

JANAY HARDING

Location: Auckland | **Height:** 176 cm
Hair Colour: Brown | **Eye Colour:** Brown | **Ethnicity:** European | **Ethnicity:** Māori

Janay Harding (Waikato Tainui / Ngā Puhi) is a Māori actor and presenter whose path to the screen has been shaped by grit, curiosity and a life lived well beyond the studio.

Born in Ōtautahi and raised on Australia's Gold Coast, Janay spent more than a decade in elite combat sport, building an international career as a professional MMA fighter. Competing around the world taught her how to stay calm under pressure, read a room, trust her instincts and commit fully in the moment. Those qualities now sit at the heart of her work as an actor and presenter.

Janay has built a growing body of screen work across film and television, taking on a range of roles and characters over the years. Her credits include Chief of War, Deep Water, Vince and Madam, giving her experience across drama, international productions and character driven storytelling.

She also appeared on The Traitors New Zealand, bringing her competitive instinct, quick thinking and natural screen presence to unscripted television.

Alongside acting, Janay has established herself as a confident and engaging presenter. She previously presented RNZ's TAHI podcast, a role she held until November 2025, and her presenting credits also include Game of Two Halves.

Janay is currently undertaking rumaki reo at Te Wānanga Takiura o Ngā Kura Kaupapa Māori o Aotearoa, deepening her fluency in te reo Māori and strengthening her connection to te ao Māori. That journey is an important part of who she is now, giving her an even stronger sense of identity, whakapapa and place.

Her physical skill set remains a genuine point of difference. Janay is a certified PADI Divemaster and has extensive experience across MMA, boxing, Brazilian jiu jitsu, Muay Thai, wrestling and combat training for film and television. She is comfortable in demanding environments, whether that

means action, water, physical performance or the quieter pressure of an emotionally complex scene.

There is strength in Janay, but there is also humour, openness and heart. She brings years of life experience, physical intelligence and screen confidence into every role, with the ability to move naturally between scripted drama, presenting and unscripted television.

TELEVISION & STREAMING

2024	The Traitors NZ	Role: Herself	South Pacific Pictures - Director: Claudine MacLean & Amy Hadfield Producer: Charlotte Hobson

TRAINING

2026	Rumaki Reo	Tutors: Various	Te Wānanga Takiura o Ngā Kura Kaupapa Māori o Aotearoa
2024	Intro To Stunts	Tutor: Thomas Kiwi	Native Stunts
2023	Fight For Camera	Tutor: Andy Stehlin	NZ Stage and Screen Combat School

TV COMMERCIAL

2025	Kia Motors NZ Ltd	Role: EV 3 Driver [hero]	Useful Films Ltd - Producer: James Barr

SKILLS

Accents	American - Standard, Australian, English
Dance	Hip Hop, Rock n Roll
Instruments	Guitar » Basic
Languages	Te Reo Maori
Sports	Boxing, Brazilian Jiu-Jitsu, Combat Fighting, Crossfit, Judo, Kick Boxing, Mixed Martial Arts, Muay Thai, Pilates, Running, Scuba diving, Soccer / Football, Swimming, Weight lifting, Weights, Wrestling, Yoga, Combat Fighting » Combinations for Film & Television