

# Amanda Cutlack

In 2017, Amanda Cutlack became a marathoner. She described the feeling as “Sheer Elation... It was just amazing!” If you had asked her two years ago she would have laughed at the idea because she had only just started running 5km at Park Run. This changed when Amanda set herself the marathon target, some smaller goals to achieve first, and joined the intraining Marathon School. She achieved this goal in a time of 6 hours and 32 minutes.

## “Sheer elation”

“My run (at Brisbane Marathon Festival) was six hours and thirty two minutes. I’d never run that distance before and I’d never pushed myself to that distance before.



When I decided to set the goal to run a marathon I just thought I’ve got a lot to learn and I’ve got to get myself some form of education, and join a running school. I don’t think I’d have been able to do it without having the intraining Marathon school support. It gave me the tools to achieve all the goals from the 5km, 10km, half marathon and finally the marathon. Running’s definitely changed my life.”

## Running has changed my life

Amanda’s marathon story continues as she begins exploring the world of marathons with plan to complete Queenstown Marathon in 2018.

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## AMANDA’S TOP 6 TIPS TO RUN A MARATHON

1. Good shoes: “If your feet are happy, you will run the distance”
2. Good clothing: “It reduces chafing and other uncomfortable situations you may have while running”
3. Nutrition: “Thinking about what good fuel you are putting in your body for a successful run”
4. Good company: “We worked together as a team to help each other meet our goals... It’s (the intraining marathon school) a family within a family”
5. Run happy: “Enjoy every minute of it”
6. Get the right building blocks: “If you’ve got the right building blocks, you’ve got the support and the information to be able to do anything. Join intraining Marathon School”

