

Dec 1963	All American Athlete	track and field
Dec 12, 1963	Health & Strength	Ron Sterlington
Dec 26, 1963	Health & Strength	Christopher Forde
Dec 1963	Ironman	Don Howorth
Dec 1963	Lifting News	Harold Love, JANET SKROLINE, Lee Phillips, Dick Proctor & WIFE
Dec 1963	Mr. America	Freddy Ortiz
Dec 1963	Muscle Builder	Dave Draper
Dec 1963	Physique Pictorial	a drawing
Dec 1963	The Strength Athlete	Tony Flood
Dec 1963	Strength & Health	Vern WEaver
Dec 1963	Tomorrow's Man	Erick Wick

Sec 1963 SH p 14 list of State of Maine WL records
p 14 list of Allegheny Mountain Assoc. records
p 42 two page into to Muscular Development mag

Dec 1, 1963 Southwest Invitational AAU WL chp in Tucson

Mr. Southwest: 1. John Julian

2. Michael Adamo

3. Glenn Hooper

123	Phil Rasp	155-145-205 = 505
	Sal Dominquez	155-145-205 = 505
	Don McKee	125-125-150 = 400
	Dennis Moore	100-090-135 = 325
132	Ruben Flores	160-150-195 = 505
	Vic Lee	160-140-190 = 490
	Bob Lee	140-130-180 = 450
148	Karl Huntsiger	215-185-235 = 635 Sportsmanship Trophy
	Mike Mayo	210-170-235 = 615
	Phil Chiles	205-165-240 = 610
	Randy Long	155-175-225 = 555
165	Gail Crick	240-235-300 = 775
	Bob Lans	220-205-260 = 685
	Cliff Habblitz	230-185-250 = 665
	Remmie Chacon	215-185-260 = 660
	Ray McMahan	205-185-255 = 655
	John Hermann	180-165-230 = 575

181	Clarence Bass	250-225-300 = 775	
	Dick Franz	235-230-310 = 775	
	George Cobbins	235-175-245 = 655	
	Carroll Pace	200-200-235 = 635	
	Lowell Huggins	175-160-240 = 575	
	Jim Doty	175-145-230 = 550	
198	Fritz Starmer	250-225-300 = 775	
	Jon Cole	250-230-285 = 765	
	Chuy Porras	210-190-260 = 660	
	MArion Maggruder	270-205-000 = 475	
H	Stan Megadeson	335-285-350 = 970	
	Paul Ash	300-280-340 = 920 BL	
	Tom Lynde	310-250-315 = 875	
	Jim Dainty	265-220-305 = 790	
	Jim Madaheim	190-195-235 = 620	re LN 3-64 p 8

DEC 1, 1963 Central AAU and Chicago YMCA Novice WL at Lawson Y
 Jr. Mr. Illinois: 1. AAU Mr. Novice: 1. YMCA Mr. Novice: 1.
 Mr. Young Chicagoland: 1. Sergio Oliva
 2. Frank Zarco mm
 3. John Balik

123	Frank Meyers	155-145-185 = 485 BL 3rd
	Todd Cubbon	135-130-165 = 430
	Ken Perotta	130-120-160 = 410
132	Ronald Chmelar	150-140-205 = 505
148	Paul Chicao	185-170-225 = 580
	Rick Holbrook	165-170-225 = 560
	Garry Curran	170-165-225 = 560
	John Garay	165-140-185 = 490
	Ken Morse	155-135-190 = 480
165	John Balik Jr	230-195-270 = 695 BL
	Stephen Knitter	180-185-270 = 635
	Mike Ahrendt	200-190-235 = 625
	Ed O'Mayer	185-175-240 = 600
	Mike Abene	185-170-240 = 595
	Gene Bartkiewicz	170-160-220 = 550
	RonReichert	170-160-220 = 550
	Jim Heflin	205-210
	Bob Jackson	- - -

181	Tom Holbrook	230-210-280 = 720 BL 2nd
	Harry Reeves	225-200-270 = 695
	Bill Doster	235-195-265 = 695
	Jon Leanard	195-200-250 = 645
	John Gilyard	- - -

198	Ronald Ebbole	225-195-260 = 680
	Charles Stanhope	230-185-260 = 675
	Bernard Gagne	190-175-260 = 625
	Bill Bauman	195-180-235 = 610

H	Davey Crockett	300-215-300 = 815
	Gene Primm	235-205-290 = 730
	Bob Bauman	215-220-285 = 720
	Bill Jacques	215-195-255 = 665

annc SH 1-64 p 12, LN 11-63 p 8 re SH 4-64 p 74, LN 3-64 p 8

Dec 1, 1963 Paul Anderson opens Vidalia, GA., Youth Home re SH 3-64 p 63

Dec 6, 1963 The National AAU Convention refused to re-instate Paul Anderson for national weightlifting eligibility.

