

# ***SUPER CITY TEAMS CHAMPIONSHIP***



[Image courtesy of Ethan Verner]

## **CMC 2025 Super City Teams Championship**



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## Race 2 – Aka Aka

**Date:** Saturday 6<sup>th</sup> September

**Location:** Aka Aka School

**Race Distance:** 24km TTT + (up to) 96km Road Race. See Course Notes for details by category.

**Elevation Gain:** 265m

**Race Map:** [View Route & Elevation Profile](#)

### This is the official Race 2 Event Manual

Please read all sections carefully—and importantly, **have fun out there!**

# Series Overview

Welcome to the second edition of the **CMC Super City Teams Championship**, a dynamic five-round series of team-based cycling races held across Southern Auckland from August to November 2025.

This championship is designed to foster competitive racing, team camaraderie, and community engagement. Riders compete in graded categories, with points awarded for individual and team performance across each round. Leaders Jerseys and KOM Jerseys are up for grabs in Categories 1–4, while Category 5 and Social riders enjoy a more flexible race format.

Whether you're racing for podiums or building experience, we're excited to have you join us for another season of high-quality racing.

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## 2025 Race Calendar

- **Race 2:** Saturday 6 September – Aka Aka School (Road Race & TTT)
- **Race 3:** Saturday 27 September – Karaka Rugby Club
- **Race 4:** Saturday 18 October – Camp Adair, Hunua
- **Race 5:** Saturday 1 November – Aka Aka School

# Thank You to Our Sponsors!

The Super City Teams Championship is proudly supported by a group of generous sponsors who help make this series possible. Counties Manukau Cycling (CMC) extends its sincere thanks to these sponsors for their ongoing commitment to club cycling and team-based racing in the Auckland region.

Their support enables the delivery of a high-quality, inclusive racing experience for riders across all categories.

## **Our Key Sponsors for 2025:**

### **PRV**



Performance Racing Velo (PRV) has been a cornerstone of bicycle distribution in New Zealand for over 25 years, offering the world's premium brands in bicycles, cycling accessories, components, clothing, and tyres.

[www.prv.co.nz](http://www.prv.co.nz)

### **Bennys Bike Shop**



Where Speed Is King. World-class bike fitting and servicing in Auckland.

[www.bennysbikeshop.co.nz](http://www.bennysbikeshop.co.nz)

### **Worralls**



Principal sponsor for Race 2 at Aka Aka. Leading distributor of premium cycling brands in New Zealand.

<https://www.facebook.com/whworralls/>

## Key Contacts

- **Race Sponsor**  
PRV – Tim Pawson
- **Event Coordinator**  
Murray Garland - 0274 933 842
- **Chief Commissaire**  
Mary Ingle - 0210 254 0566
- **HQ Reception / Rider Sign-On**  
Alex Corbett  
Debbie Garland  
Murray Garland
- **Rider Liaison**  
Kevin Palmer
- **Medics** will be stationed onsite at race HQ (Aka Aka School) and mobile on the course. Contact details are:  
Event Medic Safety (EMS)  
**Chris Griggs – 021 460 991**

## Race Schedule

Time	Activity
<b>7:40am</b>	Registration Opens
<b>8:15am</b>	Individual Riders + Team Managers Meeting
<b>8:30am</b>	Registration Closes
<b>8:30am</b>	Volunteer Briefing
<b>8:50am</b>	Rider Briefings Commence for TTT
<b>9:00am</b>	TTT Commences (check CMC FB for start lists on Friday)
<b>11:00am</b>	Riders Briefings Commence for Road Race
<b>11:10am</b>	Category 1 Road Race Start - <b>96km 4 laps</b>
<b>11:20am</b>	Category 2 Race Start - <b>96km 4 laps</b>
<b>11:25am</b>	Category 3 Race Start - <b>71km 3 laps</b>
<b>11:30am</b>	Categories 4 & 5 Race Start - <b>71km 3 laps</b>
<b>~2:30pm</b>	Prize Giving

## Race Format & Course Notes

## TTT

- **TTT is 24km / 1 lap of the course**
- TTT will start at 9:00am with 1-minute intervals between teams
- TTT time is based on the 3<sup>rd</sup> rider over the finish line

