



TANYA BOTTOMLEY

ATHLETE | COACH | STORYTELLER

Tanya holds a number of records in ultra running and prides herself on taking the road less travelled and pushing the boundaries for herself to show others just what is possible for them. Tanya's on a mission to help and inspire others to go after their big dreams and conquer their own 'impossible' whatever that might mean for them. Tanya is an experienced ultra runner, a qualified and experienced mindset coach, and loves telling stories across mediums sharing her skills, knowledge and adventures.

RECENT PODCAST INTERVIEWS





SIGNATURE TOPICS

- The mindset of taking on big ultra-running adventures
- Creating your own adventure and taking the road less travelled
- The power of running as a form of personal development - and how to bring that learning into everyday life
- Finding and creating community through running
- Creating an authentic running life that you love


LET'S WORK TOGETHER!


Please feel free to contact me for any concerns or questions.

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MY JOURNEY

I started running seventeen years ago, and I was no natural-born athlete. I was a heavy smoker, stuck in a toxic, abusive relationship. Today, I am a trailblazing runner who inspires people through my incredible journey of transformation. Running not only changed my life; it saved me. It gave me the confidence to escape ten years of pain and discover my true potential.

Now holding multiple records and being the first woman (and person) to complete several unprecedented challenges, I constantly push the boundaries of what's possible. My story is one of authenticity, resilience, and hope. My mission is to inspire the dreamers, the hopeful, and goal getters to go after their goals with joy, purpose and possibility.

With a down-to-earth and relatable approach, combined with an empowering and adventurous spirit, I aim to bring hope to countless individuals. I am eager to share my story and inspire listeners to embrace their own transformative journeys.



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