

# TE REO MĀORI KI KARAHIKO 2026

THE FIRST OFFICIAL  
COMMONWEALTH GAMES GLOSSARY  
IN MĀORI AND ENGLISH

PROUDLY BROUGHT TO YOU BY



TE TAURA WHIRI  
I TE REO MĀORI  
MĀORI LANGUAGE COMMISSION



# HE KUPU WHAKATAKI

Eaoia! E whai haere ana i te ia o angitu whai muri i te whakaputanga o ngā kuputaka e rua, arā, ko te kuputaka reorua tuatahi i te ao ki ngā **Taumāhekeheke o te Ao ki Pari tērā**, ā, ko te kuputaka tuatahi ki ngā **Taumāhekeheke Takurua o te Ao hoki ki Mirāno Kotīna tērā**. Kua tae te wā ināiane ki te whakataki i te kuputaka reo Māori tuatahi mō **ngā Taumāhekeheke Hoa Whenua ki Karahiko 2026**.

Ko tētahi o ngā aronga matua o tēnei kuputaka ko te whakamānawa me te kauawhi i te haporī Piti, me te whakanui anō hoki i te wāhi nui o ngā kaiaka Piti ki ngā Taumāhekeheke Hoa Whenua. E whakaatu ana te āpitihanga o ngā kupu Piti i te whakakanohitanga me te hurihuri haere o te āhua o te ao hākinakina.

He reo tainekeneke, he reo ora anō hoki te reo Māori. Waihoki, ka kitea, ka rangona hoki te reo, kua anake i Te Whare o Pou Tangata, i Te Taura Whiri i te Reo Māori, me Rangīata, engari puta noa i ngā taiao hākinakina i Aotearoa whānui. Nō reira te kōingo nui kia kawe tonu ēnei mahi ki te whakawhānui ake, ki te waihanga hoki i ngā whakamāoringa hōu hei whakangata i ngā matea o ngā arero Māori o te wā nei.

I waihangatia tēnei rauemi, *Te Reo Māori ki Karahiko 2026*, ki te whakakī haere i ngā āputa o te wā nei i te puna kupu Māori o te wā nei, ina koa rā mō ngā kupu Ingarihi i ngā hākinakina kāore rā i whai whakamāoringa i mua. I konei ka kitea te urunga mai o ngā kupu hākinakina Piti, kua uru mai nei.

Koni atu i te 500 ngā kupu me ngā kianga i waihangatia mō ngā momo whakataetae hākinakina ka whai wāhi atu ki Ngā Taumāhekeheke Hoa Whenua 2026. Ko tā tēnei kuputaka he urupare ki te hanga ahurei o te hōtaka hākinakina i tēnei tau.

Ahakoia kua whakakōpanitia ake te Whakataetae i tēnei tau, nā te urunga o ngā whakataetae hākinakina Piti, kua kitea i konei te nuinga o ngā āputa e tika ana kia whakakīngia. Nō reira, he hāngai, he tāpua anō hoki te whanaketanga o tēnei kuputaka.

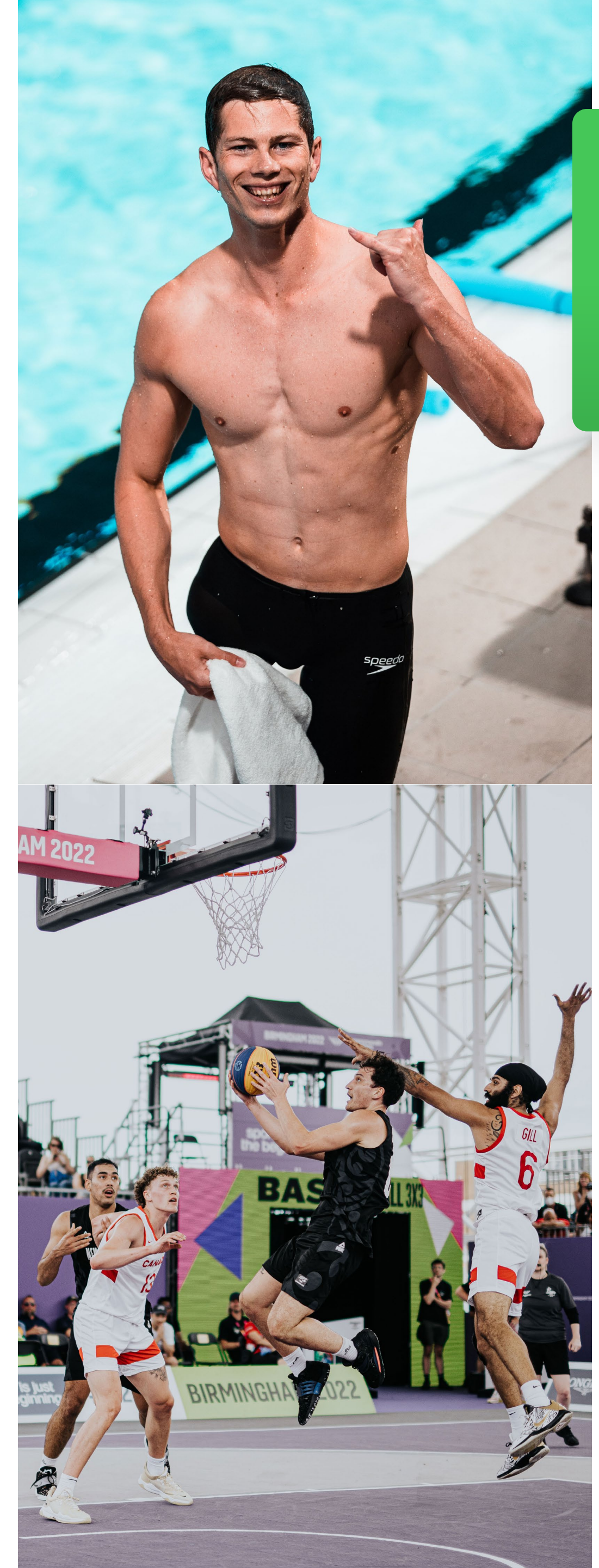
He rahi tonu ngā kupu e takoto ana i tēnei kuputaka i kitea mai ai i ngā papakupu me ngā kuputaka Māori. I pākikitia anō hoki ngā mātanga reo Māori me ngā mātanga hākinakina. Nā te korenga o ētahi kupu i tahuri ai tētahi ohu kaiwhakamāori whaitohu Toi Reo Māori ki te āta waihanga ake i ētahi kupu hōu, ā, ka arotakengia ērā e Te Taura Whiri i te Reo Māori ki te tiaki i te matū o te reo Māori, ki te whakaū anō hoki i te kounga o ngā mahi.