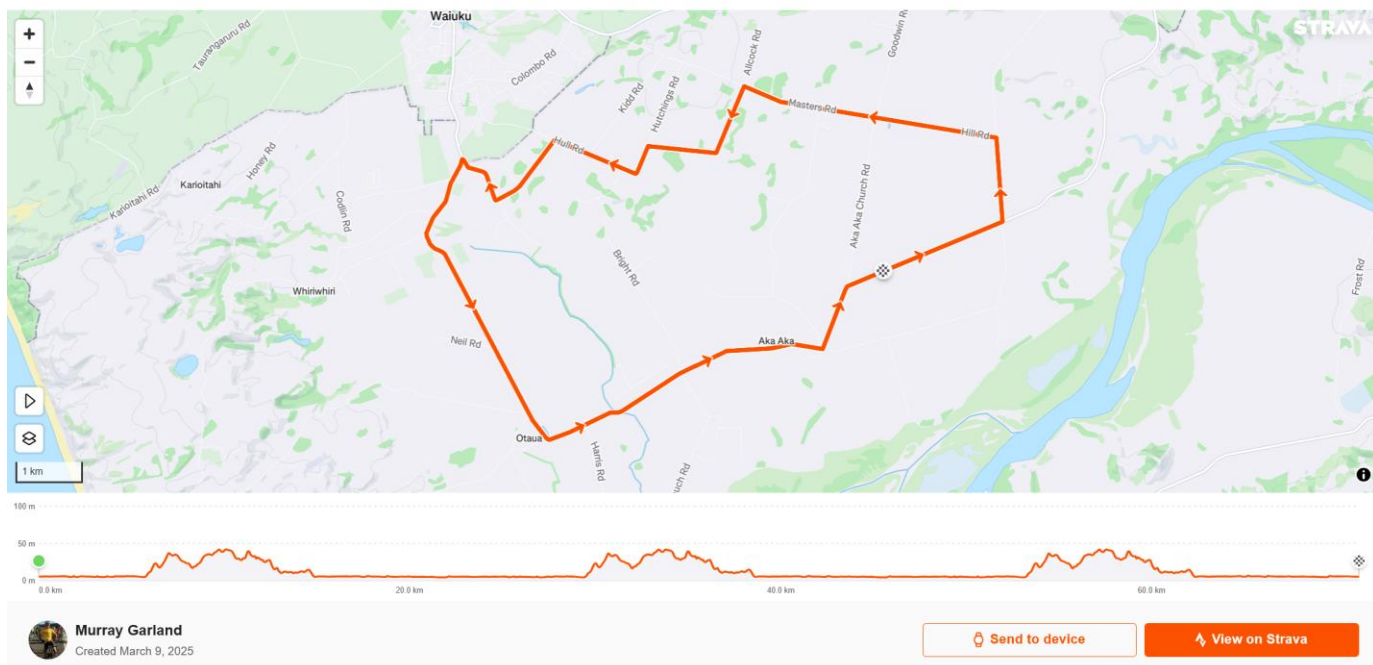
## Road Race

- **Cat 1-2: 96 kms (4 laps)**
- **Cat 3-5: 71 kms (3 laps)**

Strava Map: <https://www.strava.com/routes/3333905465709384010?>

### Race 2 - Aka Aka TTT / Road Race

Type	Distance	Elev Gain
	71.2 km	265 m



- **Start Line Procedure:** Riders must line up 10 minutes before their start time on the left side of driveway exiting the venue and turning right onto Aka Aka Road.
- The finish is on a narrow road and there may be oncoming traffic. Riders must stay to the left of the centre line and do not shoulder other riders.
- Roads are open. Riders must obey road rules and stay left of the centre line.
- **NB: Please make sure race numbers are always clearly visible. If commissaires and officials can't see your number, you might not get counted...and could even be disqualified.**

