

SUPER CITY TEAMS CHAMPIONSHIP



[Image courtesy of Ethan Verner]

CMC 2025 Super City Teams Championship



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Race 5 – Aka Aka

Date: Sat 1 November

Location: [Aka Aka School](#)

Race Distance: Up to 110km. See Course Notes for details by category.

Elevation Gain: 853m

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

This is the official Race 5 Event Manual

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

Series Overview & Thanks!

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.

As we gear up for the final race in this series for 2025, **we want to extend a heartfelt thank you** to everyone who has made the series possible:

- To our riders, your grit, teamwork, and sportsmanship have defined the spirit of the championship.
- To the supporters and volunteers, your tireless efforts behind the scenes have kept the wheels turning. This series simply wouldn't happen without you.
- To the team managers, thank you for your work behind the scenes and making everyone's life easier!
- And to our sponsors, your belief in grassroots cycling has helped elevate this series to new heights.

It has been a fantastic ride through the first four rounds, and we can't wait to see how it all unfolds in the last race. Whether you're chasing jerseys or cheering from the sidelines, enjoy the final race - you've earned it.

2025 Race Calendar

- **Race 5:** Saturday 1 November – Aka Aka School

Special 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



Principal sponsor for Race 5 - 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

Bennys Bike Shop



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

www.bennysbikeshop.co.nz

Worralls



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**
Debbie Garland
Jo Davenport
- **Rider Liaison**
Kevin Palmer
- **Medics Liaison**
Debbie Garland
Murray Garland
- **Lead Cars**
Cat 1: Daltons
Cat 2: Nicola Jeffery
Cat 3: Rouleur AGS
Cat 4: Masons
- **KOM & Finish line judges**
Ian Grose & Julian Waters
- **Prize Giving MC**
Murray Garland
- **Medals, Jerseys & Trophies Presentation**
Tim Pawson, Kevin Palmer
- **Photographer**
Ethan Verner
- **Sag Wagon**
ACG Roadies
- **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
7:40am	Registration Opens
8:15am	Individual Riders + Team Managers Meeting
8:30am	Registration Closes
8:30am	Volunteer Briefing
8:50am	Rider Briefings Commence
9:00am	Category 1 Road Race Start – 110km, 3 laps
9:05am	Category 2 Race Start - 110km, 3 laps
9:10am	Category 3 Race Start – 110km, 3 laps
9:20am	Categories 4 & 5 Race Start – 73km, 2 laps
~1:30pm	Prize Giving

