



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 PERFORMANCES

DISCIPLINE	PERFORMANCE	PLACE	DATE
10km	28:23	Casablanca (MAR)	2016
12km	34:35	Cape Town (RSA)	2018
Half Marathon	1:01:22	Port Elizabeth	2019

PERSONAL PERFORMANCES 2020

George Claassen (agn) 21km, 1st

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 2018

1st Gaborone Half Marathon 1:03:29
10th Johannesburg 10km 30:58
10th Cape Town 12km 34:35
9th Port Elizabeth Half Marathon 1:02:29

PERSONAL PERFORMANCES 2017

2nd Johnson Crane (cga) 10km 29:58
3rd F21 Foskor (lima) 21km 1:03:53
7th Fnb Cape Town One Run (wp) 12km 34:56



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