Ko tētahi wāhanga nui ōna, ko te hui tahi ki a Paralympics New Zealand ki te wānanga i ngā kupu tika e whakaata ana, e kauanuanu ana hoki i te haporī Piti o Aotearoa, otirā, o te ao.

Ka noho te kuputaka nei, *a Te Reo Māori ki Karahiko 2026*, hei rauemi reo Māori matua mō te ao pāpāho, mō te ao mātauranga, mō te ao hākinakina, otirā, mō te hunga hiamō ki tō tātou reo Māori e ngākau titikaha ana ki tōna tupu me tōna kōrerotanga, haere ake nei. Ko te iho o tōna kaupapa, he reo mataora te reo Māori, ā, he reo tēnei e whakawhirinaki ana ki a tātou kia whakamahia, kia whakatupuria, kia whakatoitūngia hoki e tātou i ō tātou kainga waewae. Kei a tātou katoa te haepapa ki te whakaora mai i ēnei kupu reo Māori.

E whai haere ana tēnei whakaaro i te whakataukī o ēnei whakataetae:

**Tahuri mai ana tētahi, ko tātou katoa te urupare.  
Ko tātou katoa te Kapa o Aotearoa.**



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# INTRODUCTION

Alright! Building on the success of the two previously released glossaries, the world-first bilingual glossary for the **Paris 2024 Olympic Summer Games** and the first for the **Milano Cortina 2026 Olympic Winter Games**, it is now time to introduce the first reo Māori glossary for the **Glasgow 2026 Commonwealth Games**.

A key focus of this glossary is the acknowledgment and inclusion of the Para community, recognising the important role Para athletes play at the Commonwealth Games. The addition of Para-related terminology highlights both representation and the evolving nature of the sporting landscape.

Te reo Māori is a dynamic and living language, seen and heard not only within the New Zealand Olympic Committee, Te Taura Whiri i te Reo Māori, and Sky NZ, but across sporting environments throughout Aotearoa. This ongoing growth has created a strong desire to expand and develop new translations to meet the needs of contemporary Māori speakers.

The resource, *Te Reo Māori ki Karahiko 2026*, has been developed to address gaps in the current Māori vocabulary, particularly within modern sporting contexts where equivalent terms have not previously existed. This is especially evident in the inclusion of Para-sport terminology.

With over 500 words and phrases covering the events featured at the Glasgow 2026 Commonwealth Games, this glossary responds to the unique makeup of this year's

programme. While the Games are more condensed, the inclusion of Para sports has further highlighted areas where language development is needed, making this glossary both timely and significant.

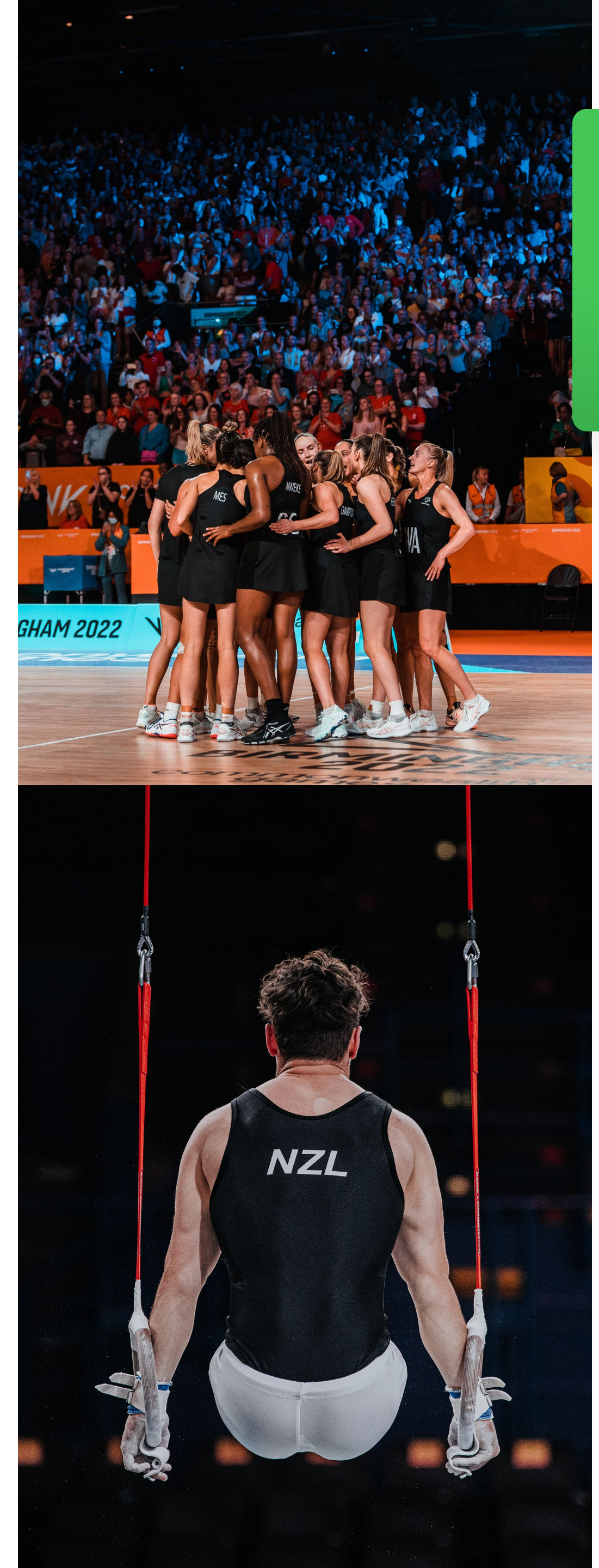
Many of the words and phrases within this glossary have been drawn from a range of existing Māori dictionaries and glossaries, as well as through engagement with Māori language and sport experts. Where gaps existed, new terms were carefully developed by a team of licensed Toi Reo Māori translators and reviewed by Te Taura Whiri i te Reo Māori to ensure linguistic integrity and consistency.

