



## CURRICULUM VITAE: Dino Nako

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Dino Nako  
**DATE OF BIRTH:** 01 January 2005  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African  
**EMAIL:** mpolokeng9@gmail.com  
**CONTACT:** 0660784364  
**FACEBOOK:** Dino Nako



### PERSONAL BEST TIMES

Distance	Time	Venue	Year
800 Metres	2:08	Orkney (RSA)	2020
1500 Metres	4:22	Potchefstroom(RSA)	2021
3000 Metres	8:52	Paarl (RSA)	2021
10Km	33:23	Kimberly (RSA)	2021

### Best Performances 2021

ACNW T&F Championships 1500m, Stadium, Potch, 4:22, 2<sup>nd</sup>  
 AGN League 1, 1500m, Bestmed Tuks Stadium, Pretoria, 4:25 2<sup>nd</sup>  
 ASA T&F U/20, 3000M, Paarl Stadium, 8:52, 8<sup>th</sup>  
 Phakamile Mabija Human Rights Half Marathon, 10km Overall 3<sup>rd</sup>  
 Frist Junior 1, Kimberly, 33:23, ANCW Championship Cross Country,  
 Potchefstroom Position 1<sup>st</sup>, 20:38

### CAREER HIGHLIGHTS

3<sup>rd</sup> (SA) SASA School Cross Country 4KM 2018, Bloemfontein  
 4<sup>th</sup> (SA) SASA School Cross Country 4KM 2019, Mpumalanga  
 Phakamile Mabija Human Rights Half Marathon  
 3<sup>rd</sup> Overall First J, 1<sup>st</sup> Kimberly, 2021  
 Second J, 2<sup>nd</sup> Skosana Road Race 10km, Pretoria

