

Oct 26, 1963 3rd annual YMCA Western America PL chp at San Fran Y

Mr. Western America:	Miss Western America:
1. Mike Dadigan	1. Yvonne Sherman
2. Ken McCord	2. Jani Strohlein
3. Willard Williamson	3. Gabriella Szaba
4. Bob Steele	Jo Ann Hitesman
5. Von LaMon mm	Martha Hitesman
Roy Smith Jr	Ellen Chavez
Dave DuPree	Stella Smith
Al Perez	Louise Babbino
Royce Sappenfield	
Stan Brice	pho MD 4-64 p 21
Alvin Lee	

Class	Name	BP	Sq	Total
148	Barney Sherman	280	380	660
	John Yamamoto	265	330	595
	Don Crain	280	355	635
	Mario Marquez	275	290	565
	Von LaMon	280	380	660
165	Ralph McCoy	300	460	760
	Fred Doyle	310	400	710
	Coy Sanders	310	385	695
	George Harrison	285		
181	Cahrles Scarano	310	440	750
	John Reed	325	440	765
	Steve Murphy	290	435	725
	Jerry Gaxiola	340	385	725
	Bob Kemper	290	390	680
	Mike Dadigan	000	470	000
198	Harold Love	415	570	985 BL
	Wallace Hawks	350	470	820
	Pat Warnecke	375	400	775
	Bill Stripling	330	470	800
	Arnold Strite	-	-	-
H	Jerry Foy	400	550	950
	Kurt Freeman	345	550	895
	Paul Monsler	350	400	750
	Doug Lindsey	-	-	-

re MD 3-64 p 58 LN 12-63 p 3

Oct 26, 1963 Marion-Muncie Dual WL contest in Muncie  
Muncie Barbell Club totaled 2040.84 divided by 5: average 408.169

Jerry Moody	210-180-240 = 630
Rich Van Dalsen	135-145-205 = 485
Steve Hyde	135-140-185 = 460
Charles Mispagh	190-170-225 = 595
Rodney Phillips	145-145-200 = 490

Marion Barbell Club totaled 1601.22 divided by 4: average 400.305

Mike Hutchinson	160-135-185 = 480
Bernard Simmons	215-000-265 = 480
Philip Rigsbee	145-125-180 = 450
Bill Starr	255-240-315 = 810

re LN 12-63 p 14

Oct 26, 1963 Attleboro YMCA vs Central Falls WLC \

Attleboro:	Bwt:	
Marc Forbes	78	80-70-95 = 245
Bob Fredette	181	210-200-280 = 690
Dave Mason	179	240-230-300 = 770
Joe Henault	188	215-205-270 = 690
Tom Hutchinson	125	160-135-195 = 490
Linwood Cornell	173	215-215-280 = 710
Bob Charlebois	253	300-24-305 = 845

Central Falls	Bwt:	
Bill Cox	183	240-190-260 = 690
Joe Marchionda	156	190-175-225 = 570
Charles Desmereaux	78	75-65-95 = 235
Bob Bednarski	190	275 - -
Joe Mills	149	150-160-210 = 520
Jerry Bousquet	133	150-145-180 = 475
John Coleman	178	170-170-210 = 550 re LN 2-64 p 4

Oct 26, 1963 Eastern Counties Strength Set annc HS 9-5-63 p 41

Oct 26, 1963 All Wales Strength Set annd HS 9-19-63 p 4; re HS 12-12-63 p 37  
at Port Talbot & Mr. Glamorgan

Mr. Glamorgan (11)	Jr. (5)	Mr. Prt Talbot
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|--------------------|--------------------|------------------|
| 1. John Davies     | 1. Steve Cox       | 1. Peter Paisley |
| 2. Brian Thomas    | 2. Frank Williams  | 2. Michael Brown |
| 3. Peter Parkhouse | 3. Gareth Milliner |                  |
| 4. Peter Paisley   |                    |                  |

Oct 26, 1963 Midlands Strength Set re HS 11-28-1963 p 41, 45 Mr. West Midlands

OCT 27, 1963 Phillipine weightlifters and body- builders meets

Mr. Phillipine: 1. Magdalino del Mar, Cebu City

114	Arturo Danan	185-180-225 = 590
123	Noe Rinonos	205-185-245 = 635
132	Alberto Canlas	210-185-240 = 640
148	Alberto Nogar	245-220-290 = 755
165	ALberto Nogar(sic)	257.5-210-300 = 767.5
181	Felizardo Simpliciano	240-200-285 = 725
198	Carlos Palma	235-249-315 = 789
H	Felizardo Valcos	225-150-240 = 615

re SH 3-64 p 13

Oct 30, 1963 Yolanda Hughes born Mufreeeesboro, TN MD 8-94 p 63

Nov 1963	All American Athlete	fottball scene
Nov 14, 1963	Health & Strength	Earl Maynard
Nov 28, 1963	Health & Strength	Rogelio Pio Montenegro
Nov 1963	Lifting News	Vakonin, Ichinoseki
Nov/Dec 1963	Mr. Uiverse- Weider	Brunet- which one?
Nov 1963	Muscle Builder	Yvon Brunet
Nov/Dec 1963	Physical Power	several people
Nov 1963	The Strength Athlete	Isaac Berger, Y. Miyake, Foldi
Nov 1963	Strength & Health	Randy Watson
Nov 1963	Tomorrow's Man	Bernie Ernst
Nov 1963	The Young Physique	Hector Ramon

NOV 2, 1963 Mr. Eastern America in NYC annc LN 7-63 p 2, SH 10-63 p40

NOV 2, 1963 East Coast chps in Savannah, GA.

Mr. East Coast:

1. Charles Estes
2. Gene Hill
3. Buddy Milligan

also held were the East Coast bench press chps

Bench Press: Jerry Harvell bwt 180, BP 410

123	Josy Saturday	130-125-160 = 405
	Tom Stalvey	120-120-165 = 415
	Jon Patterson	095-100-125 = 320

132	Ernie Sessoms	160-170-215 = 545
	Julius Abrhams	180-145-205 = 530
	Bob Marshall	110-100-145 = 355
148	Bob Neff	235-215-310 = 760
	Ralph Horan	200-180-225 = 605
	Jim Hayes	160-165-225 = 550
	John Watson	180-155-215 = 550
	W.K. Wehrell	165-155-205 = 525
	Lance Brown	135-135-180 = 450
165	Howard Cohen	255-210-290 = 755
	Berry Rigden	220-210-285 = 715
	John York	210-225-275 = 710
	Jim Milligan	160-180-230 = 570
	Bill Simmons	175-160-225 = 560
	Eugene Yaschik	185-155-200 = 540
	John Harden	- - -
181	James Osborne	230-215-295 = 740
	Steve Carey	230-220-290 = 740
	Bill Travers	230-200-280 = 710
	Tom Walters	195-205-260 = 660
	Jack Sanders	235-165-240 = 640
	Harry Jeffers	165-170-220 = 555
	Buddy Bowen	255-190
198	Bill Morrison	270-235-330 = 835
	Gordon Darby	250-220-330 = 800
	L.E. Gilmore	250-220-270 = 740
	Chuch Blowers	265-215
	Virgil Dube	240
H	Joe Dube	380-300-390 = 1070 BL
	Peter Vasta	245-210-305 = 760
	James Mewberne	195-160-215 = 570
	Frank Shwarz	- - -

annc SH 11-63 p 10 re SH 3-64 p 13