



## CURRICULUM VITAE: Joel Mmone

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Joel Mmone  
**DATE OF BIRTH:** 29 Mar 1991  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South Africa

### PERSONAL BEST

Event	Result	Place	Date
800m	1:54.21	Potchefstroom (RSA)	2010
1500m	3:47.04	Potchefstroom (RSA)	2013
3000m	8:05.45	Potchefstroom (RSA)	2019
5000m	14:02.05	Potchefstroom (RSA)	2016
10000m	28:49.92	Durban (RSA)	2017
10km	28:23	Casablanca (MAR)	2016
12km	34:35	Cape Town (RSA)	2018
15km	46:14	Pretoria (RSA)	2019
Half Marathon	1:01:22	Port Elizabeth (RSA)	2019



### Personal Performances 2023

Nelson Mandela Bay Half Marathon, Gqeberha, 1:01:48, 9<sup>th</sup>  
Run your City 10km Johannesburg, 29:59, 6<sup>th</sup>  
Soweto Marathon, 2:21:34, 6<sup>th</sup>

### Personal Performances 2021

Durban 10K CITYRUN, Durban RSA, 31:20  
Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:04:56



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