

Nov 30, 1964 Pacific Northwest WL chp, Vancouver

123 George Tsoi A Sue 125-145-200 = 470

132 Gary Fry 160-155-200 = 515
Ral Whiting 160-150-200 = 510
Tad Iwamoto 155-150-170 = 475

148 Andy Hinds 185-200-255 = 640
Fred Greco 210-180-250 = 640
George Lyden 190-175-225 = 590
Al Nishi 180-180-220 = 580
Rick McDairmid 175-165-220 = 560

165 Ray Michimoto 230-195-270 = 695
John Raffaele 215-185-265 = 665
John Grunau 190-200-230 = 620
Des Tromans 190-180-235 = 605
Wayne Cannon 180-170-225 = 575

181 Gary Schwartz 240-230-280 = 750
Don Jones 230-205-265 = 700
Nick Munly 240-200-260 = 700

198 Paul Bjarnason 295-230-330 = 855
Bill Gladstone 265-245-310 = 820
Claus Hallschmid 250-220-295 = 765
Roger Sedjo 210-225-295 = 730
Wes Olsen 230-210-280 = 720
Dieter Stamm 210-220-275 = 705
Chris Dariotis 235-185-255 = 675
John Thrust 225-190-240 = 655

H Ken Patera 330-280-375 = 985*
George Dean 315-255-350 = 920
Gary Young 280-245-320 = 845
Ken Johnson 240-225-270 = 735

* The 375 C&J erased the 373 set by Doug Hepburn in 1954 at British Empire Games
re LN 3-65 p 20

Nov 30, 1964 Open PL meet YMCA Boston 316 Huntington Ave annc MD 2-64 p 48

Dec 1964	All American Athlete	pole vaulter
Dec 1964	Der Muskelbilder	Pierre and Yvon Zwillinge
Dec 10, 1964	Health & Strength	Frank King
Dec 24, 1964	Health & Strength	Leopold Merc
Dec 1964	Ironman	Larry Scott
Dec 1964	Kraftsport Revue	Reinhard Litchenberg
Dec 1964	Lifting News	Gary Gubner
Dec 1964	Mr. America	Dave Draper
Dec 1964	Muscleboy	Trate Farrell
Dec 1964	Muscle Builder	Steve Reeves
Dec 1964	Muscular Development	John DeCola
Dec 1964	Physique Pictorial	Blackie Preston, John Davidson, Ron Hanson
Dec 1964	The Strength Athlete	A. Huser
Dec 1964	Strength & Health	Bill March
Dec 1964	Tomorrow's Man	Bill Ferguson

LN Dec 1964 p 11 The Ravenswood Formula is explained

Dec 1, 1964	Open Novice Phy	Norristown, PA
	1. John Leach	89
	2. George Joseph	87
	3. Frank Naples	82
	4. George Williamson	77
	5. Daniel Gordon	76
	6. Rudolph Rodgers	75
	7. Richard Bartholomew	74
	8. Edward Polaneczky	73
	9. Terry Crosland	73
	10. Joseph Flegel	73
	11. Roy Dougherty	72
	12. Frank Bradford	72
	13. Donald Conley	71
	14. Anthony Sheola	70
	15. David Liddle	69
	16. Anthony Stallone	69
	17. Thomas Polaneczky	69
	18. Irv Klair	68
	19. Glenn Walp	65
	20. Peter Webster	65
	21. Louis Kushner	64
	22. Ken Healey	63
	23. Harry Scuron	62
	24. Richard Coolbaugh	61

re SH 5-65 p 64 ??????????

Dec 2-6, 1964 National AAU Convention in Houston

Dec 5, 1964 The 12th annual Mr. Iron Man at Berkeley Central Y

1. Leon Burks
2. Von LaMon
3. Mario Marquez
4. John Kojigian
5. Barney Sherman
6. Byron Hudson
7. Bob Kemper
8. Joe Townsell
9. Royce Sappenfield
10. Roger Millette
11. Ossie Tate
12. Gerry Gaxiola
13. Andy Winans
14. Leroy Davis

Berkeley, CA.

Class	Name	BP	Sq	Total
123	Steve Zahm	200	165	365
132	Mario Martinez	260	330	590
	Lester Cramer	180	265	445
148	John Yamamoto	280	380	660
	Von LaMon	280	375	655
	Larry Ruggiero	300	350	650
	Clark Hirabara	230	375	605
165	Coy Sanders	320	400	720
	Barney Sherman	275	400	675
	Ron Jacobs	285	370	655
	Byron Hudson	285	335	620
	Philip Reese	250	365	615
	Russ Bua	255	355	610
181	Leon Burks	375	470	845
	Tom DiMaggio	305	475	780
	John Kojigian	375	400	775
	Royce Sappenfield	315	360	675
	Roger Millette	295	350	645
198	Harold Love	375	525	900
	Vince World	370	480	850
	Bob Kemper	335	450	785
	Ron Johnson	345	440	785
	Jerry Hall	350	430	780
	Oddie Tate	295	460	755

	Ron Bell	335	410	745
	Leroy Davis	315	395	710
	Gerry Gaxiola	325	350	675
H	Kurt Freeman	360	555	915
	Paul Monsler	375	500	875
	Paul Yazolino	365	500	865
	Joe Townsell	350	415	765
	Phil Hurley	300	405	705
	Andy WInans	305	350	655
	Chet Kistler	325		

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Dec 5, 1964 Carolinas Area WL Chp at Parris Island, SC.

Mr. Carolinas: 1. Chandler Cook Most Muscular: 1. Ed Allen

123	Keith Hunt	150-145-190 = 485
	Arthur Brown	150-140-185 = 475
	Tom Stalvey	140-140-190 = 470
	Frank McNeill	130-120-160 = 410
132	Julius Abraham	210-160-215 = 585
	Larry Ford	165-150-200 = 515
	Jim Tullo	155-160-190 = 505
	Melvin Sawyer	140-130-160 = 430
148	Dick Frahm	185-190-240 = 615
	Byron Swain	205-165-235 = 605
	Tom Walters	175-190-235 = 600
	Rod Lapin	195-165-235 = 595
	Roby Farmer	195-160-215 = 570
	Jerry Runion	160-160-205 = 525
	Mike Poling	170-155-200 = 525
165	Johnny Roten	250-240-315 = 805
	Bill Sweeney	170-195-240 = 605
	Ed Allen	195-175-225 = 595
	Jim Hayes	185-170-225 = 580
	Charles Griggs	170-155-215 = 540
	Morris Crater	130-155-185 = 470
181	Bill Simmons	210-180-255 = 645
	Eugene Ryals	175-175-220 = 570
	Joe Snyder	185-150-200 = 535