & 3 open
11.30 am	Race briefing for Race 2
12:30 pm	Race 2 Start
1:00 pm	Race Briefing for Race 3
2:00 pm	Race 3 Start
2 pm - 6 pm	Waka Drop off, Trailer Parking and Administration areas open Registration & Safety checks for Race 4 open
Approx 4 pm	Prizegiving at event venue
FRIDAY APRIL 25th	
10 am - 12 pm	Trailer Parking and Administration areas open Registration & Safety checks for Race 4 open
11.30 am	Race briefing for Race 4
12.30 pm	Race 4 start
2 pm - 6 pm	Registration & Safety checks for Races 5 & 6 open
Approx 4 pm	Prizegiving at event venue
Approx 6 pm	Race Briefing for Race 5 at event venue (after prizegiving)
SATURDAY APRIL 26th	
6.15 am - 11 am	Registration & Safety checks for Races 5 & 6 open
7.30 am	Pre-race Update for Race 5 (steerers only)
8.30 am	Race 5 start
11.30 am	Race briefing for Race 6
12.30 pm	Race 6 start
12.30 – 5 pm	If Sunday is not required as a Race day: Trailer Parking will be open for collecting of waka (AFTER the start of Race 6)
6 pm	Post-event kai and Prizegiving, Te Rauparaha Arena, Porirua City Centre
SUNDAY APRIL 27th - Back-up Race Day if required	

RACE PROGRAMME
Thursday April 24th, 2025

Race 1 - Women's Rudderless, Men's Rudderless, Men W2 Race Briefing: 9 am Race Start: 10 am wave start			Wave Start
MEN - Open, Master, Snr Master	W1 Rudderless	16 km	Wave 1 Start 10:00am
MEN - J19, Gld Master	W1 Rudderless	8 km	Wave 1 Start 10:00am
MEN - Open, Snr Master	W2	16 km	Wave 1 Start 10:00am
MEN - J19, Gld Master	W2	8 km	Wave 1 Start 10:00am
WOMEN - U23, Open, Master, Snr Master	W1 Rudderless	16 km	Wave 2 Start 10:05am
WOMEN - J19, Gld Master	W1 Rudderless	8 km	Wave 2 Start 10:05am

Race 2 - Women's Rudderless, Men's Rudderless, Women/Mixed W2 Race briefing: 11.30 am Race Start: 12:30 pm wave start			Wave Start
MEN - U23, Open, Master, Snr Master	W1 Rudderless	16 km	Wave 1 Start 12:30
MEN - J19, Gld Master, Master 70	W1 Rudderless	8 km	Wave 1 Start 12:30
MIXED - Master, Snr Master	W2	16 km	Wave 1 Start 12:30
MIXED - Gld Master	W2	8 km	Wave 1 Start 12:30
WOMEN - Open, Master, Snr Master	W1 Rudderless	16 km	Wave 2 Start 12:35
WOMEN - J19, Gld Master	W1 Rudderless	8 km	Wave 2 Start 12:35
WOMEN - Open, Master, Snr Master	W2	16 km	Wave 2 Start 12:35
WOMEN - J19	W2	8 km	Wave 2 Start 12:35

Race 3 - J16 W6, Open Short Course W6 Race briefing: 1.00 pm Race Start: 2:00 pm			Start Wave
W6 - J16	W6	8 km	Start 2:00pm once Race 2 8km has finished
SHORT COURSE** - Open - Men, Women, and Mixed	W6	8 km	Start 2:00pm once Race 2 8km has finished

**Not a medal category

PRIZEGIVING DAY 1 - at the venue, within 30 minutes of the last competitor finishing

Friday April 25th, 2025

Observe Anzac Day in the morning

Race 4 - J16 W1/W2, Men's W4, Mixed W6 Race briefing: 11.30 am Race Start: 12.30pm wave start			Wave Start
MIXED - Open, Master, Snr Master	W6	24 km	Wave 1 Start 12:30pm
MIXED - J19, Gld Master	W6	16 km	Wave 1 Start 12:30pm
OPEN - Men	W4	24 km	Wave 1 Start 12:30pm
J16 Women	W1 Rudder	8 km	Wave 2 Start 12:35pm
J16 Men	W1 Rudder	8 km	Wave 2 Start 12:35pm
J16 Men	W2	8 km	Wave 2 Start 12:35pm

PRIZEGIVING DAY 2 - at the venue, within 30 minutes of the last competitor finishing

Saturday April 26th, 2025

Race briefings for Race 5 will take place the day beforehand on Friday April 25th
6pm at the Rugby Clubrooms

Race 5 - J16 W1/W2, Women W6 Pre race update (steerers only): 7.30 am Race Start: 8.30am wave start			Start Wave
WOMEN - Open, Master, Snr Master	W6	24 km	Wave 1 Start 8:30am
WOMEN - J19, Gld Master	W6	16 km	Wave 1 Start 8:30am
J16 Women	W1 Rudderless	8 km	Wave 2 Start 8:35am
J16 Men	W1 Rudderless	8 km	Wave 2 Start 8:35am
J16 Women & Mixed	W2	8 km	Wave 2 Start 8:35am

Race 6 - W6 Men Race Briefing: 11.30am Race Start: 12.30pm wave start			Start Wave
MEN - Open, Master, Snr Master	W6	24 km	Wave 1 12:30pm
MEN - J19, Gld Master	W6	16 km	Wave 1 12:30pm

PRIZEGIVING DAY 3*

Prizegiving Function for all Saturday Finals - [Te Rauparaha Arena](#) Parumoana St, Porirua City Centre

COURSE MAPS - [Click here to download course maps](#)

LDN 2025 Course A



LDN 2025 Course B



QUESTIONS AND ENQUIRIES

For any further information please go to the event web page [LDNs 2025 - Porirua](https://www.events@wakaama.co.nz) or contact us on events@wakaama.co.nz

On behalf of Waka Ama NZ, our hosts Hoe Tonga Pacifica Waka Ama Assn, and their collective clubs we look forward to hosting you all in Porirua for Long Distance Nationals 2025.