

Curriculum Vitae: Ilse Marais

Personal details:

First Name/Surname:	Ilse Marais
Date of birth:	30 September 1977
Club:	Nedbank Running Club
Nationality:	South African
Email:	ilsedmarais@gmail.com



Personal Bests:

Distance:	Time:
10 Km:	37:35
21.1 Km:	1:21:12
42.2 Km:	2:55:46
Comrades:	6:57:15

2023

- Varsity Kudus 15km
Date: 7 January 2023
Time: 1:01
Position: 1st Female
1st Veteran
17th overall
- Cape Peninsula Marathon 42,2km
Date: 19 Feb 2023
Time: 2:59:14
Position: 1st Female
1st Veteran
- CGMA Champs 5000m
Date: 4 March 2023
Time: 18:41:67
Position: 1st Female
1st 40-49 Veteran
(Broke the CGMA record-21:01:61)
- Irene Running Festival 48km
Date: 2 April 2023
Time: 3:44:04
Position: 9th female
- Cradle Race 32km
Date: 27 April 2023
Time: 2:31
Position: 2nd Female
2nd 40-49 Veteran
- Nedbank Running Club 10km
Date: 10 September 2023
Time: 40:53
Position: 2nd Female
1st Veteran 40-49

- Cool Ideas Pirates 10km
 Date: 17 September 2023
 Time: 39:13
 Position: 4th Female
 1st Veteran 40-49
- Spar Ladies Jozi 10km
 Date: 1 October 2023
 Time: 40:27
 Position: 13th Female
 2nd Veteran 40-49
- Sanlam Cape Town Marathon 42,2km
 Date: 15 October 2023
 Time: 2:55:46
 Position: 16th Female
 3rd Veteran 40-49
- Run the greens 10km.
 Date: 2 November 2023
 Time: 43:32
 Position: 1st Female
- PPS Alberton 10Km
 Date: 12 November 2023
 Time: 39:55
 Position: 3rd Female
 1st Veteran 40-49
- Chosen for the CGA 5km team to compete at the 2023 South-African 5km Championships.
- Knysna Nite Race 10km.
 Date: 15 December 2023
 Time: 38:49
 Position: 1st Female Open
 1st Veteran

- **Sabrina Road Run 10km.**

Date: 28 December 2023

Time: 37:54

Position: 1st Female Open
1st Veteran.

2024

- Kudus 15 Km
Date: 6 January 2024
Time: 1:04:30
Position: 4th Female 40-49 Veteran
- Dischem Half Marathon 21.1 km
Date: 15 January 2024
Time: 1:27:53
Position: 11th Open
2nd Veteran 40-49
5th South African
- Johnsons Crane 10 km
Date: 28 January 2024
Time: 39:36
Chosen to represent Central Gauteng Athletics at South-African Champs 10 km.
- Race to equality ASA 10 km Champs
Date: 11 March 2024
Time: 39:18
Position: 2nd SAMA 45-49
17th Female overall open
5th Veteran 40-49
Team prize 1st (Gold)
- Two Oceans Marathon 56 km-Training run
Date: 13 April 2024
Time: 4:18
Position: 34th Female open
14th Veteran 40-49

- Comrades Marathon 2024 UP Run 86km
Date: 9 June 2024
Time: 6:57:15
Position: 24th Female open
299th in field (Men and Woman)
1st team prize Veteran 40–49 year old's.

2025

- Ethekwini Best of Best Marathon
Date: 2 March 2025
Time: 3:06:56
Position: 3rd Veteran(40-49)
4th Open