

100% RAW CHRISTMAS CLASSIC					
DECEMBER 2, 2017 ZION CROSSROAD, VA					
Name	State/Age	Divison	Wt Class	Body Wt	Bench
Karen Poyner	VA-61	60-64	97	97	54
Jessica Moran	VA-30	Open	123	117	42.5
Heather Coleman	VA-31	Open	123	120.7	50
Heather Rockhill	MD-44	40-44	123	121.5	60
Natasha Beasley	VA-35	35-39	132	129	75
Kerry Self	VA-44	40-44	132	126.4	85
Kim Radder	VA-60	60-64	132	132	40
Mona Espinosa	VA-36	Open	148	147.4	67.5
Mona Espinosa	VA-36	35-39	148	147.4	67.5
Meagan Cummings	VA-47	45-49	148	144.4	47.5
Maria Rojas	VA-28	Open	165	155.6	77.5
Kim Cumbie	VA-41	40-44	198	195.8	50
Karen Hansen	VA-69	65-69	198	189	57.5
Kirsten Ross	VA-41	40-44	198+	234.5	77.5
Shane Shifflett	VA-12	12*13	148	139	30
Gary Teeter	PA-53	50-54	148	148.7	125
Ken Silva	VA-62	60-64	165	161.6	92.5
Matthew Stanton	VA-24	20-24	181	181.4	122.5
Ronnie Hughes	VA-24	20-24	198	197.2	132.5
Ray Jones	VA-50	50-54	198	195.4	130
Marcus Tiines	VA-33	P/F/M	220	204.8	160
Alex Trumbull	VA-29	Open	220	208.6	117.5
Kyle Schoeneberg	VA-23	20-24	220	219.7	167.5
John Niedzwick	VA-69	65-69	220	207.7	110
Gerren Short	VA-41	Open	242	240.8	175
Jimmie Winters	VA-27	35-39	242	238.3	142.5
Gerren Short	VA-41	40-44	242	240.8	175
Jason Harlow	VA-39	Open	275	264	187.5
Chris Allen	VA-43	Open	275	264.4	170
Chris Allen	VA-43	40-44	275	264.4	170
Hakim Shakir	VA-53	50-54	308	283.5	185
Hakim Shakir	VA-53	P/F/M	308	283.5	185
Baron Dixon	VA-51	Open	SHW	319.3	160
Tyrone Martin	MD-37	P/F/M	SHW	347.7	147.5
Baron Dixon	VA-51	Open	SHW	319.3	160
Name	State/Age	Divison	Wt Class	Body Wt	Deadlift
Jessica Moran	VA-30	Open	123	117	65
Heather Coleman	VA-31	Open	123	126.7	107.5
Heather Rockhill	MD-44	40-44	123	121.5	107.5
Natasha Beasley	VA-35	35-39	132	129	152.5
Kim Radder	VA-60	60-64	132	132	95
Courtney Greene	VA	Open	148	145.4	100
Meagan Cummings	VA-47	45-49	148	144.4	70
Kim Cumbie	VA-41	40-44	198	195.8	110
Kirsten Ross	VA-41	40-44	198+	234.5	147.5
Shane Shifflett	VA-12	12*13	148	139	82.5
Micheal Johnson	VA-16	16-17	148	146.7	215

Caden Williams	VA-17	16-17	148	148	190
Gary Teeter	PA-53	50-54	148	148.7	150
James Bohigian	VA-29	Open	165	163	200
Ken Silva	VA-62	60-64	165	161.6	120.5
Matthew Stanton	VA-24	20-24	181	181.4	200
Tyler Travis	VA-31	Open	198	190.1	225
Ronnie Hughes	VA-24	20-24	198	197.2	260
Marcus Tiines	VA-33	P/F/M	220	204.8	277.5
Brian Hershler	VA-28	Open	220	215.2	275
Alex Trumbull	VA-29	Open	220	208.6	212.5
John Niedzwick	VA-69	65-69	220	207.7	185
Frederick Wenger III	VA-30	Open	275	274	232.5
Carnadi Ford	VA-38	35-39	275	260.7	297.3
Chris Allen	VA-43	40-44	275	264.4	242.5
Hakim Shakir	VA-53	P/F/M	308	283.5	227.5
Bob Shirley	VA-65	65-69	308	289.4	187.5
Baron Dixon	VA-51	Open	SHW	319.3	275
Tyrone Martin	MD-37	P/F/M	SHW	347.7	258
Baron Dixon	VA-51	50-54	SHW	319.3	275

Name	State/Age	Divison	Wt Class	Body Wt	Strict Curl
Karen Poyner	VA-61	60-64	97	97	30
Jessica Moran	VA-30	Open	123	117	27.5
Natasha Beasley	VA-35	35-39	132	129	32.5
Krystal Brown	VA-47	45-49	132	126.7	35
Kyrie Nicolai	VA-17	16.17	148	139.8	24
Mona Espinosa	VA-36	35-39	148	147.4	30
Meagan Cummings	VA-47	45-49	148	144.4	25
Mona Espinosa	VA-36	P/F/M	148	147.8	30
Kim Cumbie	VA-41	40-44	198	195.8	28.5
Karen Hansen	VA-69	65-69	198	189	25
Kirsten Ross	VA-41	40-44	198+	234.5	35
Gary Teeter	PA-53	50-54	148	148.7	56
Ken Silva	VA-62	60-64	165	161.6	53.5
Butch Groome	VA-60	60-64	165	159.5	35
Matthew Stanton	VA-24	20-24	181	181.4	60
Tyler Travis	VA-31	Open	198	190.1	75
Ronnie Hughes	VA-24	20-24	198	197.2	72.5
Ray Jones	VA-50	50-54	198	195.4	70
Kyle Schoeneberg	VA-23	20-24	220	219.7	65.5
Charles Schoeneberg	VA-44	40-44	220	216	65
Marcus Tiines	VA-33	P/F/M	220	204.8	65
Chris Allen	VA-43	40-44	275	264.6	73
Hakim Shakir	VA-53	50-54	308	283.5	67.5
Hakim Shakir	VA-53	P/F/M	308	283.5	67.5
Baron Dixon	VA-51	Open	SHW	319.3	75.5
Baron Dixon	VA-51	50-54	SHW	319.3	75.5
Officals					
John Shifflett					
Ron Simmons					
Randy Price					
Rudy Garcia					
William Thacker					