

Aug 3, 1963 The First Duluth Portarama Open Outdoor WL meet in Minnesota
annc SH 9-63 p 10

Aug 3, 1963 Olympic Development Meet at LBH

123	Victor Ridriguez	195-175-225 = 595
	Joe Young	160-160-210 = 530
	Craig Diaz	160-145-195 = 500
	Pat Cecilio	135-130-170 = 435
	Dick Phillips	135-125-165 = 425
	Mike Smith	115-115-160 = 390
	Nick Loiacono	110-090-140 = 340
132	Don Nussbaum	165-165-225 = 555
	Tom Soto Jr	150-150-205 = 505
	Elmer Cardoza	145-150-200 = 495
	John Belmonte	145-150-185 = 480
148	Stan Bailey	220-215-265 = 700
	Ioannis Perrakis	195-195-250 = 640
	Roger McCarthy	185-180-235 = 600
	Mark Gilman	190-175-220 = 585
	Frank Milman	165-175-235 = 575
	Bob Zimmerman	160-165-230 = 555
	Fred Masten	180-160-210 = 550
	Leonard Gruber	175-155-200 = 530
	Jim Massai Bu	220-235
165	Larry Mintz	280-250-315 = 845
	Joel Jessinowski	220-225-275 = 750
	Tony LaTrace	235-190-235 = 660
	Murray Levin	195-180-230 = 605
	Ron Maisel	170-165-215 = 550
	Dan Duran	165-135-200 = 500
181	Willy Claes	290-270-335 = 895
	Jim Curry	260-205-280 = 745
	Dave Teason	225-215-290 = 730
	Ed Rodriguez	200-195-255 = 650
	Bill Depperman	185-185-240 = 610
	Peter Mark	190-190-225 = 605
	Ed McCarthy	190-170-225 = 585
198	Barry Senate	240-230-280 = 750
	Jack Panzica	195-205-285 = 685
	Stan Silverman	220-200-250 = 670
	Tom Lindstedt	200-175-230 = 605
	Christian Hinkle	150-145-190 = 485

H	Stan Chiefetz	285-260-325 = 870
	Mike Brady	270-240-330 = 840
	Leston Sprauve	230-255-320 = 805
	Bob Wagner	240-205-255 = 700
	Pat O'Connell	155-150-190 = 495

re SH 11-63 p 12, LN 12-63 p 15

Aug 3-4, 1963 The Third Annual Heart of America Festival (6 lifts), Columbia, MO.

Aug 3, 1963	Jerk From Rack	Squat	Deadlift	
Aug 4, 1963	Front Squat	Jefferson	Hack	Zercher

re LN 12-63 p 9, MD 1-64 p 60 see text for details

Aug 5, 1963 Annette Blondeau born PPP 5-98 p 10

Aug 6, 1963 Kimberly Conrad Hefner POM Jan 1988 PMOY 1989

Aug 7, 1963 or 1964 Shonna McCarver

Aug 8, 1963 issue of HS p 5 photo of Len Sell trying a bench press with a pair of 200s.

Aug 10, 1963 Open WL Brockton, MA

123	C. Cazeault	185-180-220 = 585
	I. Herrera	170-160-215 = 545
	T. Hutchinson	150-125-185 = 460
	C. Mesrobian	125-135-165 = 425
	P. Hill	135-120-140 = 495
	R. Boucher	105-085-115 = 305
132	Walter Imahara	220-215-275 = 710
	A. Salter	210-290-260 = 660
	B. Conway	200-155-225 = 580
	G. Guimont	185-165-210 = 560
	F. Stomel	175-150-200 = 525
	N. DiMarca	165-140-205 = 510
	C. Butler	145-130-170 = 445
	F. Besserre	105-120-145 = 370
	M. Daigle	- - -
148	M. Bidard	225-200-250 = 675
	Gary Bednarski	215-185-265 = 665
	E. Hayman	150-165-215 = 530
	L. Main	155-140-200 = 495

