

## **NATIONAL TRUST FOR SCOTLAND MEDIA RELEASE**

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### **Castle Fraser goes Gung-Ho!**

A Seriously Fun 5K is coming to the National Trust for Scotland's Castle Fraser this September.

Gung-Ho! is a 5K run with a difference and boasts the largest inflatable 5K obstacle course in the world!

On 1 September 2018 Gung-Ho! will be at Aberdeen's Castle Fraser where participants can take part in the Seriously Fun 5k run over 10 giant inflatable obstacles. Running, bouncing and jumping will be sure to get the heart pumping as runners make their way around the course.

Harry Saunders, Functions and Events Co-ordinator, Castle Fraser said, "We're delighted to host Gung-Ho! on the grounds of Castle Fraser, one of 26 castles and great houses the National Trust for Scotland cares for and protects. The event is open to all people so whether you're a seasoned marathon runner or if you just fancy enjoying the fun, everyone that wants to take part can!"

Take your 5k game to the next level with the Gung-Ho! inflatable obstacle course including the biggest inflatable slide in Europe which has a foam party finish.

Booking is essential. Participants can run on their own or as part of a team.

**- ENDS -**

