

Jan 26, 1963 S.E. MICH CLASS A WL meet Detroit results

- phy: 1. Joe Sgroi
2. Robert Rybinski
3. David Cutlip

123	Wayne Oyafuso	165-135-205 = 505
132	Leonard Rivera	190-185-250 = 625
	Clarence Fleming	190-170-235 = 595
	Warren Doucet	180-160-210 = 550
148	Steve Mansour	250-225-285 = 760
165	Don Jeannette	210-200-245 = 655
	Bernard Kutchinski	200-190-240 = 630
	Andrew Jelonkiewicz	190-185-245 = 620
181	Robert Hendrick	255-235-315 = 805
	Joe Sgroi	260-240-300 = 800
	Vincent Orlando	270-230-290 = 790
	Bob Daigle	235-215-305 = 755
	Leland Barringer	215-200-260 = 675
198	Gilbert Dimeglio	280-255-325 = 860
	John Forsythe	290-230-315 = 835
	Gary Greening	250-225-285 = 760
H	Don Dumo	275-225-290 = 790
	Don Yesbick	280-200-300 = 780

re SH 7-63 p 11

Jan 26, 1963 Tri-state [GA, AL, TN] Novice WL meet in Atlanta, GA.

123	Jack Hatfield	105-100-135 = 340
132	Ted Day	130-135-170 = 435
148	Lenny Kaset	155-140-190 = 485
	Lance Brown	125-120-150 = 395
	Ray Estes	110-085-110 = 305
165	Jerry Albana	175-190-250 = 615
	Arnold Murphy	185-175-230 = 590
	Steve Robinson	195-155-230 = 580
	Charles Alexander	160-150-190 = 500

181 Tom Palmer 230-195-260 = 685
Mike O'Shea 205-195-265 = 665
Jim White 215-175-245 = 635
Allen Gattis 200-200-230 = 630

198 Hal Holston 210-190-235 = 635

H Tommy Green 260-190-270 = 720
Bob Godfrey 200-150-220 = 570

Best All Round Lifter Ed Casey, but lifts not given re LN 5-63 p 8

JAN 27, 1963 Indiana State Prison Quadrangular WL in Michigan City, IN

123 John Easterday 125-115-165 = 405
Mike Schrolers 110-105-150 = 365

132 Agustin Camargo 175-165-215 = 555
Ken Willhite 165-145-195 = 505

148 Dan Braunsdorf 205-200-250 = 655 BL 2nd
Gerald Lopez 185-170-255 = 610
Ray Hoag 175-185-225 = 585
Amos Templeton 140-145-205 = 490
Vern Forsythe 155-145-185 = 485

165 Mike Halyckyj 190-200-265 = 655 BL 3rd
Stan Pefley 205-185-260 = 650
Dan Palma 205-185-225 = 615
Jim Vollman 195-190-225 = 610
Mike Artiby 185-170-235 = 590

181 Fred Turk 215-195-250 = 660
Tom Linder 200-195-250 = 645
Henry Koehler 210-180-235 = 625
Cliff Gibson 175-165-205 = 545

198 Robert Peglow 230-200-280 = 710
Arnold Taylor 220-190-270 = 680
Dave Bjoraas 225-175-225 = 625

H Winston Binney 300-260-330 = 890 BL
(best lifter used Tranter formula) re SH 6-63 p 12; LN 3-63 p 4

JAN 31, 1963 WORLD WL RECORDS to this date and Junior World Records
sh 5-63 p 10

Feb 1963	Demi-Gods	Richard Bennett
Feb 7, 1963	Health & Strength	John Thompson
Feb 21, 1963	Health & Strength	John Tristram
Feb 1963	Ironman	Tom Sansone
Feb 1963	Lifting News	Tom Lentych, unknown
Feb 1963	Mr. America	Freddy Ortiz
Feb 1963	Muscle Builder	George Eiferman
Feb 1963	The Strength Athlete	Marcel Paterni
Feb 1963	Strength & Health	Craig Whitehead
Feb 1963	Tomorrow's Man	Dave Barrett

