# CURRICULUM VITAE: JOEL MMONE

## 

## PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Joel Mmone

**COUNTRY:** R.S. A

**DATE OF BIRTH:** 1991/03/29

**CLUB:** Nedbank Running Club

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**PERSONAL BEST PERFOMNCES**

**DISCIPLINE PERFORMANCE PLACE DATE**

10 Kilometres 28:23 Casablanca (MAR) 2016

12 Kilometres 34:35 Cape Town (RSA) 2018

Half Marathon 1:01:22 Port Elizabeth (RSA) 2019

**PERSONAL PERFORMANCES 2019**

Phobians (agn) 15km, 46:14, 1st

Asa 21km Champs (ep) 21km, 1:01:22, 4th

Old Mutual Two Oceans (wp) 21km, 1:05:08, 8th

Township (cga) 10km 31:52, 3rd

**PERSONAL PERFORMANCES 2017** **PERSONAL PERFORMANCES 2018**

## 2 Johnson Crane (cga) 10km 29:58 1 Gaborone Half Marathon 1:03:29

## 3 F21 Foskor (lima) 21km 1:03:53 10 Johannesburg 10km 30:58

## 7 Fnb Cape Town One Run (wp) 12km 34:5610 Cape Town 12km 34:35

9 Port Elizabeth Half Marathon 1:02:29

**PERSONAL PERFORMANCES 2015 PERSONAL PERFORMANCES 2016**

3 Two Oceans 21km 01:04:09 8 Sasol Sasolburg (fs) 10km 00:29:54

3 Eastern Limb Executive Mayor (lima) 21km 01:04:34 1 Ottosdal (cwn) 10km 00:31:26

2 Tembisa (cga) 10km 00:30:30 4 Two Oceans 21km 01:03:55

1 Nwn Outsurance Kfm Gun Run (wp) 21km 01:02:31 4 Foskor (lima) 21km 1:06:44

8 Fnb Cape Town 12 Onerun (wp) 12km 00:35:36 10 Nelson Mandela Bay Asa Champs (ep) 21km 1:03:16

1 Mafikeng (nw) 21km 01:07:24 9 Fnb Cape Town One Run (wp) 12km 34:58

4 Ottosdal Draf En Stap (cnw) 21km 01:12:25 8 Sasol Sasolburg (fs) 10km 29:54

**PERSONAL PERFORMANCES 2013 PERSONAL PERFORMANCES 2014**

1 Ottosdal Nite Race (cnw) 10km 00:31:49 3 Two Oceans 21km 01:04:29

3 Two Oceans 21km 01:03:45 1 Polokwane Mayoral (lima) 21km 1:05:39

6 Mayoral Road Race Polokwane (lima) 21km 01:04:23 1 Mtn (cga) 21km 1:04:27

1 Keystone Milling Rustenburg Mntain (nwn) 10km 00:30:56 1 Keystone Rustenburg Mountain (nwn) 10km 32:58

7 Ocean Basket Marcel Vt Slot (agn) 15km 49:10 5 Cape Town Peace (wp) 10km 29:10

6 Eastern Limb Mines (lima) 21km 1:04:14 1, Old Mutual Om Die Dam 21km, 01:06:37

1, SA Pork Kwai Challenge 10km, 00:30:30

3, Lotto Nelson Mandela Bay City Half Marathon, 01:04:25