

1963 by Joe Roark

Jan 10, 1963	Health & Strength	Bill Pearl
Jan 24, 1963	Health & Strength	Tony Gambin
Jan 1963	Lifting News	Kurinov
Jan 1963	Mr. America	Ralph Kroger
Jan 1963	Muscle Builder	Elmo Santiago
Jan/Feb 1963	Physical Power	Gymast, WLeR, BBeR
Jan 1963	The Strength Athlete	V. Kaplonov
Jan 1963	Strength & Health	Mike Ferraro
Jan 1963	Tomorrow's Man	Dick Stark
Jan 1963	The Young Physique	Donnie Kay

WHEN Yorkshire WL Chps re HS 4-18-63 p 45

WHEN Mr. Pakistan: re HS 3-7-1963 p 45

Jr.

1. Sarfraz Mamood
2. Muhamed Rafique Qureshi
4. Dalim Ahmad

Mr. Pakistan:

Class 1

Class 2

Class 3

- | | | |
|-----------------------|-------------------------|------------------|
| 1. Muhammad Abdullah | 1. Muhammad Younas Butt | 1. Mushtaq Ahmed |
| 2. Mohammad Omar Khan | 2. Mohammad Younis | 2. Mohd Amin |

WHEN Scottish Physique at Spartan Club re HS 3-21-1963 p 28

1. Ron Reid
2. Lewis Allan
3. J. Ingram
4. Mike Crawford

Jan 1, 1963 U.S. WL RECORDS OF THE SR. NATS AS OF THIS DATE AND
THE JR. NATS AND THE TEENAGE NATS SH 4-63 P 10

Jan 4, 1963 The ground breaking ceremony for Dr. Richard You's YORK
International building in Honolulu

Jan 4, 1963 Sally Gomez

Jan 5, 1963 AMA novice wl meet in Pittsburgh at YMHA/YWHA
annc LN 11-62 p 8

Jan 5, 1963 Alton YMCA 3rd Annual WL Chps in Alton, IL

123	Ken Rauk	160-145-195 = 500	
	Tony Pedroza	140-130-180 = 450	
	Joe Hertz	145-130-185 = 460	
	Bruce Berry	105-090-140 = 335	
	Dick Long	130	130
132	Wayne Battersby	205-180-240 = 625	
	Daryl Valperts	175-175-225 = 575	
	Art Tarwater	165-160-210 = 535	
	Mike Flynn	125	125
148	Phil Smeja	250-210-275 = 735	
	Dave Miller	170-160-225 = 555	
	Wally McDonald	160-140-200 = 500	
	Herb Neuman	155-135-195 = 485	
	Wayne Smith	150-145-185 = 480	
165	Ron Millard	200-200-275 = 675	
	Frank Lewis	175-150-215 = 540	
	Tom Slayer	160-145-205 = 510	
	Dick Tallen	120-140-155 = 415	
181	Ed Zercher Jr	200-175-235 = 610	
	Tony Galati	185-165-240 = 590	
	John Harris	160-135-195 = 490	
198	Leonard Friesz	245-240-315 = 800	
	Homer Lewellen	230-215-285 = 730	
	Dennis Reed	- - -	
H	Alan Smithers	230-225-270 = 725	
	Jim Matlock	230-220-270 = 720	
	Bill Fellows	240-230-000 = 470	
	Wayne Jackson	- - -	re SH 6-63 p 63; LN 4-63 p 7

Jan 6, 1963 Tomy Halme born; died Jan 8, 2010

Jan 9, 1963 Tom Sansone began weight training again MD 5-64 p 8

Jan 10, 1963 issue HS Pat Casey benching a pair of 200 lb dumbbells, pho.

Jan 11, 1963 Nicu Vlad born

Jan 11, 1963 Mr/Miss South Coast annc HS 11-29-62 p 47

Jan 12, 1963 Mr. Los Angeles: Jr. Mr. Los Angeles: & L.A. Open WL Chps at Play House

