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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.

V Central American Championships in Athletics	
Host city	Guatemala City, Guatemala GT
Date(s)	December 4-6
Main stadium	Estadio Mateo Flores
Level	Senior
Participation	4 nations
← 1968 Managua 1971 San José →	

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Medal summary

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References

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

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

4 x 100 metres relay	 Guatemala	44.6	 Costa Rica	46.3	 Honduras	46.8
4 x 400 metres relay						

Women

Event	Gold		Silver		Bronze	
100 metres	 Sandra Johnson (CRC)				 Brenda Charles (CRC)	
200 metres	 Sandra Johnson (CRC)	25.4	 Miriam Castro (CRC)	27.6	 Brenda Charles (CRC)	28.0
400 metres	 Silvia Milina (GUA)	64.2	 Miriam Castro (CRC)	66.1	 Casta García (ESA)	
800 metres	 Silvia Molina (GUA)	2:30.0	 Casta García (ESA)	2:37.2	 Alma Rosa Funes (HON)	2:39.1
1500 metres						
100 metres hurdles						
High Jump						
Long Jump						
Shot Put						
Discus Throw						
Javelin Throw	 Carmela de Miller (GUA)	31.96	 Mayra Soto (CRC)	29.50	 Celia Vargas (GUA)	21.96
Pentathlon						
4 x 100 metres relay						

References

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