An important part of this process also involved working alongside Paralympics New Zealand, ensuring that the language used appropriately reflects and respects the Para community here in Aotearoa New Zealand and abroad.

*Te Reo Māori ki Karahiko 2026* is intended to serve as a key resource across broadcasting, education, sporting environments, and for all those committed to the growth and use of te reo Māori. At its core, this reinforces the understanding that te reo Māori is a living language, one that relies on all of us to use, grow, and sustain in our everyday spaces. We all have a responsibility to bring these Māori words to life.

This whakaaro (thought) aligns with a simple but powerful sentiment:

**When you face one of us, you face all of us.  
We are all Team NZ.**



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He rauemi pāhekoheko tēnei. Pāwhiria, patohia rānei i raro iho nei kia kotahi atu ai koe ki tētahi tū whārangi, māna, kia pāwhiri rānei, kia patohia atu rānei ngā pātene hoki whakamuri/haere whakamua kei te take o ia whārangi e pai ai tāu pōkai i ngā tuinga. Pāwhiria, patohia rānei te taitara kei te tihi whakatemauī o te whārangi kia hoki mai ai koe ki te whārangi o ngā ihirangi i te wā e hiahia ana.

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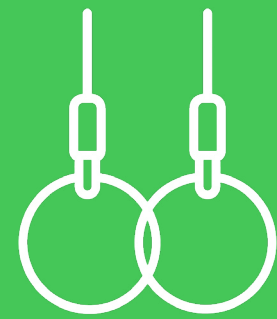
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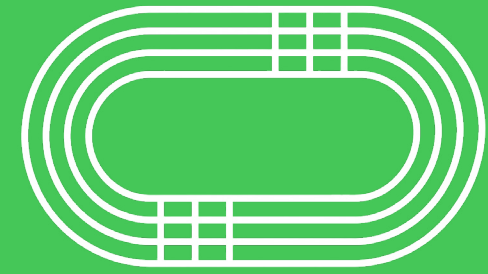


# ALL SPORTS NGĀ HĀKINAKINA KATOĀ

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**Artistic Gymnastics**  
Takaporepore Rerehua



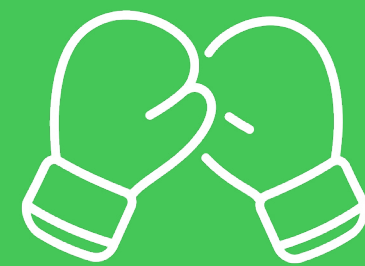
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Kaiaka me te Kaiaka Piti\*



**3x3 Basketball and  
3x3 Wheelchair Basketball**  
Poitūkohu Takitoru me te  
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**Bowls and Para Bowls**  
Maita me te Maita Piti\*



**Boxing**  
Mekemeke



**Judo**  
Ruturau



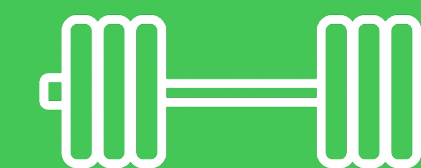
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**Swimming and Para Swimming**  
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**Track Cycling and Para Track Cycling**  
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Paihikara Ara Āmio Piti



**Weightlifting and  
Para Powerlifting**  
Hiki Maitai me te Hiki Maitai Piti

\* Para is now commonly understood within the Paralympic movement in the sense of “parallel”, meaning “side by side” with Olympic sport rather than separate from it.  
Kaiaka Piti – [kaiaka W.86 ‘forward in attainments, adept, proficient’; piti W.284 ‘put side by side, add’]. draws on piti to reflect this idea for Para Athletics

\* Maita Piti – [Also known as ‘pirori’. ‘Maita’ is derived from Hawaiian usage, while ‘pirori’ denotes ‘to roll’].