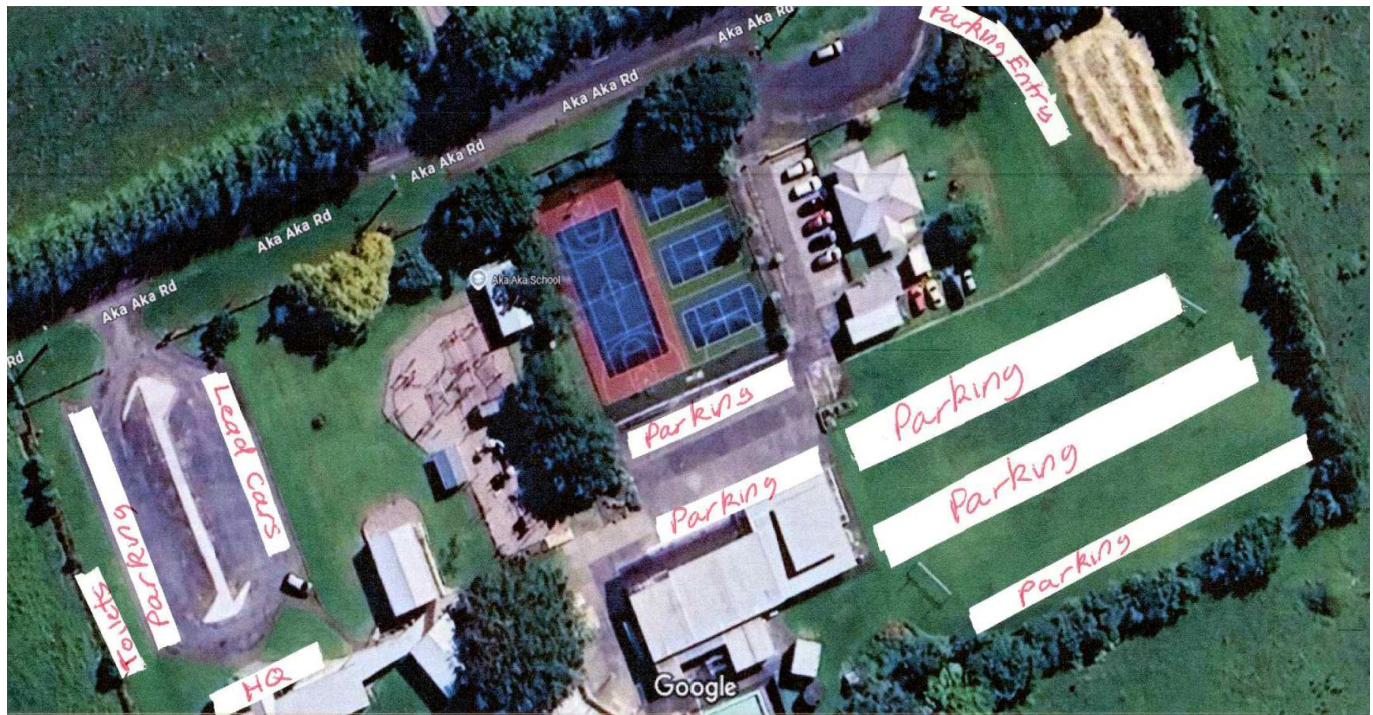


## Parking & Access

Parking is inside the Aka Aka School grounds. (Note: Overflow parking maybe available if required, follow the signage/instructions accordingly.)

To ensure smooth operations and maintain goodwill with the local community:

- Please only park in the designated parking areas. **Keep access to the school house and garages clear.** Note: If extra space is required, please enter the fields and park in the rows only as marked.
- Please do not park on the road/berm around the school and respect all signage and instructions regarding parking zones.



## Race Numbers

- Bibs will be issued so no need to worry about pinning or correct number placement.
- **NB: Please make sure race numbers are always clearly visible. If commissaires and officials can't see your number, you might not get counted...and could even be disqualified.**



# Awards & Recognition

## **Race Day Medals**

- 1st, 2nd, and 3rd place team finishers in the TTT
- 1st, 2nd, and 3rd place finishers in each grade for Road Race

## **Series Awards**

- Individual: 1st, 2nd, and 3rd overall finishers
- Teams: 1st, 2nd, and 3rd overall teams

## **Trophies**

- Round-specific trophy for winning team
- Grand trophy for overall series-winning team in each category

## **Jerseys**

- Leaders Jersey: Awarded to leading rider in each category (Categories 1–4 only)
- KOM Jersey: Awarded to top climber in each category (Categories 1–4 only)

## Points System

**Rider & Team Points (Per Race).** TTT points are the same as for the RR Team Points.

Place	Team Points	Rider Points
1st	15	15
2nd	12	12
3rd	10	10
4th	8	8
5th	6	6
6th	5	5
7th	4	4
8th	3	3
9th		2
10th		1

- Points are awarded to the first three riders across the line for each team for the RR.
- Individual riders score points based on their finish position: 1 point for 1st place, 2 points for 2nd, and so on.
- The team with the lowest total points in each round wins 1st place team points for that race.
- TTT time is based on the 3<sup>rd</sup> rider over the finish line.

