



2025 Participant Comments

Knock ME Down MÓR (62km Event)

- Very well organised the stewards were 100% on there game on the day. Other runners/cycles were very supportive thru out the whole race. I would definitely do this race again in a heartbeat.
- All volunteers so friendly and helpful. Lovely race atmosphere and refreshments. Well marshalled and safe route. Great social media coverage and photos. Beautiful route. It was great to be able park my campervan on GAA field. Great someone was managing the recycling and waste at the finish line. Liked getting a free entry as a prize rather than a trophy. It was nice that there were so many prize categories for different ages.
- Great organisation and great atmosphere on the day. Really well run and fantastic location.
- Lucky enough to have done this event a number of times and I absolutely love it. Everything was great as usual. From Registration, to pre race info everything was spot on. The organisers and local people are brilliant and so friendly and helpful. I liked everything about it. Great, tough challenge.
- All the volunteers seemed to be very well briefed and knew exactly what they were doing. The atmosphere afterwards was brilliant. The free post- race recovery aids were a nice touch.
- Its my third time and it keeps getting better, well done to everyone involved looking forward to next year already
- Superbly organised and great atmosphere created by all the volunteers and stewards along the route
- Enjoyable course. Really well marked / sign posted. Very friendly and supportive marshals. Great atmosphere in finish area after event. Water / fuel stations much appreciated.
- The volunteers were amazing so friendly and encouraging. It was my 1st adventure race so I was a bit nervous before the start I was very reassured by all volunteers and felt at ease all the way round the event. Was a fantastic event would highly reccomended to anyone. Grá Mór
- Course was great
- The Weather, Volunteers, Scenery, Kayak, Trails, Everything.....
- Super day with just enough challenge for me. I was delighted to see the improvements in the paths with some stoning around bay lock. Great to see the funds being reinvested. Well done all. Don't change a thing. I am a 4 time participant and intend to continue.

- Overall an excellent event. Its one of the best Adventure races I've taken part in. An incredible amount of marshals and helpers, very smooth overall. The kayak transition in and out of the water is the best in the country. Brilliant that its not a commercial venture too.
- It's so well organised. Challenging also which is what it's about too. The food after is great.
- The atmosphere of the event and the hospitality of the stewards. It is a well organized event.
- Superb event, excellent marshalling and signage. One of the best events I've done in my 34 years of competitions.
- All very friendly
- So well organised and everyone So nice and helpful.
- Race route itself was very good but the friendliness and support of all the marshals before, after and during the event made the event for me. I do quite a lot of races and I would put it up there with the best.
- Plenty of Stewart's, water and snack stations, the weather and the scenery were wonderful.
- What a wonderful challenge
- Very well run
- Well looked after from registration, stewards, care on the course and the after care was second to none a great day, 5th time at it and please god will be back next year 🙏
- Everything about your event was 1st class and other professional event organisers could learn a lesson or two from ye. Keep up the good work and we group of 8 will definitely be returning in 2026.
- Everyone was so friendly from starting to all the stage transition everyone was great it was extremely well organised
- I can't complain about anything
- Great signage, friendly marshals and over all good vibes
- Great display and evidence of an active and vibrant community spirit in all the main areas. Well done on a great team effort.
- Fantastic event. Extremely well run. Marshalling was excellent and everything ran like clockwork. Well done to all the organisers and everyone associated with it.
- - Marshals were very helpful - Plenty of water stations along the route - Parking available on-site the night before for campers - Good post-race recovery facilities
- A well run community event
- The atmosphere and ambiance were awesome! All aid stations were well placed and had exactly what was needed to refill your energy
- Excellent community organised event
- Plenty water stations on the day
- The community feel is what i really admire about this race. Post race has a festival feel
- Very well organized. Plenty of friendly Marshalls. Lovely route.

