

THE TŪWHARETOA MĀORI TRUST BOARD
IS PLEASED TO ANNOUNCE THE RETURN OF

IRONMĀRI®

TAUPŌ-NUI-A-TIA SAT, 21 MARCH 2020



MATUA
INDIVIDUAL OR
TEAM OF 3 AGE 18+



RANGATAHI
INDIVIDUAL OR
TEAM OF 3 AGE 13-17



TAMARIKI
INDIVIDUAL OR
TEAM OF 2 AGE 5-12



SWIM

600 m OR TEAM
OPTION:
300m

300 m

100 m



CYCLE

20 km

10 km



RUN/
WALK

5 km

2 km

1 km



TŪWHARETOA
MĀORI TRUST BOARD

www.tuwharetoa.co.nz/tauponuiatia

www.ironmaori.com