



2025 Hard & Fast Regatta
10th May 2025
Ian Shaw Park Reserve, Mt Wellington
Ngā Hau Maiangi

EVENT SUMMARY

Ngā Hau Maiangi is excited to invite you to the 2025 Hard & Fast Regatta, taking place at Ngā Hau Maiangi, Ian Shaw Park Reserve, Auckland, on 10th May, 2025. The Hard & Fast Regatta is a winter regatta designed to keep the waka ama community active during the cooler months, offering a fun and inclusive environment for paddlers of all skill levels—whether experienced or novice. This event aims to foster inclusion, bringing together paddlers of all abilities and strengthening connections within our local whānau. Join us for a full day of exciting races, food vendors, and whanaungatanga. We look forward to welcoming you and your whānau to this vibrant event!

EVENT SCHEDULE

6.00am	Registration, waka drop off & safety checks
8.00am	Karakia
8.15am	Managers meeting
8.30am	Race 1 race & safety briefing
9.00am	Race 1 starts
10.00am	Race 2 race & safety briefing
10.30am	Race 2 starts
1.00pm	Racing Finishes
1.30pm	Closing karakia

RACE SCHEDULE

Time	Race
8.30am	Race 1 & safety briefing
9.00am	Race 1 Start – W6 8km All senior categories including J16, J19, mixed & novice
9.30am	Race 2 & safety briefing
10.30am	Race 2 Start – W6 15 km All senior categories including mixed.



RACE DAY INFORMATION

Car Parking: Parking is available behind Ngā Hau Maiangi building. Please note all parking is under Auckland Council management, you will need to read the signs and park accordingly.

PLEASE NOTE: Strictly NO parking past the roundabout.

Trailer parking: Trailer parking will be in the field behind Ngā Hau Maiangi building. Due to restrictions, this will only be available for trailer drop off – you will need to park your car elsewhere for the day.

Food: We encourage you to bring your own healthy kai, however a small range of food vendors will be available onsite to purchase healthy kai.

Toilets: Toilets are located underneath the Ngā Hau Maiangi building.

First Aid: First Aid will be available at the registration area.

Rubbish/Recycling: We encourage you to please take what you bring. However, the main rubbish and recycling station is located down the ramp next to the bollards.

Alcohol/Smokefree: Alcohol, smoking, vaping and any other substance use is not permitted at this event, including all premises of the event.

WAKA DROP OFF & SAFETY CHECKS

Waka Drop off:

- Waka drop off will be available from 6.00am on the event day
- Waka drop off will be down the front on the ramp.
- Trailer parking is on the field behind the Ngā Hau Maiangi building, please be aware of your surroundings through this process.

Safety Checks:

- All waka will have to pass a safety check and be marked before racing. Any boats not marked will not be permitted to race.

RACE RULES

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

Refer to the following link for more information: [Waka Ama NZ Race Rules](#)

AGE DIVISIONS & RACE EVENTS

WAKA	DISTANCE	DIVISIONS	GENDER
W6	8km	J16, J19 Novice/mixed	Men & Women, Mixed
W6	15km	J19, - All senior categories	Men, Women, mixed

FEES

PER PERSON BY EVENT (*charged for each event entered*)

Event	Cost
W6 - 8km	\$15.00
W6 - 15km	\$30.00

ONLINE ENTRIES & PAYMENT

- Online entries are to be completed using the Waka Ama NZ online entry system.



- All entries to be completed through your club admin – contact your club admin to process your entry
- No entries on the day, no exceptions
- Entries close on **Wed 7th May 2025 @ 11.59pm**
- Rosters close on **Thur 8th May 2025 @ 11.59pm**, rosters must be completed by close date, **no exceptions.**

Once entered, payment can be made online to:

- Ngā Hau Maiangi
- Hard n Fast Acct 50 / Acct# 12-32870326561-50
- Use your club, team name and division as your reference

PLEASE NOTE:

There will be no refunds for any teams that withdraw from racing once registration has closed.

SAFETY REQUIREMENTS

- All waka must be Safety Checked
- All Junior age divisions **must wear life jackets**
- All Junior (J16 & J19) and Senior (Open and above) must have the following safety equipment for their races:
 - PFD - Personal Floatation Device (per person)
 - Bailers
 - Flare or cellphone in waterproof case
 - Spare Paddle - 2 for a W6
 - Spray Skirt if required (W6)
 - Tow Rope (W6)

INDIVIDUAL & TEAM WAIVERS

- Team waivers must be completed by all paddlers/teams
- All paddlers U18 must have their waiver signed by their parent/guardian
- Waivers can be sent to ***nhminc.secretary@gmail.com*** or handed in at the managers meeting on the day
- Team waivers can be found on our event page on the Waka Ama NZ website