- From start to finish this event exceeded all expectations. My fourth time participating in this event and it gets better each year. All the volunteers from registration, roadside, lake side, into the woods and at the finish line were excellent. Their support, enthusiasm and banter along the way was appreciated. Post event food, entertainment, ice bath, sauna, physio and compression socks were an added bonus. Thanks and hope to see ye again 😊👍
- Love the community spirit & friendly volunteers. The post recovery session. General atmosphere. Route.
- Everyone was super friendly and there were a great sense of community there, you know its not out for profit! You get treated well. It's my 3rd time there and Ill be back again for next year 😊 I've been to few adventure races and you are the best by far! Keep up the good work and thank you everyone involved for making this event a great day! ❤️
- Volunteers were local and very proud of their area/welcoming. Very safe- great signage, traffic control and staggered start. Lots of water stations and good snacks. Organiser was very accomodating in switching me to the Mór race.
- This was my second year doing your event. Honestly, you guys are unparalleled in every aspect. This is a super event. The best part of it, however, are your stewards and volunteers. Well done to you and to them. I will be back next year
- Well organised. Real community event. Plenty of food and Water on race route and after race
- Volunteers were very helpful and kind
- The water stations were located perfectly and the food there was spot on.
- Excellently managed and planned, the signage was exceptional.
- Fantastic Event, so well organised, credit to the community of Newcastle, the village should be proud of the event
- Loved everything! Really challenging course. Fantastic support from everyone along the way. A real community event. Great to have the surface repaired on the return from the lake. Thank you.
- Lots of marshals and lots of water.
- Excellent event much better than Quest, more Stewarts, way more water stations, great snack, toilet facilities. Much better food options, really impressed you cater for veggie. Loved the chocolate milk, a real treat
- The athletic challenge and the scenic and tranquil areas of the course. Water stations were strategically placed on the course.
- Great atmosphere. Super stewarding and organisation.
- It was the most beautiful place I've ever been in Ireland and I was born 56 years ago - in Ireland.
- Very well run and very well organised. Great post race area, very friendly marshals and really good atmosphere.
- Everything was well organised and the parking after party was very good. The routes are perfect very enjoyable
- Absolutely fantastic event again this year. Huge congratulations to the committee. Its not an easy task to organise such an event and to be as successful as the Knockmealdown. The mor race was quiet challenging but extremely enjoyable and the recovery and refreshments afterwards were top class. The

whole family love this annual day out. Keep up the good work and see ye in 2026.

- The volunteers were so friendly and encouraging. They were great fun and were so encouraging all the way around. Good banter.
- Excellent can't say enough good things, well run, organized, course tough but good, well marshaled and marked throughout. Great job, super event.
- Friendly and welcoming vibe, great route!
- It's just very well run and all the volunteers and race stewards are very friendly
- The organisers were really lovely and welcoming people The organisation was brilliant And the scenery was spectacular 🤩
- The newly gravelled areas on the climb to the lake and on the return. Enjoyed the kayaking. All the areas offering water and treats and the stewards were faultless.
- All the volunteers/ Marshalls were extremely helpful and friendly. Very well organised event thank you!
- Probably best run adventure race in Ireland. Excellent atmosphere and really enjoyable
- This was honestly the BEST organised and marshalled adventure race I've ever done. (And I've done loads) The post race party was top class!!! I spoke to the organisers at the end to tell them this. Credit where credit is due !! 10/10
- Great course & and plenty of aid stations.
- Simply a really good well run event plenty of water snacks and happy stewards
- Very good stewarding. Really well run
- Very well organised event with lots of marshals and support throughout and after the race.
- Very tough race but absolutely worth it. Well organized , well marshaled and worth every penny. Thank you so much
- Very friendly volunteers , lovely scenery
- Volunteers were amazing. Plenty of water stations



2025 Participant Comments

Knock ME Down Challenge (35km Event)

- Amazing, encouraging stewards all throughout the day and event. Stunning location. The event was really well organised and seamless. Food was delicious! Thank you!! Roll on 2026
- 2nd year taking part & the relaxed start is great. It's a super challenging course, esp the 1st run. Marshall's throughout the course are super but shout out to guys at Kayak section they are super. Might give the MÓR a go next year 🙏.
- Very well run, lots of Marshalling on the route and everyone was very pleasant and encouraging.
- Overall, this is one of the very best organised events I have done. Everyone involved is friendly, helpful and encouraging.
- Ease of registration. Obvious and excellent safety measures. Helpful and cheerful volunteers. Good organisation.
- So well organised, great atmosphere, great facilities after race, results available immediately, overall it's a fantastic event
- Lovely atmosphere. Local support.
- So well run loads of volunteers. The food after is always great. Hope to be there again next year.
- It's a challenging course. Running was tough, cycle was good.
- Marshals/volunteers very friendly and helpful
- Lovely relaxed vibe all the way through.
- Thoroughly enjoyed the event as a whole. The course, the organisation and the people made it super fun. I'm living locally and this is my first year doing it, will definitely be making it a yearly event in my calendar from now on.
- Organisation is phenomenal.
- The event and the atmosphere was fantastic. Well done to everyone involved in organising it.
- Its was again a super run event and credit to everyone involved as everyone was so helpful and nice and in my opinion the best run event of its type going - unreal - we will be back next year!! and thank you
- Free chocolate milk