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**WORD LIST: ENGLISH****NGĀ KUPU: MĀORI**

Gymnast Kaitakaporepore

Vault Ārewa mokowhiti

Bars Tāuhu, Kaho

Beam Pae, Kurupae

Floor Papa

Landing mat Tauranga

Pommel horse Hōiho kakau

Tumble Takapore

Flip Kauhuri

Twist Takawiri

Balance Tauriterite

Handstand Porotēteke, Tū ā-ringa

Cartwheel Pōtātaka, Turupeke

Rings Tarawhiti

Parallel bars Tāuhu taurite

Springboard Rēinga

Trampoline Tūraparapa

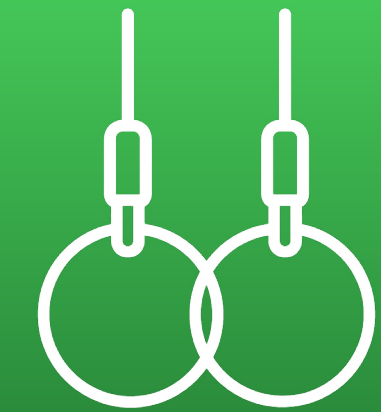
Flex Whakatautau

Stride leap Peke tāwhana

Uneven bars Kaho huapae

# ARTISTIC GYMNASTICS

## TAKAPOREPORE REREHUA



6

**PHRASES: ENGLISH****NGĀ KĪANGA: MĀORI**

He/She made that look too easy

Me he mahi kai parāoa noa iho

Not as easy as it appears

Ehara i te hanga noa

A flawless performance

Takarepa kore

She moves with grace

Me ko Hinehuatau

Fantastic flexibility

Ka tau kē te pīngore

Superb strength and power

Me ko Māui te tipua

Talented

Waingōhia

Feeling the pressure

Kei mau i te tai

Extraordinary!

Inati!

Sticking a landing

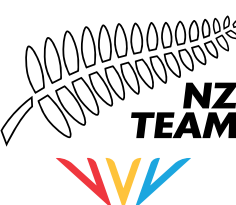
Whakawhenua tū tonu



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**WORD LIST: ENGLISH**

**NGĀ KUPU: MĀORI**

Track	Papa hākinakina
Field	Papa tākaro
Relay	Tauoma tānga
Hurdles	Peke taiapa
Marathon	Omaroa
Discus	Whiu poroāwhio
Shot put	Panga matā
Javelin	Tao
Pole vault	Tūtoko
Long jump	Pekeroa
High jump	Peke teitei
Sprint	Hohoro
Distance	Tawhiti
Steeplechase	Omaroa peke taupā
Triple jump	Peke tōtoru
The Mile	Te Māero
Hammer throw	Piu maitai
Pentathlon	Kaiaka rima
Decathlon	Kaiaka ngahuru
Race walking	Tauhikoikoi
Team race walk	Tauhikoikoi ā-tira
T11-T13	Omaoma 11 - Omaoma 13
T20-T64	Omaoma 20 - Omaoma 64
F classes	Tautohu Topa
Guide runner	Kaiarataki Waetea*
Prosthetic blade	Wae horihori
Racing chair	Kōrea tauwhaiwhai, Tūru wira tauwhaiwhai*
Throwing frame	Pae whiu
Ambulant	Kaiaka nukutau, Kaipara nukutau*
Club throw	Whiu matire

# ATHLETICS AND PARA ATHLETICS

## KAIAKA ME TE KAIAKA PITI



**PHRASES: ENGLISH**

**NGĀ KĪANGA: MĀORI**

And they're off!	Kua rere!
A powerful explosion out of the blocks	Pahū ana te rere
A bit of tail wind in his/her favour	Kei te āwhina a Tāwhiri
Stepping into the throwing circle	Kua eke mai ki te paepae poto!
It's the power position at play	Tū tāneroa ana mō te panga
They'll get a second chance	Mei kore ake te tauoma rauora
Look at them fly	Topatopa ana
They've left the rest behind	E muri kai hūare
That'll go down in history as one of the greatest moments	He tohu hautupua ka mau āke, āke

\* Kaiarataki Waetea – [Waetea: He tangata pai ki te oma. He waetea te tangata nei; Mā wai e whai te waetea? (W.473)].

\* Kōrea tauwhaiwhai, tūru wira tauwhaiwhai – [kōrea TM 'wheelchair'; tauwhaiwhai TM 'individual pursuit']. [tūru < ENG 'chair'; wira < ENG 'wheel'; tauwhaiwhai TM 'individual pursuit'].

\* Kaiaka nukutau, Kaipara nukutau – [kaiaka W.86 'forward in attainments, adept, proficient'; nuku W.225 'move, extend'; tau W.396 'be able']. [nuku W.225 'move, extend'; tau W.396 'be able'].



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**WORD LIST: ENGLISH**
**NGĀ KUPU: MĀORI**

Ball	Poi, Pōro
Basket	Tūkohu, Pāhikete
Backboard	Papamuri
Basketball court	Papa poitūkohu
Centre court	Pae weherua
Free throw line	Pae maka pātea
Clock	Matawā, Karaka
Shot clock	Matawā kuru
Starting 5	Aroākapa Rima
Bounce	Pangapanga
Bounce pass	Maka pangapanga
Dribble	Tūpanapana
Double dribble	Tūpanapana rua
Block	Ārai
Layup	Whakaū
Rebound	Turapa
Shoot	Kuru
Slam	Haukuru
Throw	Maka, Whiu
Miss, Missed	Ngere
Tilting	Tikoki
Chair-to-chair contact	Tuki wira
Sport chair, Court chair	Tūru wira poitūkohu, Kōrea poitūkohu
Classification	Tautohu
Travelling	Tūpana kore
Pat	Taha tūru
Pick, Screen	Ārai
Physical advantage foul (PAF)	Hara mā raro, Hara ā-raro

