



## 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   | 1:18:48     | Port Elizabeth (RSA) | 2018        |
| Marathon        | 2:42:38     | Cape Town (RSA)      | 2021        |

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

### **CAREER HIGHLIGHTS**



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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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