## Rules & Regulations

- **Road Rules:** You will be riding on Open Roads at all times and must comply with NZ Traffic Regulations, as well as UCI and Cycling New Zealand Racing Rules. Riders must obey all road rules and exercise caution at all times. Roads are open to traffic, and riders must stay left of the centre line, crossing it will result in disqualification. Be prepared to stop or give way to other road users as required. Commissaires may issue warnings, penalties, or disqualifications for any breaches.
  - **Support Vehicles:** No supporters are permitted to follow the live race or interfere/obstruct with its flow.
  - **Mechanical Support:** There is no service support. Riders unable to continue will be collected by the sag wagon.
  - **Course Knowledge:** No appeals will be accepted for misdirection. Riders must know the course - no exceptions.
  - **Commissaire Authority:** Commissaires will decide on any matters not covered by these rules.
  - **Withdrawals:** Any rider withdrawing from the race must notify the Finish Line Judge or their Race Commissaire immediately.
  - **Emergency Contact:** All riders must provide emergency contact details at registration.
  - **Entry Confirmation:** All riders must have paid their entry fee prior to racing. This will be confirmed at registration.
  - **Start Line Procedure:** Riders must line up 10 minutes before their start time on the driveway exiting the venue and turning right onto Hall Road.
  - **Feed Zones:** there are no feed zones for this race, so please take any necessary fuelling with you when you race. Supporters are not to provide you with additional fuel while you are racing.
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## Medical

**Medics** are stationed onsite at race HQ and mobile on course. Contact details are:

Event Medic Safety (EMS)

**Chris Griggs – 021 460 991**

**PLEASE NOTE:** If you are unable to contact the medic team, call **111** in an emergency.

**The nearest A&E is:**

Waiuku Heath Centre

26-30 Constable Road, Waiuku

09 235 9102

**NB: this is only open to 1pm on Saturday. After that time please visit:**

Urgent Care Franklin

12 Glasgow Road, Pukekohe

09 238 6610

## Health & Safety

Health & Safety is a shared responsibility at every event. Ensuring the wellbeing of riders, officials, volunteers, and spectators is a core priority throughout the planning process. This can encompass road restrictions, traffic management, and timely communication with local businesses and residents, among other measures.

- The event takes place on a mix of residential and rural roads.
- Roads are open, and there will be public and official traffic on the circuit during your race.
- Riders must manage their own safety, remain alert to other road users, and make responsible decisions at all times.
- If you need to stop for any reason, move off the road immediately.

Any questions or concerns regarding Health & Safety should be reported to the Chief Commissaire (**Mary Ingle - 0210 254 0566**) or the Event Coordinator (**Murray Garland - 0274 933 842**).

## Waste

This is a Zero Waste Event. No rubbish bins will be provided.

If you bring it, you take it home please, including wrappers, cups, napkins, and any other waste. Please help us keep the venue clean so we can use this venue again.

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## Volunteers

This event relies on the generous support of volunteers to ensure rider safety, smooth operations, and a great race experience. Roles currently needed include:

- Lead Cars and Commissaire Drivers
- Sag Wagon Support
- Judges for Finish Line
- HQ and registration support

If you or someone in your team can assist, please let us know by messaging CMC on Facebook.

### **Volunteer Briefing**

8:30am sharp at Race HQ (Aka Aka School)

Please ensure:

- Volunteers arrive 15 minutes before their assigned role
  - All volunteers wear high-visibility vests
  - Any changes or absences are to please be communicated to the Event Coordinator (Murray Garland).
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## Food & Beverages

Coffee and BBQ sausages will be available for Race 2 at Aka Aka School.

There will be no eftpos, so please bring cash or you will be able to bank transfer.

## Smoke, Drug, Alcohol, and Dog Free Policy

The entire event is smoke, drug, alcohol, and dog free.

Please ensure all supporters and team members are aware of this policy.