# 3X3 BASKETBALL AND 3X3 WHEELCHAIR BASKETBALL

## POITŪKOHU TAKITORU ME TE POITŪKOHU TŪRU WIRA TAKITORU



8

**PHRASES: ENGLISH**
**NGĀ KĪANGA: MĀORI**

He/She shoots, he/she scores!	Ka kuru, tūkohu ana!
For three	Mā te toru
Attack the basket	Kuraa kia tūkohu
With the bank shot	Ko te kuru ā-papamuri
An alley-oop by X	He kuru āwhio nā X kei roto
X with the rebound	Kei a X te turapa
Make a press break	He nukarau haukoti
That's game	Kua kēmu
The buzzer beater	Patu wheo/Haukoti wheo
Just two minutes left	E rua meneti kei te toe



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**WORD LIST: ENGLISH**
**NGĀ KUPU: MĀORI**

Jack	Maita mā
Bowl	Maita
To bowl	Tuku, Pīrori
Mat	Pora
End	Wāhanga
Head	Kāhui maita
Shot	Paneke
Draw	Pātoi
Drive	Haukuru
Yard on (fire)	Haukuru mate
Wick	Tuki maita
Toucher (kiss)	Hongi
Burnt, Dead end	Wāhanga haumate, Haumate
Measure	Ine
Bias	Haukume
Takeout, Hit	Putarere
Light/ Heavy	Tuku Poto, Pīrori Poto/ Tuku Roa, Pīrori Roa
Grass* (as in "Take more grass")	Papa maita
Green*	Rārangi (te ahunga o te rere o te maita)
Give away the mat	Tuku pora
B1-B4	Maita 1-Maita 4
B5-B8	Maita 5-Maita 8
Director (sighted director)	Kaitohutohu ā-waha
Guide	Kaiarataki ā-waha
Bowling arm	Pūhanga epa
Wheelchair bowl	Maita tūru wīra, Maita kōrea

# BOWLS AND PARA BOWLS

## MAITA ME TE MAITA PITI



9

**PHRASES: ENGLISH**
**NGĀ KĪANGA: MĀORI**

Build a head/Building a good head	Kua tinihangatia ngā maita*
Throwing a maximum/minimum length	He maka nui/maka poto
We're on the last end of the (first) set	Kua tae ki te mutunga o te wāhanga (tuatahi)
We're moving into the tie break for this game	Kua huri ināiane ki te whiringa takarite
X is playing this side of the rink really well	E kihi ana a X i ngā tahataha
Backhand drive	Kōkiri tāmuri
Forehand drive	Kōkiri tāmua
That bowl's coming back on its bias	E hoki ana te maita ki tana ara tika
Playing with a metre of weight	Ko te tere whaiahu tāna e tākaro ana
X is now playing to a discentered jack	Kua mate a X i te hē o te waenga o te maita mā
Perfect draw shot – right on the jack!	Autaia – kua tutuki te pae tata/maita mā!

\* Grass – Refers to the playing field. \* Green – Refers to the line the bowl takes on the playing field, specifically the curve it travels along, but more generally the line.

\* Kua tinihangatia ngā maita – E tahuri ana ki te whakararu i tētahi atu, i runga i te wairua whakatoī, i te wairua ngahau.



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**WORD LIST: ENGLISH****NGĀ KUPU: MĀORI**

Boxer Kaimekemeke

Ring Papa mekemeke

Gloves Komonga

Wraps Tākai

Bout Whawhai

Round Whiringa

Jab Meke poto

Blow, Strike Moto, Meke

Duck Karo

Parry, Block Papare

Dodge (sideways) Karo, Karokaro

Uppercut Meke kauwae

Bodyshot Meke tinana

Fall Hinga

Break Wehe

Hold Pupuri

Knockout Tūāmoe

TKO Horotete, Whakatau tūāmoe

Win (on points) Toa ā-whiwhinga

Opponent Hoariri

# BOXING

## MEKEMEKE



10

**PHRASES: ENGLISH****NGĀ KĪANGA: MĀORI**

Three rounds, three minutes (3 for 3)

Toru whiringa, toru meneti (3 mō te 3)

To the head

Ki te upoko

Showing skilled footwork

Rakanga waewae

There's the counter (attack)

Arā te taupaepae

10 seconds left on the clock

Tekau hēkona kei te toe

They're not giving up

Kei mate wheke

They've got him/her cornered

Kua mau ia

There goes the bell

Kua tangi te pere

Lights out!

Kua tūāmoe!

It's over

Kua oti

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**WORD LIST: ENGLISH****NGĀ KUPU: MĀORI**

Nage Waza Tūkawe ruke

Katame Waza Tūkawe mamau

Ne Waza Tūkawe nuku, Tūkawe whātōtō

Kuzushi Whakatikoki

Ukemi Hinga haumaru

Ippon Piro, Whiwhinga

Shiai Kakari

Sensei Mātanga, Pouako

Judoka Kairuturau

Tori Kaikōkiri

Uke Kaiwhiwhi

Waza-ari Piro haurua

Hansoku-make Hāmene tātāki (tūingoa), tātāki (tūmahī), whakatupe (tūmahī), tupe (tūāhua)

Judogi Kahu ruturau

Obi Whītiki, Tātua

Tatami Tāpau, Pora

Kumi-kata Kākati

Tsukuri Tūnga hiki

Kake Whakahinga

# JUDO

## RUTURAU



11

**PHRASES: ENGLISH****NGĀ KĪANGA: MĀORI**

What a great throw!

Karawhiua ana!

Great counterattack

He rutu te utu/Haramai te taupaepae

That's a dominant hold

Mau ana te wehi

Fantastic win by ippon

Kaitoa! He toa!

The opponent's in a hold down

Kua pinea te wheinga

There's just over a minute left, and the scoreboard pressure is really starting to tell

E eke ana te wā, e eke ana te pēhanga

Next throw will win it

Hei ā rutu toa ai

They aren't getting out of this hold!

He here tē wetekina!