Dec 7, 1963 Open Novice Phy: Holy Saviour Norristown, PA

1. Stephen Johnson
2. Gary Frank
3. Rudolph Rodgers
4. Thomas Trevorah
5. Richard Sturm/Stum
6. Richard Levy
7. Robert Vandervort
8. Steve Sturm
9. Ted Sheola
10. Jon Reuben
11. Joe Dodd
12. Irv Klair
13. Anthony Stallone
14. Edward Polaneczky
15. Arnie Barnes
16. David Isaksen
17. Richard Sipos
18. John Sterling
19. Thomas Pike
20. David Darrah
21. Joseph Mulhern
22. Pierre DeLong

123	Joe Dancs	130-125-170 = 425
	Bob Gillespie	125-115-160 = 400
	Ray Norcross	120-115-165 = 400
	Joe Hoch	120-120-155 = 395
	Jack Lyons	120-110-150 = 380
	John Brembor	75-80-125 = 280
132	Ray Hiltebietel	150-145-200 = 495
	Albert Check	150-140-195 = 485
	Dan Zyboyan	150-145-185 = 480
	Bob Gilds	145-125-165 = 435
	Arnold Roshop	135-125-175 = 435
	Anthony Prendes	115-105-140 = 360
	Bob Nagel	130 130
148	Dick Levy	210-170-230 = 610
	Dick Flemingloss	155-155-215 = 525
	Franl Altodonna	140-150-190 = 480
	Frank Shuba	140-140-180 = 460
	Ellwood Trotman	135-135-170 = 440
165	George Scherer	200-190-260 = 650
	Forrest Armstrong	185-190-245 = 620
	Terrence Kohler	195-185-235 = 615
	Pasquale DiDonato	180-180-250 = 610
	Dick Baugher	180-185-230 = 595
	Barry Branyan	190-170-230 = 590
	Italo Bonacci	170-160-220 = 550
	Harold Monk	170-160-215 = 545
	David Isaksen	190 190
	Earnest Dorman	180 180
181	Gary Glenney	240-215-285 = 740
	Dick Poore	215-215-285 = 695
	Hampton Moon	200-180-240 = 620
	Joe Langdon	195-185-235 = 615
	Dick Sipos	175-185-230 = 590
	Lance Wertman	180 180
198	Carroll Nadig	230-190-255 = 675
	Mark Palasch	200-200-270 = 670
	John Keeley	230-170-250 = 650
	Leonard Buzzuto	220-185-240 = 635
	Tom Pike	205-185-240 = 630
	Bill Donahower	160-170-230 = 560
	Bob Zybowiecz	175-150-220 = 545

H David Brower 225-165-265 = 655
Ed Yocum 170-170-220 = 560
Jim Brower 85-85-115 = 285

extra lifters Ray Franz Sr 260-240-300 = 800
John Jungkurth 250-230-300 = 780
Dick Coffman 160-170-000 = 330
annc SH 1-64 p 12 re SH 4-64 p 75 re LN 12-63 p 2

Dec 7, 1963 Missouri State WL chps in Florissant at McCluer HS

123 Ron Skinner 170-140-205 = 515
Ray Zepp 105-105-165 = 375
Allen Owen 110-115-135 = 360
Baker Bigsby 090-110-135 = 335

132 Art Tarwater 160-165-210 = 535
Bob Evans 135-130-175 = 440
Dale Warren 145-105-165 = 415
Tom Dodson 110-115-165 = 390
Phil Bleiler - - -

148 Dave Miller 185-180-240 = 605
Tom Fiala 185-160-220 = 565
Steve Lund 155-145-190 = 490
Wayne Smith 150-145-170 = 465

165 Wayne Gardner 205-170-240 = 615
Tom Roberts 175-175-240 = 590
Tom Salyer 190-170-230 = 590
Jim Swan 175-155-215 = 545
Jim Hockemeyer 165-155-205 = 525

181 Ed Zercher Jr 205-180-235 = 620
John Moser 195-175-235 = 605
Bill Schicht 180-165-225 = 570
Tony Galati 165 165

198 Leonard Friesz 270-250-310 = 830
Ken Schmitz 200 200

H Bruce Strosnider 260-245-300 = 805

Homer Lewellen	240-225-300 = 765
David Keller	220-225-310 = 755
Wayne Jackson	270 270

re SH 3-64 p 13, LN 3-64 p 8

Dec 7, 1963 Great Britain vs Bulgaria

123	K. Saville	181.75 - 187.25 - 248.00 = 617.00
132	Chung Kum Weng	225.75 - 214.75 - 286.50 = 727.00
LH	Louis Martin	330.50 - 303.00 - 402.50 = 1035.75
H	I. Veselinov	352.50 - 264.50 - 407.75 = 1027.75

annc LN 1-64 p 7 re SH 4-64 p 75