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Witbank * Middelburg
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Terence Opperman

He is known as the Highlander in the arm wrestling world and this sport star from eMalahleni can be compared with the best.

"I am a sales rep and residing in eMalahleni, I love the sport and my motto is: *There can only be one.*"

Terence's arm wrestling CV is one of the best. In 2008 and 2009 he was the SA champion for men 110kg left and right, in 2006 he was the SA champion for 90kg (left) and in 2005 he was the SA champion for men 90kg (left and right).

"It is an honor for me to be associated with arm-wrestling and I enjoy the sport. My fighting style is *knuckle to knuckle*. Arm wrestling in a tough sport and my toughest

opponents are Jacques Geel and Gert Scheepers locally and Neil Pickup internationally. There are a lot of arm wrestlers that inspire me but my favourite is definitely John Brzenk, and all of the arm wrestlers who loses every match but still keeps coming back."

According to him arm wrestling requires a lot of training but Terence believes that table training is the only training. His hard work paid off and last year he came fourth in the Men 95kg (right) Zloty Tur/Nemiroff Cup. "There are a lot of changes that I want to see in this sport and one of them is to be part of the Olympics. I would also like it if teams can go overseas with sponsors and to see the Pro Side in South Africa grow like WWF overseas."