You can feel the intensity building on the mat

Rongo ana te ihi i te whāriki

They've locked in the hold – this could be over quickly

Kua rakaina – ka mutu tonu

What a way to finish!

Ka oti pea!

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**WORD LIST: ENGLISH****NGĀ KUPU: MĀORI**

Centre pass	Maka waenga
Goal third	Rohe ūhunga
Goal circle	Porowhita Ūhunga, Rohekeo
Footwork	Rakawae
Obstruction	Hōtaetae
Contact	Tuki, Whakapā, Pā Tinana
Offside	Tūhapa
Over a third	Tua o te hautoru
Throw in	Tōkiri
Penalty pass	Maka tautuku, Kuru tautuku
Penalty shot	Maka whiu, Kuru whiu
Free pass	Maka whiwhi, Maka pātea
Transverse line	Rārangi ūhunga
Turnover	Tukupoi, Tuku pōro
Intercept	Haukoti, Rorehape
Rebound	Turapa
Feed	Maka whakaroto
Ball	Poi, Pōro
Hoop	Tarawhiti

# NETBALL

## POITARAWHITI



12

**PHRASES: ENGLISH****NGĀ KĪANGA: MĀORI**

That zone defence is starting to click	Raka ana te tapa ārai
What a feed into the circle!	Kātahi te whāngai ki te ūhunga!
Pressure defence forcing the turnover	Pari a tai kaupare, timu a tai kōkiri
Contact called	Kua tukia!/He tuki te whakatau!
Offside warning for the Centre	He whakamataara tūhapa i te takuahi
Penalty pass converted	He piro i te tautuku/Kua piro i te hāmene
Quick hands through the centre third; no time for the defence to reset	Ngāi kakama i te pokapū i raru ai te hoariri
Great intercept!	Haukotihia ana!
What a feed!	Ka mutu te whāngai!
Great vision from the Wing Attack	Tā ngā karu o te Paihau Kōkiri!
Here if you need!	Anei rā!
We are heading in to extra time!	He wā tāpiri te haere ake!
You can't get a better match than that	Kāore i tua atu i tēnā



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**WORD LIST: ENGLISH****NGĀ KUPU: MĀORI**

Pool	Hōpua, Puna Kaukau
Swimmer	Kaikauhoe
Starting block	Poru tīmata
Freestyle	Kau tāwhai
Breaststroke	Kau āpuru, Kau poraka
Backstroke	Kau tiraha
Butterfly	Kau aihe
Medley	Kau takawhiwhiti
Dive	Ruku
Turn	Tahuri
Tumble	Turupeke
Kick	Whana
Breathe	Ngā, Hā
Touch (end)	Pā
Lane	Ara kūiti
Event	Tauwhāinga
Time	Wā
Timekeeper	Kaimātai wā
Stroke judge	Kaiwhakawā tāhoe
Placing judge	Kaiwhakawā tūnga
S1-S10	Kauhoe 1 - Kauhoe 10
S11-S13	Kauhoe 11 - Kauhoe 13
SB	Kau āpuru
SM	Kau whakawhiwhiti
Tapper	Kaipato
Pull buoy	Puhau kauhoe
Grab start	Pae tīmata
Blackened goggles, Opaque goggles	Mōhiti puata-kore
Exception codes	Tohu okotahi
In-water start	Tīmata rō wai
Asymmetrical stroke	Kau hikuwaru

# SWIMMING AND PARA SWIMMING

## KAUHOE ME TE KAUHOE PITI



13

**PHRASES: ENGLISH****NGĀ KĪANGA: MĀORI**

(That was, So) Close!	Tata!
Pick up pace	Kia tere ake
Swim with purpose, finish with pride	Whakakau he tangata, he tipua
In the pool, every lap is a new beginning	He hōpua, he huringa, he tīmatanga hou
Every stroke is a step closer to success	Kau atu, kau atu, ka eke Tangaroa
If you have a lane, you have a chance	He ara, he āheinga
Chlorine – the breakfast of champions	Haumāota – te parakuihi a te toa
He/she has improved considerably	Kua tino pai ake ia
Giving it their all	Karawhiu ana mō te hemo tonu atu
They have every right to be happy after that performance	Me koa ka tika i tērā whakaaturanga

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**WORD LIST: ENGLISH**
**NGĀ KUPU: MĀORI**

Individual sprint	Tauoma takitahi
Team sprint	Tauoma ā-tira
Team pursuit	Whaiwhai ā-tira
Keirin	Tauoma Aru Motopaika
Omnium	Tauoma Ono
Wind-out	Whati whakaterere
Paceline	Aroākapa
Pull	Kaieke whakataki
Blocking	Haukoti
Cadence	Manawataki
Domestique	Kaieke tūmau
Drafting, Sitting in	Whaiwhai pihau
Field sprint	Tauoma
Forcing the pace	Whakaete
Leadout	Hunu, Hūhunu
Derny	Paihikara Hiko
Repêchage	Tauoma rauora
Seed, Seeding, Seeded	Kano
Lap	Huringa
Velodrome	Papa eke paihikara
C1-C5 (Cycle)	Paihikara 1 - Paihikara 5
T1-T2 (Trike)	Taraihikara 1 - Taraihikara 2
B	Paihikara taki*
H1-H5 (Handcycle)	Ringakara 1 - Ringakara 5*
Pilot	Kaiurungi
Stoker	Kaieke taupiri
Factored events	Tauwhāinga tauwehe*

# TRACK CYCLING AND PARA TRACK CYCLING

## PAIHIKARA ARA ĀMIO ME TE PAIHIKARA ARA ĀMIO PITI


**14**
**PHRASES: ENGLISH**
**NGĀ KĪANGA: MĀORI**

Side-by-side

Pokohiwi ki te pokohiwi

Head-to-head

Toa ki te toa

Best-of-three-series

Te toa o ngā tauoma e toru

Three-rider team sprint

Tauoma tira takitoru

The final 200 metres

Te rua rau mita whakamutunga

Up the banking

Whakarunga ki ngā tahataha

Winner of the heat

Ko te toa o te whiringa

A smooth handsling (Madison event)

He tōkiri tau (Marihana)

Starting at opposite ends of the track

E tīmata tapa tauaro ana

It's a photo finish!

