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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**

**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**

**Marathon 2:21:34 Soweto (RSA) 2023**

**Personal Performances 2024**

Nelson Mandela Bay Half Marathon, Gqeberha, 1:04:34, 7th

**Personal Performances 2023**

Nelson Mandela Bay Half Marathon, Gqeberha, 1:01:48, 9th

Run your City 10km Johannesburg, 29:59, 6th

Soweto Marathon, 2:21:34, 6th

**Personal Performances 2021**

Durban 10K CITYRUN, Durban RSA, 31:20

Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:04:56