

Mar 21, 1964 Southern California POWERLIFTING contests
aka Western States PL Chps in Los Angeles

Mr. Southern Calif: 1. Joe Nista, mm
2. Chet Yorton
3. Von LaMon

meet aka Western States PL chp

Class	Name	BP	Sq	Total
123	Rene Juarez	235	280	515
	Don Inouye	235	-	-
132	Rydolph Saaveda	280	335	615 OL
	Max Nishimoto	255	285	540
	Stan Levin	205	300	505
148	Chuck Collras	320	370	690
	John Yamamoto	265	350	615
	Oscar Rivero	275	325	600
	Dan Nicodermo	-	-	-
	Ron Esquerra	-	-	-
165	Carl Allen	360	440	800
	Homer Brannum	310	430	740
	Neal Allen	340	400	740
	Coy Sanders	325	385	710
	David Bugarin	325	350	675
	Jerry Carter	260	320	580
	Larry Ross	300		
181	Vince World	350	450	800
	Obie Jackson	340	460	800
	Tom Romero	335	445	780
	Dan Pace	365	410	775
	John Helm	295		
198	Bill West	375	520	895
	Pat Downey	345	475	820
	Andrew Burpee	355	420	775
H	Bob Humphreys	410	520	930
	Mel Eisenberg	390	520	910
	George Frenn	320	500	820
	Travis Wynne	380		
	Chet Kistler	-	-	-

re MD 7-64 p 62 annc Phy Pow 2-64 p 23

annc LN 12-64 p 11, MD 4-64 p 62, SH 3-64 p 12 re LN 5-64 p 22 MD 7-64 p 62

Mar 21, 1964 Tulsa YMCA Oklahoma state POWERLIFTING

Class Name BP Curl Sq DL Urow Total
 annc LN 1-64 p 7, MD 2-64 p 48, SH 4-64 p 12 ??

Mar 21, 1964 Open Novice wl meet at Olympic A.C. [totals only reported]

123	Jack Lyons	425
	Ron DeMattia	390
	Anthony Prendes	350
	Joe McIntyra	335
132	Dan Zboyan	490
	Bob Gilds	480
	Arnold Roshop	460
	Mike Gillott	380
148	Albert Check	560 tie
	Steve Czinkoto	560
	Jim Manns	550
	Dam Walter	545
	Rock Flemingloss	535
	Harry Small	525
	Frank Altadonno	515
	Ray Beidelman	510
	Ken DiAngelo	505
	Sam Sadler	480
	Dick Silver	460
165	Dick Konover	635
	Jerome Dickerson	600
	Italo Bonacci	575
	Elwood Trotman	470
181	Josepg O'Connor	660
	Robert Longo	660
	Joe Langdon	615
	Albert Outwaters	615
	David Isaksen	545
198	Mark Pelasch	705
	Joe Reizer	680
	John Keeley	675
	John Velcamp	665
	Harry Schumacher	615

H	William Donahower	600	
	John Rieck	485	
	Jim Brown	350	re LN 7-64 p 24

Mar 22, 1964 Best Devel Novice annc H&S 3-19-64 p 4

Mar 24, 1964 Contest in Leningrad

123	A. Vahonen	237.00 - 231.50 - 297.50 = 766.00	
132	V. Lee	275.50 - 231.50 - 297.50 = 805.00	804.50
148	none		
165	V. Kurentzov	297.50 - 292.00 - 375.00 = 964.50	
181	R. Plyukfelder	341.70 - 308.60 - 385.80 = 1036.00	1036.10
198	A. Kasyanov	319.50 - 319.50 - 397.00 = 1036.00	
H	L. Zhabotinsky	397.00 - 369.00 - 468.40 = 1234.50	1234.40

re HS 4-30-64 p 6, LN 3-64 p 8

Mar 28, 1964 Rocky Mountain Chps annc Phy Pow 2-64 p 23; LN 12-63 p 11

Mar 29, 1964 Lancs WL at Chorley annc HS 3-5-64 p 38, changed to Mar 22
HS 3-19-64 p 36

Mar 30, 1964 Eddie Ellwood born

Apr 1964	All American Athlete	Mickey Mantle
Apr 2, 1964	Health & Strength	Gernolf Garbe
Apr 16, 1964	Health & Strength	Paul Nash
Apr 30, 1964	Health & Strength	Len Sell
Apr 1964	Kraftsport Revue	Reinhard Litchenberg
Apr 1964	Lifting News	Les Balazs, Joe Grantham, McBirney, Don Booth, Dick Hamilton
Apr 1964	Mr. America	Larry Powers, BETTY WEIDER
Apr 1964	Muscleboy	Frank Hollfelder
Apr 1964	Muscle Builder	Yvon Brunet
Apr 1964	Muscular Development	Larry Scott
Apr 1964	The Strength Athlete	Dave Prowse
Apr 1964	Strength & Health	C. K. Yang
Apr 1964	Tomorrow's Man	Jim Glasper

Apr 2, 1964 North Dakota AAU Open WL chp at Jamestown College

123	G. Trodness	115-120-150 = 385
	R. Holzworth	105-085-135 = 325
	N. Scherbenske	115-070-125 = 310
132	D. Siemer	140-120-170 = 430
	M. Kotch	135-115-150 = 400
	W. Scardiglio	120-105-155 = 380
148	J. Leo	160-180-220 = 560
	P. Widmayer	160-155-215 = 530
	B. Barr	155-135-190 = 480
	M. McIntire	140-145-185 = 470
	S. McManus	135-135-190 = 460
	R. Horton	115-120-160 = 395
	A. Ohlander	180-145-000 = 325
165	Moe Johnson	235-210-285 = 730 OL
	B. Kraske	185-190-240 = 615
	Hamre	170-160-215 = 545
	R. Bishke	170-160-215 = 515 sic [545]
	Sinn	160-135-185 = 480
	W. Richardson	145-125-155 = 425
181	R. Brown	180-190-240 = 610
	F. Erenfeld	200-185-225 = 610
	R. Cooper	180-170-240 = 590
	P. Misale	200-165-225 = 590
	F. Erek	125
198	A. Sinner	200-170-235 = 605
	K. Chruszch	195-150-245 = 590
H	C. Bannerman	200-180-240 = 620
	S. Hoffner	170-140-215 = 525
re LN 5-64 p 14		

Apr 3, 1964 Mr. Pendle Valley (13) re HS 5-14-64 p 35

1. Raymond Pountney
2. Norman Wilkinson
3. Neville Atkinson
4. Keith Whittam
5. Bert Coperman