



Rachel Gough

LEUVEN, BELGIUM

AGE
23

LOCATION
Leuven, Belgium

HEIGHT
166 cm / 5'6"

DISCIPLINES
Parkour / Freerunning

A professional parkour athlete and stunt performer from Northampton, England. With a strong foundation in both movement and acting, she brings over five years of parkour experience and more than a decade of performance training to her work on screen and stage.

MOVEMENT STYLE

Rachel Gough is a parkour athlete recognised for her powerful and bold movement style. She excels in explosive jumps, precise landings, and swift manoeuvres, showcasing both strength and control. Rachel’s approach is marked by her fearless attitude, adaptability, and ability to tackle challenging obstacles with confidence and creativity.

EXPERIENCE

5+ years as a professional parkour athlete Freerunner and background actor in Wicked: Part 1 Lead role in a student film Lead stunt performer for Channel 4’s The Gathering Over 10 years of acting classes Live show performer across various productions

PROFESSIONAL CREDITS

World Parkour Champion 2023 1st Place, World Parkour Championships 2026 2nd Place, World Parkour Championships 2025 3rd Place, Project Underground 2022 and 2023 Sponsored athlete Social media creator with 154K Instagram followers Commercial campaigns for Fila UK and C4 Energy Stunt performer for Wicked: Part 1