- The fantastic volunteers and community spirit. The day was thoroughly enjoyable but I'm very conscious of the amount of hard work that goes in to make it so.
- Very well organised. Everyone was very welcoming, friendly & encouraging. So many happy people around, was a joy to be around them. First time doing it, can't wait for next year
- Fabulous event. They think of everything, even the things you didn't know you needed.
- From booking to the end of the race, I've no complaints at all. I did the challenge course again. Well signed, lovely friendly marshals. Everyone that was involved was lovely and friendly. The after race amenities are the best I've ever seen in all the events I've done. Always great to be able to have a hot shower and then chill and relax. It's a lovely relaxing area. No pressure to get out of there. All of the marshals at all if the transition areas were very helpful and courteous. The whole event has a lovely close community feel to it. Long may it continue. I could be tempted to come back and do the Mór 😊. Thanks again for everything
- The staff and helpers were so person centered and friendly , v warm welcome
- This is our favourite event of the year . Absolutely everything is thought of and the stewarts are always amazing and friendly . I have recommended this events to loads of my clients who are now doing it .
- Best price adventure race Great information online Well marked throughout My favourite one i have done. Completed all quest adventure races Completed dingle adventure race and others. This one is the best Easy parking. Also this race avoids the start pile up which other races inevitably suffer from due to everyone starting at the same time
- It was my first time taking part in this event and I can absolutely say it won't be my last . From registration to staff, volunteers, event organisers, marshals it was an overall amazing event . Signage and direction was fantastic. The community spirit was fantastic and all the little things in the background that made this day was fantastic. The route itself was great and must say everything ran so smoothly . Everyone couldn't have been more helpful, the post refreshments and entertainment was fantastic and I will be most definitely recommending to all I know for this event for the future. Thank you again for a great event and all ready looking forward to 2026
- The staff were extremely friendly, food afterwards was lovely. Medal and top great too. This was my second year to participate in this event and I'll definitely do it again. Very well organised. Again, helpers and volunteers so friendly.
- Been participating in the event for a number of years and found this one to be the best yet. Very well run from start to finish. Road and path upgrades were a great bonus too. The New long sleeve top is very nice too. The food in the after area was excellent also. Well done to all who organised.
- Really well marshalled, lovely friendly people, very well organised. Was my first event of this type and ye took all the fear out of it.
- This was my first triathlon but in comparison to marathons and other activities, I thought it was excellent. I want to already register for next year.

- Loved every minute of the event. Stewards were so helpful and approachable. Parking was so close to the event. Registration was straightforward. Road/running signage was clearly marked. Food and refreshments was fantastic and plentiful. The cool down area looked good but I didn't partake (that's just me). The exit process in even getting out of the car park (sign for lismore/other direction). The jersey is really nice as well, it is not covered with decals of other businesses, it's long sleeved so I will be using it over the four seasons. I was amazed at the amount of helpers, the community has really bought in to this event, well done all.
- Great organisation and the volunteers really created a great atmosphere encouraging us when we passed
- Incredible people involved from start to finish. So helpful and friendly. The event itself is amazing, the route, and scenery etc. Excellent marshaling, amazing food, post race recovery, all 5 star.
- All the marshals, from the guys in the carpark to every person you meet a long the way were all so nice and supportive.
- Liked that it promoted the local area, was run by a local committee and volunteers.
- Good day out
- Well done to all involved. Great event. Thanks to all the volunteers.
- Good challenging course. Really well marshalled. Nice community feel with really friendly volunteers. Superb post race facilities.
- From start to finish it was a great event. Every volunteer on the day was very friendly. Extremely well organized. By far my favourite event of the year, I'm looking forward to next year already. Keep up the good work.
- The post race treatments available were wonderful.
- Great sense of community and everyone was very welcoming.
- I had a great experience, loved the race route. All in all a very well organised event. Everyone involved that I spoke to or had any interaction with was extremely friendly, chatty and supportive all along the route. Speaks volumes about the local community and their support for the event.
- Everyone looking after each other and the after race facilities available.
- Professionally run by brilliant volunteers.
- One of, if not the best run adventure race I've competed at. I couldn't fault anything about it..from start to finish, the parking, the registration, the course, the facilities. Everything was first class. A special mention to the marshalls and volunteers, every single one was so friendly and encouraging, a great bunch of people. Well done to everyone involved.
- Very well run and enjoyable event
- This event was so well organised. From beginning to end everything was seamless. So enjoyable
- It was my 1st ever race, I really enjoyed it. Great atmosphere around d place. From start to finish the whole route was really well marshalled, I was really impressed by the huge effort put in, really well organised, see ye next year, please God 🙏

