

1964 by Joe Roark

Feb 1964	All American Athlete	Bob Humphrey ???Feb????
Jan 1964	Der Muskelbilder	Ed Theriault
Jan 9, 1964	Health & Strength	Reg Park
Jan 23, 1964	Health & Strength	John Tristram
Jan 1964	Lifting News	Gary Cleveland. Rudy Sablo, Bob Hise
Jan 1964	Muscular Development*	John Grimek
Jan/Feb 1964	Physical Power	Bill Pearl
Jan 1964	The Strength Athlete	Chung Kum Weng
Jan 1964	Strength & Health	Mickey Hargitay
Jan 1964	Tomorrow's Man	Joe Lewis

\* first issue

Jan 1, 1964 AAU New England PL record to this date

Class	Name	Curl
123	Linwood Stone	85
132	Dick Quail	125
148	Peter French	145
165	Gilbert Strauss	165
181	Bob Berry	165
198	Gilbert Strauss	175
H	Luther Rodgers	235

Class	Name	Squat
123	Paul Dussault	310
132	George Guimont	325
148	Joe Marchionda	375
165	Bob Berry	410
181	Archie Burgess	435
198	Donald Perkins	490
H	Charles Ryan	510

Class	Name	Prone [sic] Press
123	Paul Dussault	210
132	Robert Theriault	225
148	Peter French	290
165	John DiFrancesco	305
181	Normand Bouchard	300
198	Roy Mandell	370
H	George Richards	390

Class	Name	Dead-Lift
123	George Guimont	375
132	Emil Bistany	540
148	Emil Bistany	550
165	Nathan Harris	590
181	Archie Burgess	575
198	William McWilliams	570
H	Luther Rodgers	660 re MD 6-64 p 55

Jan 2, 1964 Galveston YMCA's Strongest Man Contest

Place	Name	Pr	Curl	BP	Sq	DL	Points
1.	H. Heatherly	230	175	275	405	500	33 1,585
2.	T. Flores	180	120	245	285	370	24 1,200
3.	K. Atkinson	190	150	255	290	320	17 1,205
4.	D. Murphy	135	120	200	210	300	13 965
5.	B. Baurele	140	120	215	310	410	12 1,195
6.	D, Baker	170	130	225	310	300	11 1,135

re MD 5-64 p 58

Jan 2, 1964 Alexandria Vusir born MD 9-94 p 128

Jan 4, 1964 This was the original date for Philadelphia Open but was changed to Jan 11  
cf, annc SH 12-63 p 12,

Jan 4, 1964 Mr. Jr. Allegheny & Pittsburgh AMA Novice WL contest:

		1. James Kowalski
		2. Paul Gaudino
		3. Charles Lang
		4. Russell Knipp
		5. Rege Heil
		6. John Snizik
		7. Steve Delach
		8. John Zaborowski
		9. Earl Brown
		10. Skip Lisowski
		11. Allan Hoffman
123	Melvin Sally	135-130-170 = 435
	Tom Renton	130-095-135 = 360
132	Jim McDermott	155-140-175 = 470
	Matt Dankovich	135-140-180 = 455
	Earl Brown	155-125-175 = 455
	Max Baptiste	145-125-170 = 440
	Herman Schermann	140-130-170 = 440
	Herbert Bayer	- - -

148	Robert Montini	150-140-185 = 475
	Wayne Porter	135-145-195 = 475
	Charles Gentles	165-125-185 = 475
	Bob Simmers	150-130-165 = 445
	Rich Miller	125-105-145 = 375
165	Jerry Salac	195-185-255 = 635 OL tie
	Martin Gerben	215-165-225 = 605
181	Tomas Brietkveutz	190-185-240 = 615
	Skip Lisowski	195-175-235 = 605
	Steve Delach	215-160-225 = 600
	Howard Grubbs	200-150-245 = 595
	Bob Johnson	150-180-225 = 555
198	Teddy Johnson	205-195-260 = 660
	Stan Pawlicki	200-185-240 = 625
	Tom Grippa	170-170-225 = 565
	Vince Legge	165-150-195 = 510
H	Bill Skwarlo	225-215-275 = 715 OL tie
	John Mawhinney	220-180-225 = 625
	extra lifter John Hay	260-205-300 = 765
	annc SH 1-64 p 12	Phy Pow 2-64 p 23 re SH 4-64 p 13

Jan 4, 1964 First Annual Gladstone Park Club WL meet in Chicago

123	G. Saunders	140-125-170 = 435
132	W. Chew	135-135-175 = 445
	J. Juliono	135-130-165 = 430
148	P. Gunderson	170-150-195 = 515
	C. Moreau	140-115-170 = 425
165	J. Curylu	170-175-220 = 565
	E. Puchinelli	150-140-195 = 485
181	H. Reeves	235-195-255 = 685
	B. Zadura	150-135-190 = 475
198	B. Cammarata	150-140-185 = 475
H	B. Koenig	225-190-265 = 680
	re SH 4-64 p 13	

Jan 5, 1964 Chicago Metro Sr. YMCA Open WL meet

123	Ken Perrotta	130-130-160 = 420
132	Bob Rifface	195-180-225 = 600
	Greg Pasternack	170-140-190 = 500
148	Paul Chico	185-170-215 = 570
165	Kurt Jotzat	265-235-310 = 810 BL
	Mike Halyckys	190-220-260 = 670
	Mike Abenes	195-175-240 = 610
181	Charles Nootens	260-245-320 = 825
	Stan Gorasczyk	245-220-305 = 770
	Jon Racklin	235-230-300 = 765
	Ed Klonicki	160-180-225 = 565
198	Clyde Emrich	280-280-350 = 910
	Tom Holbrook	235-220-290 = 745
	Joe Dickelman	250-210-275 = 735
	Harry Reeves	250-200-280 = 730
	John Rose	245-200-280 = 725
H	Tom Kopiczko	265-250-330 = 845
	Tom Golec	280-235-325 = 840
	Dennis Reed	280-235-315 = 840 [830]
	Bob Barman	220-220-275 = 715

annc SH 1-64 p 12 ?? Phy Pow 2-64 p 23

results sh 5-64 p 12 LN 5-64 p 22 annc Phy Pow 2-64 p 23

Jan 9, 1964 issue of HS mag, letters offering FIHC history; cf 2-6-1964 p 39

Jan 10, 1964 Mr/Miss South Coast at Portsmouth annc HS 10-26-63 p 4