

May 31, 1963 Hawaai state wl records to this date SH 12-63 p 14

May 31-Jun 1, 1963 JUNIOR NATS IN COLUMBIA, MISSOURI at Jefferson Jr. HS
Audit 7th and Hudson

Jr. Mr. America: 25 cont

1. Randy Watson	54	
2. Harry Brown	51	3mm
3. Val Vasilieff	49.85	2mm
4. Mike Ferraro	49.75	
5. Bill Seno	49.3	mm
6. Ed Cook	48.7	
7. Paul Wachholz	47.85	
8. Nick Spano	47.5	
9. Charles Estes	47.2	
10. Don Williams	43.65	
11. David George	43.5	
12. Tom Hutson	43.25	
13. Jim Dorn	43	
14. John Henderson	42.75	
15. Ron Unger/Under	41.3	
16. Ron Barton	39	
17. David Washington	35.5	

123	Dominic Ferry	160-175-220 = 555
	Orlando Lopez	165-165-210 = 540
	Ken Rauk	170-155-205 = 530
132	Wayne Battersby	210-185-250 = 645
	Jerry Moody	195-180-225 = 600
	Les Calazs	190-170-225 = 585
	Willy Sanabria	- - -
148	Russell Knipp	265-220-300 = 785 BL
	Gerald Lopez	185-170-245 = 600
165	Phil Smeja	245-210-285 = 740
	Jim Millsaps	220-215-280 = 715
	Aaron Sharp	220-205-280 = 705
	Ron Millard	200-200-270 = 670
181	Jim Dorn	275-280-330 = 885
	George Wells	255-250-320 = 825
	Ted Frank	240-245-325 = 810
	Bob Ring	260-215-290 = 765
	Stan Gorajczyk	245-220-290 = 755
	Tom Rowles	250-235

198 T. Golec 275-245-325 = 845
 Rominick Perrino 290-240-310 = 840
 Leonard Friesz 260-245-320 = 825
 Paul Wachholz 260-235-300 = 795
 Dennis Reed 275

H Terry Todd 330-285-365 = 980
 Wilbur Miller 290-290-340 = 920
 Gary Deal 270-270-330 = 870
 Wally Sunderman 315
 Marty Weckstein - - -

annc sh 7-63 p 10 ' LN 9-62 p 6

re SH 10-63 p 10 IM 8-63 p 18, 22 LN 5-63 p 1, 5 PhyPow 10-63 p 43

May 31, 1963 Mr. Pendle Valley annc HS 5-16-63 p 46

Jun 13, 1963	Health & Strength	Tommy Williams
Jun 27, 1963	Health & Strength	Ron Sterlington
Jun 1963	Ironman	Bill Pearl
Jun 1963	Lifting News	drawings of snatch
Jun/Jul 1963	Muscle Builder	Larry Scott
Jun 1963	Physique Pictorial	Monte Hansen
Jun 1963	The Strength Athlete	Sylvanus Blackman
Jun 1963	Strength & Health	Tom Sansone
Jun 1963	Tomorrow's Man	Hayden West
Jun 1, 1963	Open meet Bristol, R.I.	

Jun 1, 1963 Open WL at Bristol, R.I. YMCA

123 T. Hutchinson 160-125-190 = 475
 B. Cloutman 145-125-180 = 450
 S. Capone 130-120-160 = 410
 C. Desormeaux 70-60-85 = 215

132 G. Guimont 180-155-205 = 540
 N. DiMarca 170-140-205 = 515
 D. Tattrie 165-130-195 = 490
 N. Riopel 140-140-190 = 470
 J. Bousquet 125-140-170 = 435

148	L. Gagne	190-170-250 = 610	
	Peter French	205-170-230 = 605	
	F. DiNublia	190-155-230 = 575	
	Joe Mills	160-165-220 = 545	
165	C. Smith	215-200-260 = 675	
	B. DeMars	200-195-265 = 660	
	N. Venezio	210-180-265 = 655	
	J. Narchionda	205-175-215 = 595	
	D. Vaccaro	190-200-240 = 630	
	J. Saviano	190-160-215 = 565	
	J. Coleman	160-155-200 = 515	
181	J. Shoemaker	235-235-285 = 755	
	N. Mulligan	210-220-300 = 730	
	B. Fredette	205-200-285 = 690	
	B. Cox	235-190-265 = 690	
	J. Matthews	145-140	
	B. Ferrazzano	195	
198	Bob Bednarski	295-255-335 = 885	
	D. Mason	250-240-310 = 800	
	A. Arsenault	210-195-255 = 660	
	B. Dupre	165-170-230 = 565	
	R. Rozzi	150-150-200 = 500	
H.	R. Charlebois	290-240-305 = 835	re LN 12-63 p 14

Jun 1, 1963 re Quebec Sr. Provincial chps in Quebec

123	York Sun Tam	200-190-245 = 635	
132	A. Salter	215-200-260 = 675	
148	P. Emond	200-185-260 = 645	
165	P. St. Jean	265-270-325 = 860	
181	A. Roach	245-230-310 = 785	
198	C. White	295-285-340 = 930	
H	L.R. Bertrand	300-235-290 = 825	re SH 11-63 p 62

Jun 1, 1963 Mr. Warwickshire annc HS 5-2-63 p 43; re HS 7-25-63 p 42

1. Roy Perrott (spelled Perrett)	Miss:	1. Jean Allen
2. Henry Greaves		2. Vicienne Nicolson
3. Gladstone Hibbert		3. Jean Wakeham

Jun 1, 1963 The 100th anniversary YMCA regional POWERLIFTING meet in Wilkes-Barre, PA.

