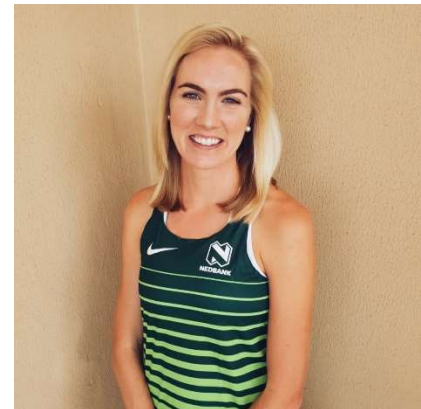




## CURRICULUM VITAE: **Stella Marais**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Stella Marais  
**DATE OF BIRTH:** 25 November 1992  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African  
**EMAIL:** [maraisstella@gmail.com](mailto:maraisstella@gmail.com)  
**TWITTER:** @StellaMarais1  
**INSTAGRAM:** #stellamarais



### **PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800m	2:11.50	Polokwane (RSA)	2016
1000m	2:52.88	Johannesburg (RSA)	2016
1500m	4:23.94	Port Elizabeth (RSA)	2016
3000m	9:51.37	Stellenbosch (RSA)	2015
5000m	16:18.38	Stellenbosch (RSA)	2021
10,000m	38:01.52	Germiston (RSA)	2019
10Km	34:22	Durban (RSA)	2021
Half Marathon	1:16:14	Port Elizabeth (RSA)	2022
Marathon	2:38:22	Cape Town (RSA)	2022

### **Best Performances 2022**

ABSA Run Your City 10km, Cape Town RSA, 36:49  
Nelson Mandela Bay Half Marathon RSA, 1:16:14, 12<sup>th</sup>  
Cape Peninsula Marathon, Cape Town RSA 2:38:22, 1<sup>st</sup>

### **Best Performances 2021**

CGA Open Meet One 5000m, Stadium, Boksburg, 17:29.80, 2<sup>nd</sup>  
AGN League 1, 5000m, Bestmed Tuks Stadium, Pretoria, 17:03.53, 2<sup>nd</sup>  
Invitational Middle Distance Track Series 5000m, Coetzenburg Stadium, 16:18.38, 3<sup>rd</sup>  
AGN Ch. 5000m, Bestmed Tuks Stadium, Pretoria, 17:09.79, 3<sup>rd</sup>  
South African Ch. 5000m, Bestmed Tuks Stadium, Pretoria, 16:45.03, 5<sup>th</sup>  
Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:20:38  
Spar Ladies Pietermaritzburg, 35:39, 10<sup>th</sup>  
Spar Ladies Cape Town, 35:10, 9<sup>th</sup>  
Spar Ladies Durban, 34:22, 8<sup>th</sup>  
Spar Ladies JHB, 35:38, 6<sup>th</sup>  
Spar Ladies Pretoria, 35:41, 7<sup>th</sup>



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Spar Ladies Port Elizabeth, 34:31, 8<sup>th</sup>  
Cape Town Marathon, 2:42:38, 13<sup>th</sup>

**CAREER HIGHLIGHTS**

- 1st SA Championship 4km Cross Country George, 2016
- 1st SA Championship 8km Mixed Relay Cross Country Potchefstroom, 2017
- 2nd place SA Championship 4km Cross Country, Potchefstroom 2017
- 1st place USSA Championship 4km Cross Country, Kimberly 2017
- 15th Overall in the Spar GrandPrix competition, 2018
- 10th place SA Championship 21km, Port Elizabeth, 2018
- 11th place Two Oceans Marathon 21km, 2018



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