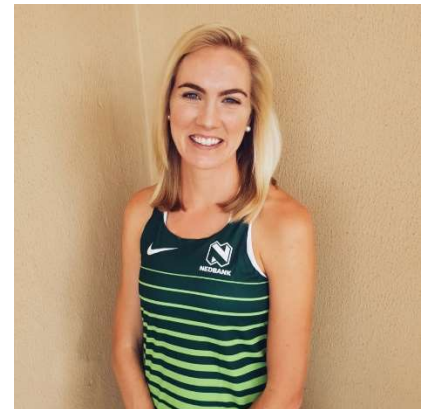




CURRICULUM VITAE: **Stella Marais**

PERSONAL DETAILS

FIRST NAME / SURNAME: Stella Marais
DATE OF BIRTH: 25 November 1992
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL: maraisstella@gmail.com
CONTACT: [079 192 3253](tel:0791923253)
TWITTER: [@StellaMarais1](https://twitter.com/StellaMarais1)
ISTAGRAM: [#stellamarais](https://www.instagram.com/stellamarais)



PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800 Meters,	2:11,	Polokwane(RSA),	2016
1500 Meters,	4:23,	Port Elizabeth (RSA),	2016
3000 Meters,	9:51,	Stellenbosch (RSA),	2015
5000 Meters,	16:29,	Sollentuna (Sweden),	2017
10 Kilometer,	34:59,	Cape Town (RSA),	2017
21 Kilometer,	1:18,	Port Elizabeth (RSA),	2018

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

MOST RECENT ACHIEVEMENTS

1st place AGN Track and Field Championships 5000m, 2020



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