



Born in 1934 in London,, Sir Henry Cooper quickly rose to prominence in the sport of boxing. With a devastating left hook and a real determination, he earned his place among the boxing greats.

Cooper's journey into boxing commenced at a young age, refining his skills in the gritty gyms of London. His dedication and natural talent swiftly caught the attention of boxing experts and critics alike.

By the age of 20, Cooper had already carved out a reputation for himself in the boxing world, winning numerous amateur titles and establishing himself as a formidable contender.

However, it was within the ring against tough opponents that Cooper truly left his mark. His legendary bouts with the likes of Muhammad Ali and Joe Bugner are etched into boxing history.

Despite his gentle demeanour outside the ring, once inside, Cooper was a force to be reckoned with, capable of delivering devastating blows with precision and power.

Cooper's signature move, the 'Enry's 'Ammer', struck fear into the hearts of his opponents and gave him his status as one of boxing's most fearsome punchers.

Sir Henry Cooper's legacy is in the hearts of boxing enthusiasts worldwide. His unwavering dedication and indomitable spirit continue to inspire athletes for generations to come.

His boxing boots are proudly displayed on the wall at Carmarthen Athletic Rugby Club.