



INFLATABLE 5K

Fresh Gym
fun, fitness & community

Really fun event, loads of atmosphere from the staff and great energy. As a non runner the course was really good - Dade



Get ready to jump, bounce, slide and swing through the **World's BIGGEST** and **CRAZIEST** Inflatable 5k Obstacle Course at Kempton Park Racecourse, Sunbury-on-Thames. Featuring giant inflatable obstacles, slides and tunnels. Choose from 2.5k, 5k, 10k or 15k routes. Each lap is filled with exciting inflatables, ideal for beginners, families and experienced runners.

Event Details

Date: Saturday 3rd October 2026

Website:

<https://www.ukrunningevents.co.uk/events>

Location: Kempton Park Racecourse
Sunbury-on-Thames
TW16 5AQ

Who Can Take Part:

- Families Children 5 to 15 must run with a participating adult (3 to 1 ratio)
- Friends and groups
- Charity teams
- Beginners through to regular runners

What's Included:

- Giant inflatable obstacles
- Music Zones
- Finishers Medal
- Goodie Bag
- Refreshing Drink

Make your Booking

Gary and some of the Fresh Staff will be taking part - so let us know if you are too.

Get your entries in quick as there's Early Bird Deals and Family Discount tickets.

<https://www.ukrunningevents.co.uk/events/inflatable-5k/kempton-park-south-london-2026/checkout>