Mā te whakaahua e whakatau

\* *Paihikara taki* – [paihikara < ENG 'bicycle'; taki W.371 'track, tow with a line'].

\* *Ringakara 1 - Ringakara 5* – [ringa W.341 'hand'; paihikara < ENG 'bicycle']. Note: Handcycles are also commonly referred to as 'handbikes'.

\* *Tauwhāinga tauwehe* – [tauwhāinga TM 'event'; tauwehe TM 'factor']. Tauwehe was coined in the 1990s for "factor" [tau TM 'number', wehe W.481 'divide, separate']. Traditionally meaning 'divide' or 'separate', the term is extended here to describe the numerical adjustment used to differentiate performances for final placings.


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**WORD LIST: ENGLISH****NGĀ KUPU: MĀORI**

Weightlifter Kaihiki

Weight Maitai, Mōtū

Plate Pōria

Barbell Puriroa, Tauteka

Grip Pupuri

Lift Hiki

Snatch Hiki tahi

Clean and jerk Hiki rua

Bomb-out Pari te ihu

Deadlift Tōnuku

Squat Tūruru

Split Tāwhai kōhiko

Hooking Kuti kōnui

Platform Pūwhara

Extend (arms) Toro (ringaringa)

Repetition Tuku

Kilogram Kirokaramu

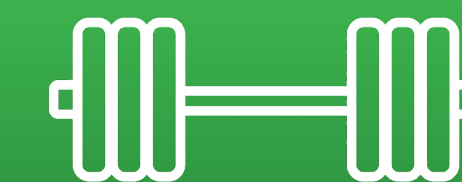
Pounds Pāuna

Strength Pūkaha

Power Kaha

# WEIGHTLIFTING AND PARA POWERLIFTING

## HIKI MAITAI ME TE HIKI MAITAI PITI



15

**PHRASES: ENGLISH****NGĀ KĪANGA: MĀORI**

He's/She's approaching the bar

E whakatata atu ana ki te rino

What a lift

Kātahi te hikinga

Unlucky!

Ka aroha hoki!

Sheer determination and grit

Manawa tītī, manawa piharau

Great form

Niwaha te tū

Good lock out!

Auahi ana te whakaūnga!

He's/She's coming off an injury

Kua hoki mai i tētahi wharanga

He/She should be proud

Me whakahī ka tika

Lifting a combined total of X kgs

Hui katoa he X kirokaramu te hikinga

Dig deep

Rurenga hā

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# GENERIC TERMS NGĀ KUPU TUKUPŪ

WORD LIST: ENGLISH	NGĀ KUPU: MĀORI
Commonwealth Games	Ngā Taumāhekeheke Hoa Whenua
The King's Baton	Te Kaunoti
Flagbearer – Male	Pou hāpai – Tāne
Flagbearer – Female	Pou hāpai – Wahine
Opening Ceremony	Pōwhiri
Closing Ceremony	Poroaki
Parade of Nations	Whakakitenga Whenua
Medal	Mētara
Gold	Kōura
Silver	Hiriwa
Bronze	Parāhi
Podium	Pourangi, Ahurewa
National anthem	Waiata ā-motu
Flag	Haki
Country	Whenua
International	ā-Ao

WORD LIST: ENGLISH	NGĀ KUPU: MĀORI
Sport	Hākinakina
Event	Tauwhāinga
Competition	Whakataetae
Heat, Round	Whiringa
Preliminary round	Whiringa tuatahi
Final, Medal round	Whiringa toa
Quarter-final	Whiringa whānui
Semi-final	Whiringa whāiti
Race	Whakataetae, Tauoma
Trial	Whakamātau
Repêchage	Tauoma rauora
Sprint	Hohoro, Tauoma
Participant	Tangata
Athlete	Kaipara, Kaiaka
Competitor, Contestant	Kaiwhakataetae
Player	Kaitākaro



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# GENERIC TERMS NGĀ KUPU TUKUPŪ

WORD LIST: ENGLISH	NGĀ KUPU: MĀORI
Individual, Single, Solo	Takitahi
Doubles, Pair	Takirua
Trio	Takitoru
Quad	Takiwhā
Team	Kapa, Tira
Group	Rōpū
Coach	Kaiako
Head Coach	Kaiako Matua
Assistant Coach	Kaiako Tuarua
Doctor	Rata
Physiotherapist	Kaihaumanu koiri
Official	Āpiha
Judge, Judges	Kaiwhakawā, Ngā Kaiwhakawā
Judging panel, Jury	Pae kaiwhakawā
Referee, Umpire	Kaiwawao
Timekeeper	Kaimātai wā

WORD LIST: ENGLISH	NGĀ KUPU: MĀORI
Record-keeper	Kaituhi
Media	Hunga pāpāho
Interviewer	Kaiuiui
Broadcast	Pāhotanga
Commentator	Autaua, Kaipāpāho
Hosts, Home crowd	Hau kāinga
Visitors, Guests	Manuhiri
Supporters	Kaitautoko
Fans, Followers	Kaiwhaiwhai, Apataki
Crowd, Audience	Whakaminenga
Viewers, Spectators	Kaimātakitaki
Venue	Papa
Stadium	Taiwhanga hākinakina
Course	Papa
Athlete Village	Pā Kaipara
Winner, Win	Toa