Class	Name	Curl	BP	DL	Total
123	Pete Castellino	115	190	340	645
	Bob Granko	105	170	310	585
	Ray Ligouri	100	185	280	565
132	John Abrham	110	190	320	620
	Ray Jones	95	185	310	590
	Tom Kasper	90	135	290	515
148	Hal Raker	140	230	450	820 BL 3rd
	Dave Kelley	140	250	350	740
165	J. Kenzikoski	160	310	480	950 BL 2nd
	M. Bencwengo	135	255	375	765
	Jerry Gulick	135	180	400	715
	Dave MacAfee	110	220	340	670
181	John Pregmon	160	310	450	920
	Tony Capitano	140	290	425	855
	John Centralia	130	170	355	655
	Frank Zane	165			
198	Bob Ceccoli	160	315	525	1000
	Bob Hesslop	150	300	410	860
H	George Gillow	205	425	560	1200 BL
	Ray Soranich	155	350	500	1005
	Lew Ostolfi	170	300	490	985
	Terry Wallick	180	310	480	970
	John Galleger	130	220	350	700

re LN 12-63 p 12, SH 11-63 p 62

Jun 2, 1963 IFBB Mr. New England annc MB 4-63 p 70

Jun 7, 1963 Mr. Metropolis at Wagner Youth Center NYC
annc LN 1-63 p 8; SH 5-63 p 10

Jun 8, 1963 North Britain Division annc HS 5-16-63 p 46 re? 7-11-63 p 39

Mr. North Counties (18)	Jr. Mr. (8)
1. Bernard Bradford	1. Vic Johnson once had polio
2. Ron Brown	2. Melvyn Kipling
3. Matthew Watson	3. Joe Robson

4. Stanley Armitage
5. William Whitehead
- David Richardson
- David Griffiths
- Thomas Coates
- Frank Adam

4. Keith Dixon

when? Jun 1963 Mr. East Anglia

- | | | |
|----------------------|-------|--------------------|
| 1. Danny Constable | Miss: | 1. Margaret Elsdon |
| 2. Mike Dix | | |
| 3. | | |
| 4. Terry Elflett | | |
| 5. Michael Sebastian | | |
| 6. Arthur Cook | | |

Jun 8, 1963 Mr. Oldham annc HS 5-2-63 p 43

Jun 8, 1963 Tulsa Open SW WL & Mr. SW Adonis annc LN 3-63 p 6 cf Jun 22

Jun 9, 1963 Wordsley & Stourbridge PC Club annc HS 5-16-63 p 46

Jun 12, 1963 Sue Moon born PPP 11-97 p 19

Jun 15, 1963 Metro sub-novice wl meet in Flushing, NY.

123	Al Conde	140-150-175 = 465
	Thomas Egan	120-120-160 = 400
	Dick Stegan	125-110-135 = 375
	Mike Smith	105-110-145 = 360
	Andrew Galli	110-095-150 = 355
	Dick Bollenbacher	95-90-130 = 315
	Dan Ruchames	95-85-130 = 310
	Leslie Hansen	65-70-85 = 220
132	Tom Soto Jr	145-145-210 = 500
	Elmer Cardoza	135-145-200 = 480
	Al Capasso	140-145-195 = 480
	Nick DiBona	145-140-180 = 465
	Henry Nylan	120-130-170 = 420
	Bob Claves	130-125-160 = 415
	Pat Seccafico	130-120-160 = 410
	Henry Gemmer	145-105-145 = 395
	Jeff Mannheimer	125-110-140 = 375
148	Rafael Malave	165-175-225 = 565
	Dennis Lichtner	185-155-210 = 55-
	Mike Lane	150-165-230 = 545

	Peter Guitierrez	165-145-210 = 520
	Ken Block	165-145-190 = 500
	Bob Lauritsen	145-140-195 = 480
	Philip Heckler Jr	125-155-185 = 465
	John Bryzgornia	135-135-185 = 455
165	Gerald Ludwick	155-160-210 = 525
	Hal Broxmeyer	160-155-200 = 515
	Jim McGloin	155-145-205 = 505
	Neil Wasserman	165-155
	Dick Chester	145-145
181	Bill Depperman	185-170-235 = 590
	Ed McCarthy	175-165-210 = 550
	John Morales	175-155-200 = 530
	Ray Filler	160-145-220 = 525
	Dick Falotico	155-150-210 = 515
	Laurence Weissbrot	145-120-180 = 445
198	Bruce Ethridge	230-185-255 = 670
	Frank Anderson	190-175-245 = 610
	Devon Rodriguez	180-195-225 = 600
	Joe Cabassa	180-160-215 = 555
	Lyle Morgan	165-140-200 = 505
H	Ralph Larsen	200-205-280 = 685
	Lewis Casper	210-195-245 = 650
	Jerry Edelstein	200-165-210 = 575
	Theodore Denardo	145-150-180 = 475
	Patrick O'Connell	150-135-185 = 470

annc LH 1-63 p 8, SH 5-63 p 10, re LN 7-63 p 8 SH 11-63 p 62

Jun 15, 1963 Atlantic Coast invitational WL tourn in Coral Gables, FL
 Mr. Pacific Coast: annc SH 8-63 p 10