CONTACT INFORMATION

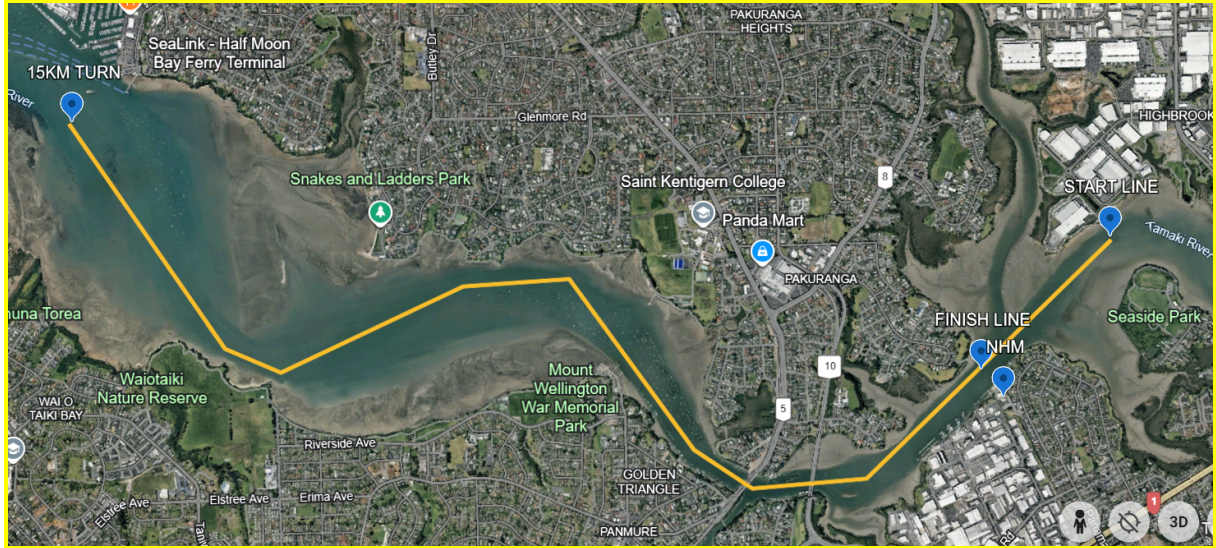
- All enquiries please email: ***nhminc.secretary@gmail.com***
- All urgent matters please call: ***0273208980***

COURSE MAPS

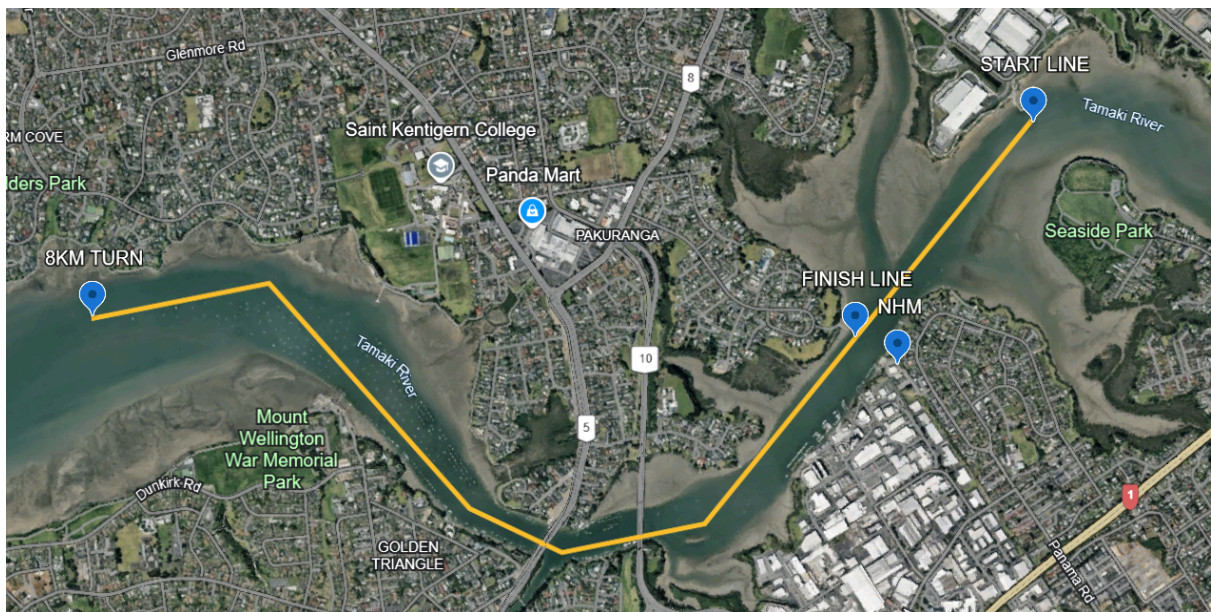
- High tide:5.37am
- Low tide:11.55am



MAP 1: 15 KM Racecourse



MAP 2: 8 KM Racecourse



MAP 2: Alternative Racecourse/s

Please note: In the event of bad weather the main course will not go ahead therefore there will be no alternative course and all racing will be cancelled.