

KENNETH PHOOKO

AN EMERGING TALENT

AGE– 16
DISCIPLINE – High Jump PB: 2.20m
CLUB – Kempies Athletics Club
SCHOOL – Hoërskool Jeugland

INTRODUCTION



Kenneth discovered his passion for high jump at the age of 10, quickly showing natural talent and dedication.
“It started with a jump... and became a purpose.”
From early school competitions to provincial recognition, his journey has been defined by rapid growth and commitment.







EARLY DEVELOPMENT

MULTI-SPORT ATHLETE

- Played Rugby (1st Team Primary School)
- Achieved 1st Hockey Team (High School)
- South African Ringbal player
- Transitioned focus fully into High Jump

Kenneth’s journey reflects a combination of talent, resilience, and an unyielding commitment to excellence—qualities that continue to define his path in South African athletics.

MAJOR SUCCESS 2026

SASA 2026 CHAMPIONSHIP



Gold medal 2.20m

ASA 2026 CHAMPIONSHIP



silver medal - 2.13m
World Athletics U/20 Champs Qualifier

AKANI SIMBINI CLASSIC



silver medal 2.15m

SASA 2026 CHAMPIONSHIP

NEW U/17 RECORD

2.20M

Personal Best: 2.20m

u/17 Boys High jump record holder SASA 2026

2026 world lead u/18 boys high jump (joint first)

EARLY ACHIEVEMENTS



Broke a 11 year old school record u/13 1.55m

Junior athlete of the year primary school 2022

Broke a 39 year old school record u/15 1.98m

Junior athlete of the year High school 2025

BRAND VALUE

WHY SPONSOR KENNETH?

Rising national talent

International competition exposure



Strong youth and inspiration appeal. Kenneth displays great leadership qualities, he was prefect in primary school and is currently RCL in high school, speaking to his character and discipline.

Professional mindset, discipline and integrity.

👉 A brand aligned with performance, discipline, growth, and excellence

COMPETITIVE HIGHLIGHTS

Competed at senior level

ASA 2026 championships



silver medal with new pb 2.13 and junior world qualifying

Senior Gauteng Championships



1st in men’s u/20 2.05m

AKANI SIMBINI CLASSIC



silver medal with new pb 2.15m

FUTURE GOALS

SHORT TERM

- Represent South Africa internationally on senior level
- Consistently clear 2.20m+

LONG TERM

- Olympic qualification
- Solidify an outright world lead position in his age group
- Achieve a podium finish on the global stage



A legendary coach for a legendary jumper

Under Coach Greyvenstein's mentorship—his first experience working with a professional coach—Kenneth progressed from injury and crutches to achieving a remarkable 2.20 metres. This performance not only earned him a gold medal, but also secured a new school record and positioned him as the world leader in the U18 high jump category. Coach Johnathan was also responsible for Kenneth's recovery from his injury with his son "magic hands" JP Greyvenstein in his capacity as sports masseuse



Kenneth you are going to junior world champs this year, do you believe? "
"Stay humble and you will go anywhere, only the sky is the limit"
"You will be national champion this year!!!"- 23/02/2026
(when they first met)







Coach Johnathan Greyvenstein - *Johnathan Greyvenstein High Jump Academy*
greyvenstein.n@gmail.com

CHARACTER & RESILIENCE





Kenneth’s journey has not been without challenges.
After overcoming a Grade 2 hip flexor injury in February this year, he returned stronger — delivering his best-ever performance on the national stage.
👉 A story of discipline, resilience, and mental strength.



Media recognition



BENONI CITY TIMES

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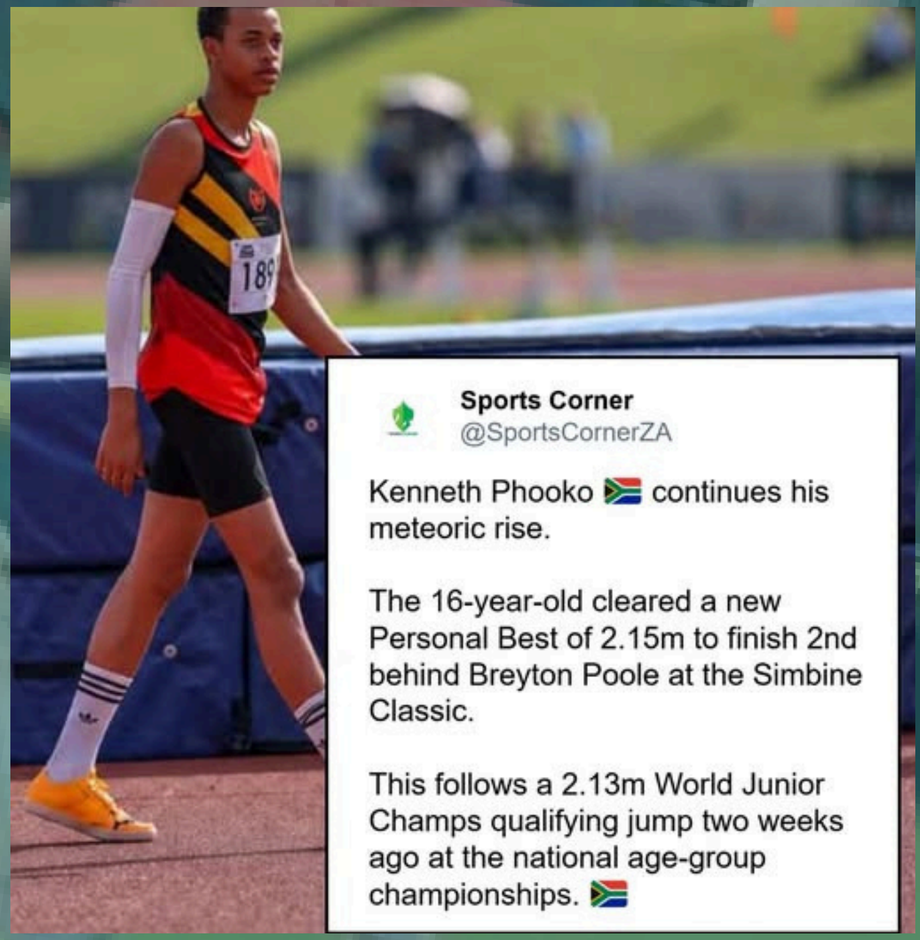
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Phooko soars to silver and PB at nationals

He cleared a personal best 2.13m for a silver medal at the ASA age-group track and field championships, which qualified him for the World Athletics Junior championships.

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