	Joe Mills	150-160	
	Peter French	200	
	E. McHorney	-	-
	F. DiNublia	-	-
165	Barry Whitcomb	250-215-305 =	770
	A. Roach	230-220-295 =	745
	P. Mauro	220-220-290 =	730
	Yvon Chouinard	230-205-285 =	720
	J. Shoemaker	215-215-275 =	705
	B. LeClair	230-200-270 =	700
	B. Laycock	215-200-280 =	695
	R. Mailwauskas	160-155-225 =	540
	D. Vaccaro	185-190	
	D. Yozura	150-165	
	B. Palmaccio	180	
	R. Hartley	-	-
181	D. Mason	235-230-295 =	760
	D. Mallett	235-210-280 =	725
	L. Cornell	215-215-270 =	700
	B. Fredette	195-190-275 =	660
	J. Coleman	175-160-215 =	550
	N. Mulligan	200-220	
	J. Allegrini	170	
	J. Ferrelli	170	
	G. Dufresne	-	-
198	Bob Bednarski	275-225-300 =	800
	N. Byam	255-225-290 =	770
	J. Henault	195-205-260 =	660
	B. Ruddell	190-180-245 =	615
	J. Swinburne	215-190	
	Carl Calcutta	240	
	F. Dias	225	
	L. Hammechy	-	-
H	F. Jackson	300-250-340 =	890
	N. Rubino	255-220-320 =	795
	L. Wright	245-230-320 =	795
	B. Charlebois	255-235-285 =	775
	D. Clarkson	215-160-230 =	605
	F. Lewis	260-255	
	Frank Gancarz	275-215	
	C. Cook	220	

re SH 12-63 p 13 LN 12-63 p 15

Aug 10, 1963 Adonis of the North annc HS 6-27-63 p 46; re HS 9-19-63 p 40, 45

Mr. Adonis

1. Pat Nugent
2. Joseph Wright
3. Trevor Cording

Jr. Adonis

1. Ian Townley
2. John Hedley
3. Jack Williams

Novice Adonis

1. Alan Wynn
2. Fred Smith
3. Robert Brogden

Miss Lancashire Rose:

1. Barbara Jones
2. Jean Wakelam
3. Norma Walker
4. Jean Edwards

North Lancs

1. Jack Ingham
 2. Raymond Pountney
 3. Bert Copeman
- pho HS 10-31-63 p 42

Northwest Fashion

1. Dorothy Riley

Aug 13, 1963 The Third Annual Open Odd Lift Meet, Kenmore, NY

Mr. Hercules: annc SH 9-63 p 10

Aug 14, 1963 Debbi Muggli born

Aug 17, 1963 The Second Annual Illinois-Indiana Team WL contest, Shererville, IN at the Lake County Fair Grounds

Mr. Illiana:

1. Dean Ellery
2. George Solhan
3. Bob Cameron

123	O. Lopez	165-175-215 = 555
	J. Valdivia	155-135-175 = 465
	S. Gurevitz	145-135-175 = 455
132	A. Valdivia	175-155-205 = 535
	J. Rajewski	160-135-190 = 485
	R. Harter	125-120-160 = 405
148	T. Braunsdorf	200-190-225 = 615
	G. Lopez	180-165-240 = 585
	P. Chico	175-155-205 = 535
165	R. Glumac	230-210-275 = 715 BL
	S. Trevino	220-185-235 = 640
	H. Koehler	190-170-230 = 590
181	J. Dinkleman	255-210-285 = 750
	T. Lentych	230-200-265 = 695
	T. Linder	195-175-220 = 590

198 Roger Yanule 240-235-295 = 770
B. Peglow 235-215-275 = 725
Bill Ashpaugh 205

H R. Von Meter 240-225-280 = 745
Dave Bjoraas 225-175-250 = 650
H. Jones 185-145-200 = 530
annc SH 8-63 p 10 LN 1-64 p 8

Aug 17, 1963 The Second Annual Summer WL chp in Alton, IL.

123 Jack Levin 165-135-175 = 475

132 Art Tarwater 165-165-220 = 550
Dick Ivester 155-135-180 = 470

148 Tom Roberts 150-150-220 = 520
Mike Flynn 125-105-150 = 380
Al Cohen - - -

165 Ted Frank 245-245-325 = 815 OL
Frank Lewis 170-165-215 = 550
Dick Norton 115-125-160 = 400

181 Ron Millard 205-200-280 = 685
Jim Matlock 210-205-270 = 685

198 Leonard Friesz 275-230-330 = 835
George Winkler 180-185-260 = 625
Paul Economedies 185-190-250 = 625
Woody Krause 170-160-220 = 550

H Frank McGraw 230-230-290 = 750
Allan Smithers 230-230-285 = 745
Gene Primm 230-200-265 = 695
Dave Keller 190-200-275 = 665

LN 12-63 p 14, SH 12-63 p 12