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# GENERIC TERMS NGĀ KUPU TUKUPŪ

WORD LIST: ENGLISH	NGĀ KUPU: MĀORI
Result, Results	Whakataunga
First	Tuatahi
Second	Tuarua
Third	Tuatoru
Runner-up	Wairuatoa
Gold medallist	Toa kōura, Toa mātāmua
Silver medallist	Toa hiriwa, Toa mātāwaenga
Bronze medallist	Toa parāhi, Toa mātāmuri
Placing, Standing, Ranking	Tūnga
Tie, Draw, Equal	Ōrite, Taerite
Point, Points	Whiwhinga, Kaute
Score	Kaute
Scoreboard	Papa kaute
Qualify	Uru
Time	Wā

WORD LIST: ENGLISH	NGĀ KUPU: MĀORI
Fern	Rau ponga
Guardian, Champion, Supporter	Pou Tangata
The New Zealand Team	Te Kapa o Aotearoa
Celebrate	Whakanui
Applaud, Clap	Pakipaki
Cheerful, Elated	Manamanahau
Proud, Pride	Whakahī
Humble, Humility	Ngākau māhaki
Inspiration	Ranga wairua
Excellence	Kounga
Commonwealth Games champion	Toa Taumāhekeheke Hoa Whenua
Glasgow 2026 Commonwealth Games	Ngā Taumāhekeheke Hoa Whenua ki Karahiko 2026



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# COMMON PHRASES **NGĀ KĪANGA MĀORI**

PHRASES: ENGLISH	NGĀ KĪANGA: MĀORI
I'm proud	E whakahī ana au
I'm proud of my team	Kei te whakahī au i taku kapa
I'm proud to represent my country	Ko au ko taku whenua, ko taku whenua ko au
This is for my family	Mō taku whānau tēnei
Thank you (formal)/Thanks (informal)	Tēnā koe (ōkawa)/Kia ora (ōpaki)
Well done	Tino pai
Incredible effort	Inati te mahi
True sportsmanship	Tino tōkeke
Olympism	Te Poutūmārotanga
Heat of battle	Mura o te ahi
Chances are they will be victorious	Māna ka eke panuku rātou
An extraordinary effort	He inati te karawhiu
There's no one better	Kāore i tua atu!

PHRASES: ENGLISH	NGĀ KĪANGA: MĀORI
You're the best	Kei runga noa atu koe
Incredible	Ehara i te hanga!
A chip off the block	He uri nō ōna mātua tīpuna!
That's amazing	Ka mau te wehi
You're amazing	Ka mau kē tō wehi
Neat, alright!	Ka wani kē!
How great! Well done!	Ka rawe! Ka mutu pea!
That's wonderful!	Kei whea mai!
Let's go!	Rehekō! Kōkiri!
Hooray! Yeah!	Hurō! Hī-hā!
Amazing!	Mīharo!
Awesome!	Tau kē! Wananei!
Be strong! Give it your all!	Kia kaha! Kia toa!



KIA KAHA  
TE REO MĀORI

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# COMMON PHRASES **NGĀ KĪANGA MĀORI**

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PHRASES: ENGLISH	NGĀ KĪANGA: MĀORI
Go hard or go home!	Okea ururoatia!
Go big!	Reia ngā moana!
Go hard! Give it heaps!	Karawhiua!
Go hard!	Okea!
Pretty good, Not bad at all	Autaia tonu!
Poor thing/What a pity for X	Ka aroha/Ka aroha hoki ki a X
I hope he/she is okay	Ko te tūmanako e pai ana ia
I'm so nervous	Āmāimai ana au
They stand out from the rest	He huia tū rae
Choice!	Taputapu kē!
Fabulous	Kei reira!
OMG! Oh my goodness!	Wehi nā! Kātahi hoki!
Wow!	Aeha!
Yeeyah!	Pāia!

PHRASES: ENGLISH	NGĀ KĪANGA: MĀORI
He/She is the best	He toa, ko ia te tino
He/She has gone from good to great	Nāwai ka rawe rawa atu
A great role model	He tino iho pūmanawa
A heroic effort	Tā te tuahangata
There's no one like him/her, Without equal	Kāore i tua atu i a ia
They are extraordinary	He hautupua/He hautipua
That's my team!	Koirā taku kapa!
We got backs!	Kei tō tua! Tautoko mārika!
Check out the difficulty rating on that one!	Inā te uaua o tērā!
He/She left it all out there on the course	I karawhiua e ia mō te hemo tonu atu ki te ara
Go, New Zealand, go!	Kia kaha, Aotearoa!
He/She is heading to the final	Kotahi tonu atu ia ki te whiringa toa
He/She came out of nowhere	Whāia nei ka puta mai ia



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**KIA KAHA TE KAPA O AOTEAROA!**  
**GIVE IT YOUR ALL, NEW ZEALAND TEAM!**

**KIA KAHA TE REO MĀORI!**  
**GIVE TE REO A GO!**



To connect with the New Zealand Team,  
including our culture, our taonga,  
and our mahi, go to:

[olympic.org.nz](https://olympic.org.nz) | [@theNZTeam](https://twitter.com/theNZTeam)



Watch the Glasgow  
2026 Commonwealth  
Games on Sky and Three:

[sky.co.nz](https://sky.co.nz) | [threenow.co.nz](https://threenow.co.nz)



For more on the Māori language,  
including its history and for further  
support and resources, go to:

[tetaurawhiri.govt.nz](https://tetaurawhiri.govt.nz) | [@reomaori](https://twitter.com/reomaori)

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