

SUPER CITY TEAMS CHAMPIONSHIP



CMC 2025 Super City Teams Championship



Table of Contents

Series Overview	3
2025 Race Calendar	3
Thank You to Our Sponsors!	4
Key Contacts	5
Race Schedule	6
Race Format & Course Notes	6
Parking & Access	7
Race Numbers	8
Awards & Recognition	8
Points System	9
Rules & Regulations	10
Medical	10
Health & Safety	11
Waste	11
Volunteers	11
Food & Beverages	12
Smoke, Drug, Alcohol, and Dog Free Policy	12

Race 1 – Onewhero

Date: Sunday, 24 August 2025

Location: Onewhero Rugby Club

Race Distance: 90.1 km (2 full laps + final lap to finish)

Elevation Gain: 1,205 m

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

This is the official Race 1 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.

2025 Race Calendar

- **Race 1:** Sunday 24 August – Onewhero Rugby Club
- **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



Principal sponsor for Race 1 at Onewhero. 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**
Alex Corbett
Debbie Garland
Murray Garland
- **Rider Liaison**
Kevin Palmer
- **Medics** will be stationed onsite at race HQ (Onewhero Rugby Club) 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	Team Managers Meeting
8:30am	Registration Closes
8:30am	Volunteer Briefing
8:50am	Riders Briefings Commence
9:00am	Category 1 Race Start
9:10am	Category 2 Race Start
9:15am	Category 3 Race Start
9:20am	Categories 4 & 5 Race Start
~1:45pm	Prize Giving

Race Format & Course Notes

- Distance: 90.1 km - <https://www.strava.com/routes/3333634780763307722>

Race 1 Onewhero Full

Cycling Route

[Save](#) [Share](#)

Details

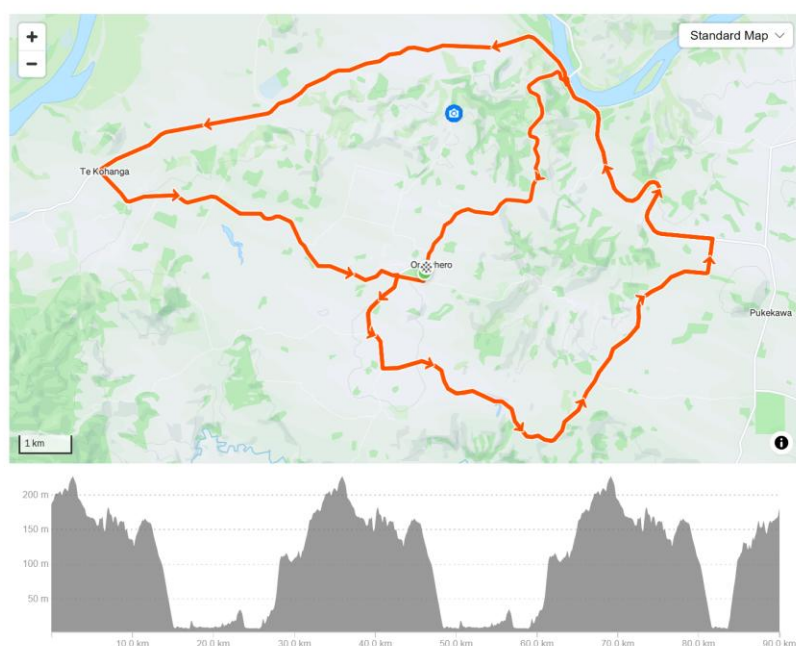
📍 90.11 km ⚡ 1,205 m

CREATED BY

Murray Garland
9 March 2025 · Public



Route and Elevation



Segments

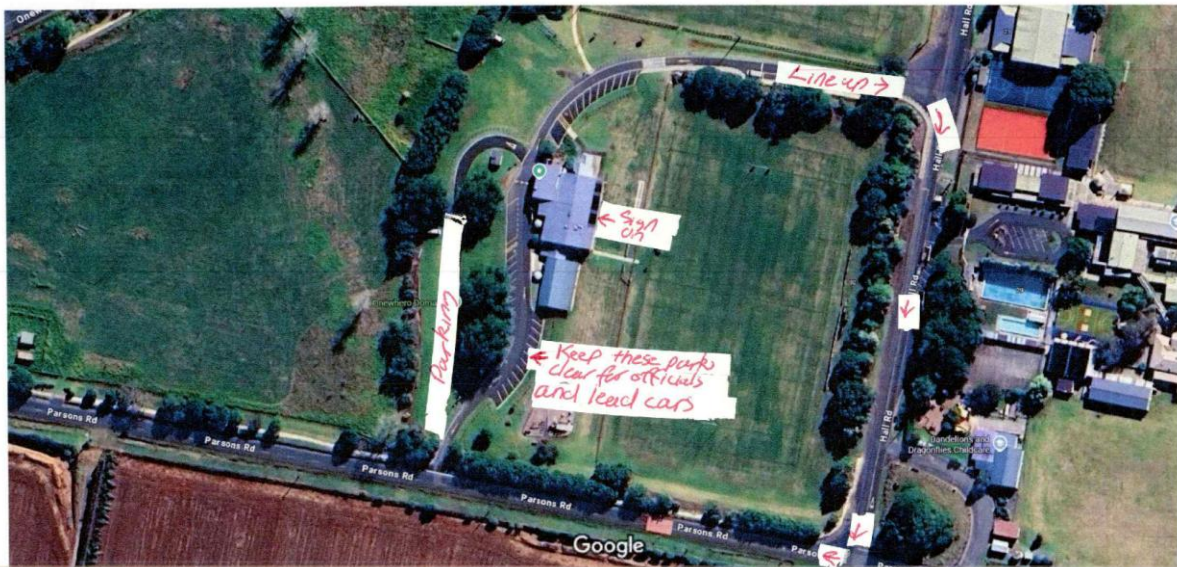
- **Start Line:** Riders line up 10 minutes before start time on the driveway exiting onto Hall Road.
 - **Course:** Two full laps of the circuit. On the third lap, after the descent (~83.5 km), riders turn left onto Onewhero Tuakau Bridge Road to finish.
 - **KOM Location:** First lap only, approximately 33.75 km at the top of Kohanga Road.
 - **Roads are open. Riders must obey road rules and stay left of the centre line.**
 - Race numbers must be visible to KOM and finish line judges.
-

Parking & Access

Parking is inside the **domain grounds** at Onewhero Rugby Club, off Parsons Road.

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

- Follow the designated parking map below.



- Carpooling is encouraged to reduce congestion.
- Please be respectful and don't park in residential driveways or on berms.
- Please 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.
-

Awards & Recognition

Race Day Medals

- 1st, 2nd, and 3rd place finishers in each grade

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)

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.

KOM Points (Categories 1–4 only)

- 1st: 3 points
- 2nd: 2 points
- 3rd: 1 point
- KOM location: First lap only (~33.75 km)

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.
-

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:

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.

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 (Commissaire Drivers)
- Sag Wagon Support
- Judges for KOM and Finish Line
- HQ and registration support

If you or someone in your team can assist, please sign up using the official spreadsheet:

[CMC Volunteer Sign-Up Sheet – Race 1](#)

Volunteer Briefing

8:30am sharp at Race HQ (Onewhero Rugby Club)

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).
-

Food & Beverages

Coffee and BBQ sausages will be available for Race 1 at Onewhero.

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.