LN 2-63 p 12 List of official World & Jr. World WL records

Feb 1963 when Jr. Northern California WL chps at Berkeley YMCA

123	Gar Lon Lim	145-150-200 = 495
	Dave Holmes	120-110-155 = 385
	Jeff Chan	095-120-155 = 370
132	Leon Center	135-145-205 = 485
	David Womack	135-140-190 = 465
	Fran Gearhart	135-115-170 = 420
148	Jack Payne	170-190-205 = 565
	Frank Holton	165-140-195 = 500
	Ray Owen	155-150-180 = 485
165	James MacDonald	200-150-215 = 565
	Ed Ghiringhelli	160-155-225 = 540
	Bob Derr	165-145-215 = 525
	Glen Holton	170-150-200 = 520
	Jerry Stine	120-105-160 = 385
181	Joe Townsell	230-225-255 = 710
	Pat Warnecke	235-205-250 = 690
	Ken Budman	225-190-235 = 650
	Gerald Stevenson	180-190-250 = 620
	Denny Unterman	205-180-230 = 615
	Harry Neale	170-185-250 = 605
	Jack Burch	190-175-235 = 600
	Lou Kruk	185-175-230 = 590
	Rex Owens	160-160-205 = 525
	Jim McLain	185-180-250 = 615

198	Bill Stripling	240-240-305 = 785	
	Rodney Beard	205-195-260 = 660	
	Norman Stanley	215-185-255 = 655	
H	Herschel Sanders	270-230-315 = 815	
	Ken Cook	170-130-180 = 480	re LN 5-63 p 8

Feb 1963 SH p 66 photo Bruce Conner Gym 10830 Santa Monica Blvd in West L.A.

Feb 1963 IM p 54 Ben Cote DL 790 in training

Feb 2, 1963 Oakland Bay Area WL chps at Oakland Central Y

Mr. Bay Area:

1. Alan Albent
2. Ken McCord
3. Fred Rivera

123	Mike Cooley	150-160-200 = 510	
	Henry Fragoza	135-125-175 = 435	
	Dave Holmes	125-105-155 = 385	
132	Roger Poppen	160-145-200 = 505	
	Leon Center	140-145-190 = 475	
	Gar Lin Lim	140-145-185 = 470	
148	Clark Hirabara	180-175-235 = 590	
	Shane O'Neill	200-155-220 = 575	
	Lazslo Horvath	175-140-210 = 525	
	Gerry Denman	155-155-200 = 510	
	Frank Holton	155-130-180 = 465	
165	Dave Evison	180-190-230 = 600	
	Ed Ghiringhelli	150-155-215 = 520	
181	Albert Perisana	250-240-315 = 805	OL
	Steve Runyon	205-215-275 = 695	
	Pat Warnecke	225-205-245 = 675	
	Gerald Stevenson	190-185-250 = 625	
198	Carroll Varner	255-230-340 = 825	
	Kurt Freeman	250-255-320 = 825	
	Dick Brown	235-220-280 = 735	
	Bill Stripling	235-225-275 = 735	
	Joe Townsell	215-215-275 = 705	
	Norman Stanley	210-185-255 = 650	

H Bill Stathes 270-240-320 = 830
Elbert Robinson 240-220-290 = 750 re LN 6-63 p 14

Feb 2, 1963 First annual Middle Eastern open wl in Jamestown, NY. Mr. Middle East:
annc SH 3-63 p 11

Feb 2, 1963 Second Annual Chattanooga POWERLIFTING contest

Class	Name	BP	Dq	Total	
under 140	Corky Owens	240	250	490	
140-160	Jerry Clark	270	310	580	
	Ted O'Neal	210	300	510	
160-180	Harry Carter	270	300	570	
	Charles Alexander	240	250	490	
	Dave Bullard	255	235	490	
180-220	Herschel Sandidge	345	425	770	OL
H	LeBron Brown	285	350	635	
	Jerry Daniels	275	310	585	re SH 6-63 p 11

FEB 6, 1963 clinic for physique contestants posing for novices in NYC at Wagner Youth
and Adult Center 120th Steet between 1st and 2nd avenues.
annc LN 12-62 p 4; SH 1-63 p 10

Feb 7, 1963 p 34 H&S pho of David Webster's two sons

Feb 8, 1963 Mr. Essex:

1. Roy Perrott
2. Henry Greaves re HS 4-4-63 p 38 and pho