



# Pōwhiri Waka Ama Long Distance Nationals 2025

**Rā:** Thursday, 24 April 2025

**Mana Whenua:** Ngāti Toa Rangatira

**Wāhi:** Ngāti Toa Domain, Paremata-Plimmerton RFC, Porirua

**Wā:** Please arrive by 7:45am – pōwhiri begins promptly at 8:00am

## Rārangi Wā mō te taha Manuhiri What to expect

Wā	Mahi	Ngā Tohutohu
7:45am	Arrival and assembly	All guests gather outside of the Paremata-Plimmerton Rugby Clubrooms.  Follow the guidance of event volunteers and stay together as a group.
8:00am	Te Hikoī Whakaeke (Procession to Pōwhiri)	Kawe mate and taonga lead the group, followed by wāhine, then tāne.
8:10am	Karanga Tuatahi (First Call)	You will hear the ceremonial call from the host.  Remain silent, respectful, and move together with the group.
8:15am	Whaikōrero and Waiata (Speeches and Songs)	Up to two speakers will stand and speak for the manuhiri (guests).  Each speech is followed by a waiata tautoko.
8:50am	Harirū me te Hongi	Exchange handshakes and hongi with the hosts.
9:00am	Paramanawa (Light Refreshments)	Morning tea will be served in the clubrooms. This concludes the formal pōwhiri process

**Kaikōrero:** Tahuri Taumoana from Waitakere Outrigger Canoe Club will be speaking on behalf of the manuhiri along with others, tbc

# Ngā Waiata Tautoko

## Supporting songs

The supporting mōteatea and waiata are from Ngāti Toa Rangatira iwi, mana whenua of Porirua.

**Waiata** - Ka oho te wairua

*Ka oho te wairua*

*Kia mataara te tinana*

*He aroha ki te aroha*

*Ka kā te rama x2*

**Mōteatea** - [Tērā ia ngā tai o Honipaka](#)

*Tērā ia ngā tai o Honipaka*

*Ka wehe koe i ahau, e*

*He whakamaunga atu nāku*

*Te ao ka tākawe*

*Nā runga mai o Te Motu*

*E tū noa mai rā koe i ahau, e*

*Nāku ia rā koe i waiho i taku whenua iti*

*Te rokohanga, te Taranga i a tāua*

*Ka mihi mamao au ki te iwi rā ia*

*Moe noa mai i te moenga roa*

*Ka paria e te tai, piki tū, piki rere*

*Piki tākina mai rā, tē kawea au e te tere*

*Te Kawau i Muriwhenua*

*Tēnā taku manu, he manu ka onga noa*

*Runā ki te whare, te hau o Matariki*

*Mā te whare-pō-rutu-e*

*Mā te rahi Āti Awa*

*E kautere mai rā*

*Whakaurupā taku aroha, nā i*

## Ngā Tikanga me ngā Tohutohu

### Customs and Guidelines

- Follow the lead of the hosts and designated kaikaranga/kaikōrero
- Please dress respectfully and warmly – this is a formal cultural event
- Stay silent during the karanga and whaikōrero – these are sacred and significant parts of the pōwhiri
- Remove hats and sunglasses during the pōwhiri
- Avoid eating, drinking, or chewing gum during the pōwhiri
- You are welcome to bring your own waiata tautoko if you're one of the speakers
- The pōwhiri will transition from tapu (*sacred*) to noa (*unrestricted/normal*) once the hongī is complete and kai has been shared



# *Wāhi Hui mō te Pōwhiri* (Venue Map)

[Paremata-Plimmerton Rugby Clubrooms](#), [Ngāti Toa Domain](#), [Pascoe Avenue](#), [Porirua](#)

(Please allow extra time for parking and walking to the gathering point)



*On behalf of Waka Ama NZ, Hoe Tonga Pacifica Waka Ama Association and the collective of Hoe Tonga Clubs we look forward to hosting you all in Porirua for the 2025 LDNs!*