

100% RAW CHRISTMAS CLASSIC**December 7, 2019****Zion Crossroads, VA**

Lifter	State/Age	Division	Wt class	Body Wt	Bench
Krystal Brown	VA-49 (F)	Open	123	117.2	57.5
Krystal Brown	VA-49 (F)	45-49	123	117.2	57.5
Sherry Rowe	VA-53 (F)	50-54	132	129.5	44
Natasha Beasley	VA-37 (F)	Open	148	141.2	83
Claudia Helmick	VA-57 (F)	55-59	148	147.2	65.5
Katina James	VA-46 (F)	45-49	181	174	54
Gary Teeter	PA-55	55-59	148	145.5	107.5
Ben Nyce	VA-29	Open	220	207.6	147.5
Tim Durrett	VA-45	45-49	242	234.8	155
Rodd Ramey	WV-54	50-54	242	242.1	132.5
Waldo Ferreras	VA-55	55-59	242	235	175
Jason Harlow	VA-41	Open	275	266.9	190
Jeff House	GA-61	Open	275	270.8	125
Jason Harlow	VA-41	40-44	275	266.9	190
Ray Berry	NC-58	55-59	275	243.3	150
Gene Berry	NC-61	60-64	275	253.8	155
Jeff House	GA-61	60-64	275	270.9	125

Lifter	State/Age	Division	Wt class	Body Wt	Deadlift
Sherry Rowe	VA-53 (F)	50-54	132	129.5	110
Natasha Beasley	VA-37 (F)	Open	148	141.2	185
Katina James	VA-46 (F)	45-49	181	174	107.5
Gary Teeter	PA-55	55-59	148	145.5	160
Miles Baker	VA-64	60-64	181	179.5	200
Ben Nyce	VA-29	Open	220	207.6	250
Bob Cook	VA-62	60-64	220	215.6	237.5
Tim Durrett	VA-45	45-49	242	234.8	217.5
Jeff House	GA-61	Open	275	270.8	137.5
Jeff House	GA-61	60-64	275	270.8	137.5
Bob Shirley	VA-67	65-69	308	304.1	175

Lifter	State/Age	Division	Wt class	Body Wt	Strict Curl
Natasha Beasley	VA-37 (F)	Open	148	141.1	37.5
Claudia Helmick	VA-57 (F)	55-59	148	147.2	30
Katina James	VA-46 (F)	45-49	181	174	31.5
Gary Teeter	PA-55	55-59	148	145.5	53.5
Miles Baker	VA-64	60-64	181	179.5	43
Tim Durrett	VA-45	45-49	242	234.8	47.5
Rodd Ramey	WV-54	50-54	242	242.1	65
Jeff House	GA-61	Open	275	270.9	52.5
Jeff House	GA-61	60-64	275	270.9	52.5

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Officials					
John Shifflett					
William Thacker					
Randy Price					
Rudy Garcia					
Gene Berry					
Ray Berry					
Krystal Brown					