1970 Central American Championships in Athletics

The fifth Central American Championships in Athletics were held at the Estadio Mateo Flores in Guatemala City, Guatemala, between December 4-6, 1970.

## Medal summary

Some results and medal winners could be reconstructed from the archive of Costa Rican newspaper La Nación.[1][2][3][4][5][6]

### Men
<table>
<thead>
<tr>
<th>Event</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 metres</td>
<td>Carlos Abbot (CRC) 11.0</td>
<td>Salomón Rowe (GUA) 11.0</td>
<td>Pedro Cólon (HON) 23.2</td>
</tr>
<tr>
<td>200 metres</td>
<td>Carlos Abbot (CRC) 22.2</td>
<td>Roberto Contreras (GUA) 22.8</td>
<td>Danilo Reed (GUA) 23.2</td>
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<tr>
<td>400 metres</td>
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<tr>
<td>800 metres</td>
<td></td>
<td>Santiago Vargas (CRC)</td>
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<tr>
<td>1500 metres</td>
<td>Rafael Ángel Pérez (CRC) 4:05.2</td>
<td>Enrique Ramírez (GUA) 4:08.3</td>
<td>Sergio Vega (GUA) 4:08.6</td>
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<tr>
<td>5000 metres</td>
<td>Julio Quevedo (GUA) 15:38.7</td>
<td>Carlos Cuque López (GUA) 15:39.3</td>
<td>Luis Gamboa (CRC) 16:24.4</td>
</tr>
<tr>
<td>10000 metres</td>
<td>Rafael Ángel Pérez (CRC) 30:51.1</td>
<td>Carlos Cuque López (GUA) 32:14.5</td>
<td>Fulgencio Hernández (GUA) 33:21.7</td>
</tr>
<tr>
<td>Half Marathon</td>
<td>Rafael Ángel Pérez (CRC) 1:08</td>
<td>Carlos Cuque López (GUA)</td>
<td>Julio Quevedo (GUA)</td>
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<tr>
<td>3000 metres steeplechase</td>
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<tr>
<td>110 metres hurdles</td>
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<tr>
<td>400 metres hurdles</td>
<td></td>
<td>Santiago Vargas (CRC)</td>
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<tr>
<td>High Jump</td>
<td>Salomón Rowe (GUA) 7.10</td>
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<tr>
<td>Pole Vault</td>
<td></td>
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<tr>
<td>Long Jump</td>
<td>Salomón Rowe (GUA) 7.10</td>
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<tr>
<td>Triple Jump</td>
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<tr>
<td>Shot Put</td>
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<tr>
<td>Discus Throw</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Hammer Throw</td>
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<tr>
<td>Javelin Throw</td>
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<tr>
<td>Pentathlon</td>
<td>Oscar Díaz (ESA) 2:00:07.4</td>
<td>Cirilio García (GUA) 2:06:40.7</td>
<td>Rosario Equite (GUA) 2:18:56.0</td>
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<tr>
<td>20 Kilometres Road Walk</td>
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</tbody>
</table>

### Women

<table>
<thead>
<tr>
<th>Event</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 metres</td>
<td>Sandra Johnson (CRC)</td>
<td>Miriam Castro (CRC)</td>
<td>Brenda Charles (CRC)</td>
</tr>
<tr>
<td>200 metres</td>
<td>Sandra Johnson (CRC)</td>
<td>25.4</td>
<td>27.6</td>
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<tr>
<td>400 metres</td>
<td>Silvia Milina (GUA)</td>
<td>64.2</td>
<td>Casta García (ESA)</td>
</tr>
<tr>
<td>800 metres</td>
<td>Silvia Molina (GUA)</td>
<td>2:30.0</td>
<td>Alma Rosa Funes (HON)</td>
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<tr>
<td>1500 metres</td>
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<tr>
<td>100 metres hurdles</td>
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<tr>
<td>High Jump</td>
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<tr>
<td>Discus Throw</td>
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<tr>
<td>Javelin Throw</td>
<td>Carmela de Miller (GUA)</td>
<td>31.96</td>
<td>Mayra Soto (CRC)</td>
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<tr>
<td>Pentathlon</td>
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<td>Celia Vargas (GUA)</td>
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<td>4 x 100 metres relay</td>
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### References


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