	1. Don Howorth	1. Jerry Roquemore	940 S. Figueroa
123	Rene Juarez	170-150-200 = 520	
	Jack Hughes	165-140-180 = 485	
	Neil Lankford	170-125-190 = 485	
132	Ryan Parks	160-175-230 = 565	
148	Isaac Berger	240-220-310 = 770	
	Von LaMon	200-195-255 = 650	
	Phil Neyer	190-180-000 = 370	
165	Jim Matthews	240-205-325 = 770	
	Stan Miyahira	230-230-285 = 745	
	Ron Cabral	235-215-265 = 715	
181	Bernie Ernst	250-240-300 = 790	
	Dave Johnson	260-215-310 = 785	
	Tom Eldridge	220-225-310 = 755	
198	Ray Christensen	220-215-325 = 760	
	Clyde Wetter	275-260-000 = 535	
	Chet Kistler	255	
H	Lee Phillips	350-290-370 = 1010	
	Mel Eisenberg	310-240-320 = 870	
	Gil Strauss	280-240-280 = 800	

annc IM 2-63 p 51 LN 9-62 p 26 re IM 4-63 p 20 re PhyPow 3/4-1963 p 36

JAN 12, 1963 White Bear meet in Minnesota

123	Haggenmiller	145-130-170 = 445
	J. Moore	110-110-140 = 360
	R. Moore	090-100-145 = 335
132	C. Moore	190-175-215 = 580
	Comer	175-145-200 = 520
	Braesch	165-150-185 = 500
	Konczak	150-120-175 = 445

148	Wayne Yanke	240-210-285 = 735 BL
	Freundenberg	225-230-280 = 735
	Hamilton	195-200-250 = 645
	Clory	180-185-245 = 610
	Stanke	175-175-235 = 585
	Herron	160-160-215 = 535
	Kinkaid	170-150-200 = 520

165	Schultz	225-210-285 = 720
	Nudling	205-200-260 = 665
	Paudler	185-180-250 = 615
	Buhl	185-150-205 = 540
	Nesheim	155-140-185 = 480

181	Wulff	215-195-260 = 670
	Christianson	200-190-245 = 635
	Reynolds	205-185-240 = 630
	Schwengel	175-195-245 = 615
	Brown	195-180-240 = 615

198	Pembrook	255-250-315 = 820
	Jahl	230-235-315 = 780
	Mann	180-175-245 = 600
	Oberfrank	- - -

H	Rauch	315-275-340 = 930
	Buehrer	245-240-320 = 805
	extra lifter Gary Cleveland	315-275-340 = 930

re SH 7-63 p 10 LN 4-63 p 7

Jan 12, 1963 Phildelphia Open WL

123	Gary Hanson	205-210-280 = 695
	Eugene Stefko	180-170-240 = 590
	V. Rodriguez	200-170-220 = 590
	Dennis Volger	145-125-185 = 455

132	Frederick Cerullo	225-205-270 = 700
	Lennel Shepherd	190-200-250 = 640
	Bill Berthino	165-190-240 = 595
	Phil Corey	175-155-220 = 550
	Scott Wolfsberger	160-155-210 = 525
	Tom Phillips	155-140-190 = 485
	Jim Henry	170

148	Tony Petillo	255-200-260 = 715
	Doug Longo	200-205-270 = 675
	Tony Magliano	230-195-250 = 675
	Vincent Molinaro	215-200-245 = 660
	Francis Murray	195-195-250 = 640
	Laverne Davidheiser	190-180-240 = 610
	Bernie Yollin	185-160-225 = 570
	Stanley Cohen	150-150-220 = 520
165	Joe Puleo	290-270-340 = 900
	Tony Garcy	275-255-325 = 855 BL afternoon
	Bill Kowaloff	250-235-315 = 800
	Ken Vogel	210-225-285 = 720
	Jim Curry	250-190-280 = 720
	Ed Milano	200-215-285 = 700
	Rubin Smith	230-205-265 = 700
	W. Chalmers	240-195-265 = 700
	I. Dorland	170-175-210 = 555
	J. Vernaccio	220
	Domenic DiSanto	215
	Gerald Moyer Jr	- - -
181	Kenneth Rose	285-270-350 = 905 BL evening
	Willy Claes	280-270-345 = 895
	Jim Dorn	275-265-330 = 870
	Ralph Bartman Jr	235-225-290 = 750
	George Joseph	240-210-265 = 715
	Bill Zattiero	260-225-000 = 485
198	Robert Vogel	270-245-330 = 845
	Bob Bartholomew	260-225-335 = 820
	George Woodruff	220-235-305 = 760
	Bill March	355-280-000 = 635
	Bob Wallace	250
	John Delong	- - -
H	Joe Saguto Jr	275-250-335 = 860
	Dick Durante	290-240-325 = 855
	Dick Schwartz	290-240-320 = 850
	Ed Riley	270-230-300 = 800
	Ray Frantz	260-235-295 = 790
	Nath McAdam	245-225-285 = 755

annc SH 11-63p 10 re SH 7-63 p 10, LN 1-63 p 8