- Well organised friendly stewards, great buzz all day
- Everything! I had the most amazing day. All the volunteers were fabulous. So kind, happy, helpful, positive. They really made it. Please let them know how wonderful they were. The route was great. So well marked. I'll be back
- Well organised , lovely volutes very supportive . Great event from start to finish
- Thank you so much for another great day. This year the road surface was greatly improved & the surface on the second run had been gritted making running much safer & easier.
- Absolute friends, everyone was very helpful, can't fault it,
- I loved every minute from start to finish .Its my second time to do it and I must say you've lots of improvements on the part we have to run /walk ,well done .You had helpers and stewards everywhere and they were all so nice and welcoming ,I must say you run a great event. I've knocked 10 minutes off my previous time 2 years ago so I will be back next year to do even better

- Loved everything. Everybody was so friendly and helpful. It was so well organised.
- Good event overall .
- Well marshalled and sign posted
- Good organized event lovely food after and good prizes.
- Great atmosphere and great work from Marshals
- The marshals were absolutely fantastic – so friendly, helpful, and supportive throughout. What really stood out though, were the words of encouragement when I felt like I was ready to give up! A special shout-out to the lovely lady who helped me into my life vest after that tough climb up the back of Bay Lough – I honestly don't think I would have made it without her. It might sound dramatic, but those words of encouragement truly meant everything and kept me going. The post event facilities were outstanding. Water stations were a god send.
- Great way and so evident it was truly a community organised event. It was my first adventure race and def will be back. The weather on the day too was ideal.
- Very well organised. All the volunteers were very helpful and friendly.
- Brilliant. Well organised. All the marshals/organisers were so friendly. Would highly recommend.
- The venue and the challenge are superb.
- It was extremely well run, the route was challenging but very enjoyable. I thoroughly enjoyed the entire experience.
- Friendship between stewards and contestants is stellar.
- All the above - excellent event, great organisation and energy. Well done! I hope ye fëckërs made a few bob.
- 100% brilliant event.
- Organisation was excellent. Event was excellent. Facilities were excellent and a special word for all the cleaners on the day.
- Super organised

- The stewards/volunteers are great, really friendly & helpful. Good water stops & energy bites. A great route- uphill is so tough on the walk/run. Great food after & great atmosphere
- It's just so well organised and everyone so friendly. I love starting and finishing the race with cycling
- We had a really great day. It was a stress free process to register and loads of help on the day with plenty of friendly stewards to help with everything. Post event activities were brilliant too with a lovely environment to enjoy after taking part. A great showcase for a lovely village.compliments to all involved in the organisation of the day. 🙌🙌🙌
- This is the best event in the country. The volunteers are amazing , the friendliness of everyone involved makes it . The route selection is brilliant . The logistics and admin are second to none . Well done to all involved and see you in 2026
- The event was excellent! A wonderful organisation team ! From start to finish ! The support from the stewards in car parks , the registration desk and all through the race were excellent! The track itself was challenging but so so worth it ! Wonderful atmosphere and sense of community
- Loved it, so it's hard to pick one thing out, but if I had to, it would be the people, the volunteers that make the day possible were incredibly friendly, kind, helpful and a breathe of fresh air.
- Fantastically well run event, friendly, courteous and very helpful volunteers running this. Well done on another great race
- Treatment before during and particularly after the race was excellent. Very good community spirit
- The joy of completing it
- Everything
- It's tough but not too tough stewards are excellent and plenty of them
- The friendliness of all the volunteers
- Loved everything about it.
- Very well organised
- Volunteers were brilliant and there was a lot of them. Plenty of water available around the course which was very good.
- Fantastic event. Well organised and great atmosphere before during and after. Ellen McEniry did an excellent job registering us.
- First time doing anything like this, and have to say so well run ,people were fantastic and staff so helpful and friendly, defo worth it ..
- This is the best run event of its kind anywhere in the country and everyone involved from organisers to marshals should be very proud of their efforts. It is my third time taking part and it always so well run.
- It's a nice fun event and not too much of a crowd allowed enter
- Everything, the volunteers are fantastic, the atmosphere is lovely. By far my favourite adventure race
- Great day out. Well organised by a lovely bunch of people
- It's tough

- The stewards were outstanding, right across the board, especially at the kayak, after getting to the top, there was a kayak mammy who put on my lift jacket! First time for me and loved the event. Blessed with lovely weather, thanks so much. Very relaxed vibe

Thank you to everyone that took part in 2025.

You all helped make the event a spectacular success.

Thank you all for your very kind comments.

Hopefully, we'll see many of you again in 2026.