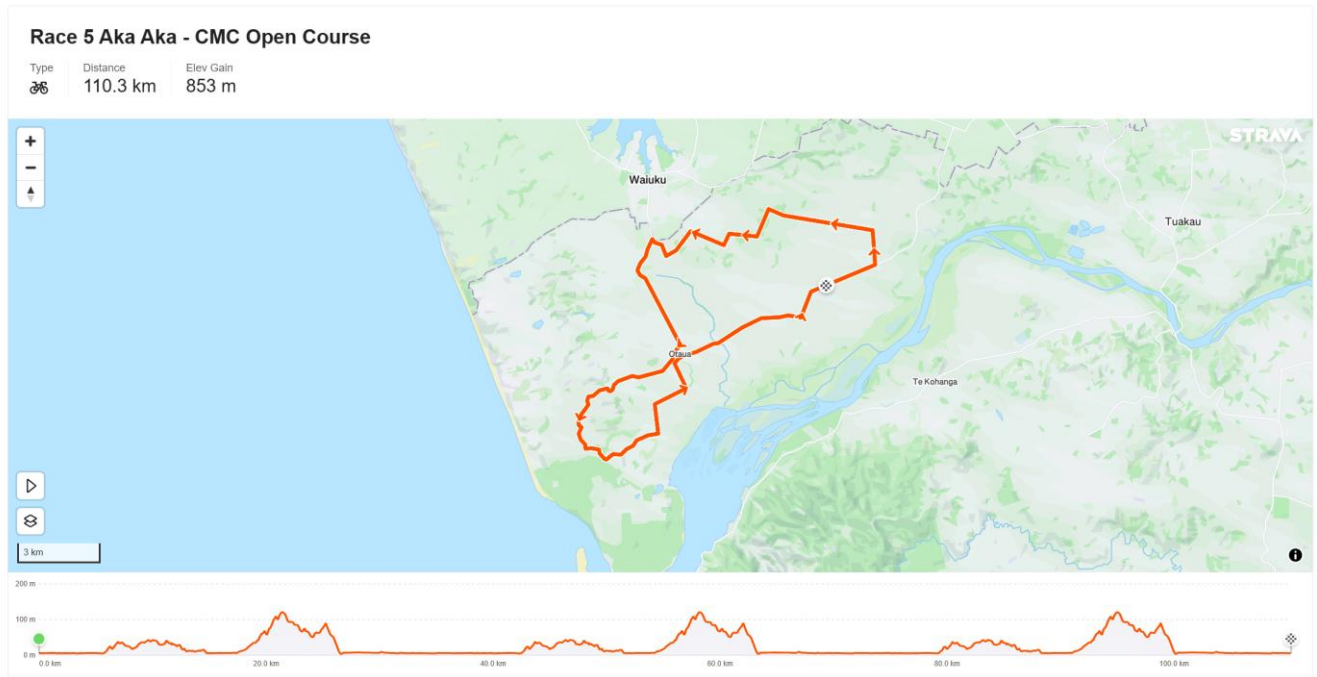
Race Format & Course Notes

Road Race

- **Cat 1-3: 110km, 3 laps**
- **Cat 4-5: 73km, 2 laps**

KOM: 2nd time over Maioro Road- 57.6km (approx)

Strava Map: <https://www.strava.com/routes/3333907366348649218>



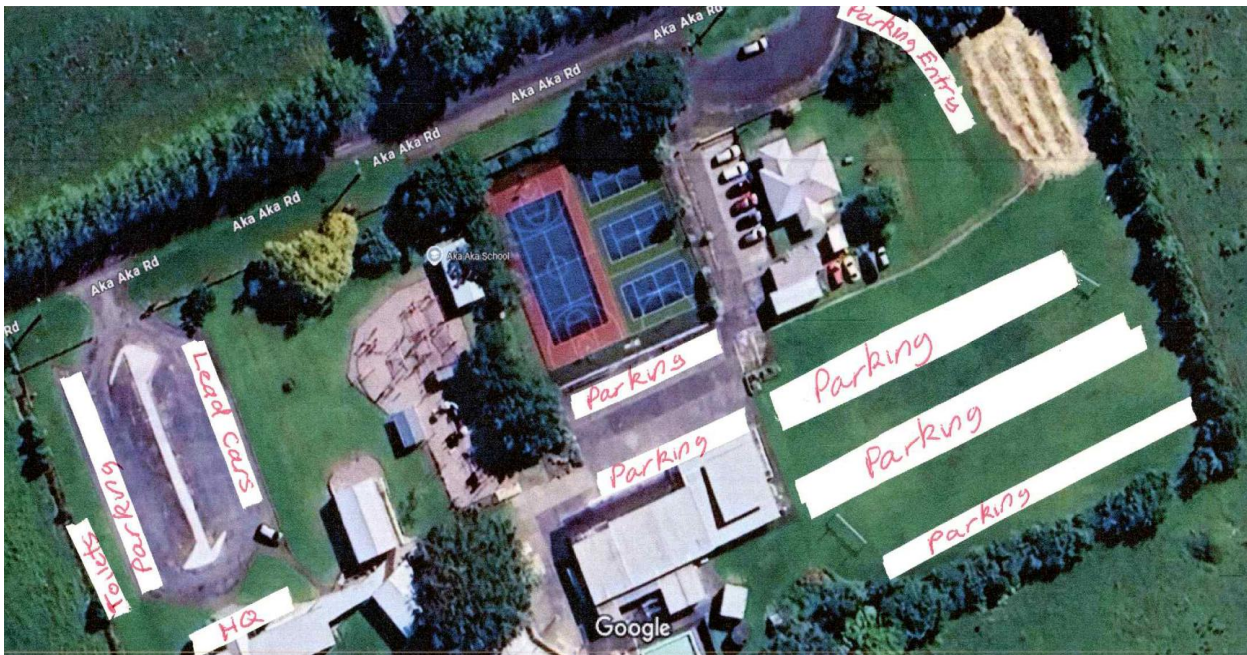
- **Start Line Procedure:** Riders must line up 10 minutes before their start time on the left side of driveway exiting the venue.
- The finish is on a narrow road and there may be oncoming traffic. Riders must stay to the left of the centre line and do not shoulder other riders.
- Roads are open. Riders 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 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)

IMPORTANT NOTE:

Prize Giving Requirements

1. Rider Attire

All riders attending prize giving must wear their official respective team jerseys/race apparel. Failure to do so will result in a deduction of points from the overall individual classification.

2. Attendance

Riders who do not attend prize giving will forfeit points for themselves and/or their team, unless prior arrangements have been made with the Event Organiser.

Points System

Rider & Team Points (Per Race)

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.
- 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.
- If you're contesting the KOM, please hold your line through the sprint.

Current Results

<https://supercityteamschampionship.co.nz/supercity/results/team-points>

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, so please take any necessary fuelling with you when you race. Supporters are not to provide you with additional fuel while you are racing.

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.
- Riders must remain behind their category lead car at all times.

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. **IMPORTANT:** 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.

Volunteers

This event relies on the generous support of volunteers to ensure rider safety, smooth operations, and a great race experience. 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 on site.

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.

Additional Notes

Lost Property

A selection of lost items has been collected from the past few races. These will be available for retrieval at the registration desk.

Cable Tie Snippers

Please return any cable tie snippers borrowed during earlier races. These are shared resources and need to be returned for future use.