

100% RAW Shenandoah Open October 1, 2022 Woodstock, VA

Name	Age/State	Division	Wt Class	Body Wt.	Bench
Ninoshka Guerra	VA-30 (F)	30-34	165	164	70
Cynthia Virgil	VA-51 (F)	50-54	165	154.1	50
Cynthia Virgil	VA-51 (F)	P/F/M	165	154.1	50
Lora Viator	VA-55 (F)	55-59	181	174.2	37.2
Luara Lofton	VA-66 (F)	65-69	181	175	40
Mona Espinosa	VA-41 (F)	Open	198	191.8	82.5
Mona Espinosa	VA-41 (F)	40-44	198	191.8	82.5
Kristianne Bebout	NC-59 (F)	55-59	198+	240.6	70
Gary Teeter	PA-57	55-59	132	127.3	106.5
Jacob Williams	PA-49	Open	181	178	187.5
Edgar Diaz	VA-25	25-29	181	175.4	102.5
Jacob Williams	PA-49	45-49	181	178	187.5
Bob Cook	VA-65	65-69	220	207.5	123.5
Reno Birt	FL-59	Open	242	236	161
Reno Birt	FL-59	55-59	242	236	161
Reno Birt	FL-59	P/F/M	242	236	161
Daniel Hall	VA-17	16-17	275	243	130
Jeff House	GA-64	Open	308	287.4	122.5
Chris Fry	VA-51	50-54	308	292.2	170
Jeff House	GA-64	60-64	308	287.4	122.5

Name	Age/State	Division	Wt Class	Body Wt.	Deadlift
Lesly Quinteros	VA-7 (F)	Under 11	66	57	40
Lora Viator	VA-55 (F)	55-59	181	174.2	110
Luara Lofton	VA-66 (F)	65-69	181	175	80
Kristianne Bebout	NC-59 (F)	55-59	198+	240.6	122.5
Gary Teeter	PA-57	55-59	132	127.3	162.5
Edgar Diaz	VA-25	25-29	181	175.4	202.5
Luis Zelaya	VA-36	35-39	181	170.8	187.5
Franklyn Castillo	VA-15	14-15	220	201.1	145
Bob Cook	VA-65	65-69	220	207.4	227.5
Stiven Rivas	VA-23	20-24	242	235	255
Daniel Hall	VA-17	16-17	275	243	205.5
Jeff House	GA-64	Open	308	287.4	140
Jeff House	GA-64	60-64	308	287.4	140

Name	Age/State	Division	Wt Class	Body Wt.	Strict Curl	4th
Ninoshka Guerra	VA-30 (F)	30-34	165	164	35.5	37.5
Cynthia Virgil	VA-51 (F)	50-54	165	154.1	36.5	
Cynthia Virgil	VA-51 (F)	P/F/M	165	154.1	36.5	
Lora Viator	VA-55 (F)	55-59	181	174.2	25	
Luara Lofton	VA-66 (F)	65-69	181	175	27	32
Mona Espinosa	VA-41 (F)	Open	198	191.8	36.5	
Mona Espinosa	VA-41 (F)	40-44	198	191.8	36.5	
Kristianne Bebout	NC-59 (F)	55-59	198+	240.6	29.5	
Gary Teeter	PA-57	55-59	132	127.3	58	59
Michael Gause	VA-19	18-19	165	162.2	66	68.5
John Self, SR	VA-51	50-54	165	159.4	68.5	70
Caroles Quinteros	VA-36	Open	181	173	75	
Luis Zelaya	VA-36	35-39	181	170.8	50	
Bob Cook	VA-65	65-69	220	207.4	30	
Kwane Grant	VA-41	Open	242	222	82	84
Reno Birt	FL-59	Open	242	236	73.5	
Kwane Grant	VA-41	40-44	242	222	82	84
Reno Birt	FL-59	Open	242	236	73	
Stiven Rivas	VA-23	20-24	242	235	79	
Reno Birt	FL-59	55-59	242	236	73.5	
Reno Birt	FL-59	P/F/M	242	236	73.5	
Daniel Hall	VA-17	16-17	275	243	61.5	
Jeff House	GA-64	Open	308	287.4	52	
Jeff House	GA-64	60-64	308	287.4	52	
Chris Fry	VA-51	50-54	308	292.2	75	

Name	Age/State	Division	Wt Class	Body Wt.	Strict Curl	Bench	Total
Kerry Self	VA-48 (F)	45-49	123	121.8	35.5	75	110.5
Cynthia Virgil	VA-51 (F)	50-54	165	154.1	36.5	50	86.5
Cynthia Virgil	VA-51 (F)	P/F/M	165	154.1	36.5	50	86.5
Mona Espinosa	VA-41 (F)	Open	198	191.8	36.5	82.5	119
Mona Espinosa	VA-41 (F)	40-44	198	191.8	36.5	82.5	119
Kristianne Bebout	NC-59 (F)	55-59	198+	240.6	29.5	70	99.5
John Self, Jr	VA-13	12*13	123	116	42.5	72.5	115
Adam Taylor	MD-15	14-15	132	130.2	43.5	85	128.5
Gary Teeter	PA-57	55-59	132	127.3	58	106.5	164.5
Caroles Quinteros	VA-36	35-39	181	173	75	155	230
John Jackson	MD-54	50-54	181	176.8	57	142.5	199.5
Kwane Grant	VA-41	Open	242	222	82	157.5	239.5
Kwane Grant	VA-41	40-44	242	222	82	157.5	239.5
Reno Birt	FL-59	Open	242	236	73.5	161	234.5
Reno Birt	FL-59	55-59	242	236	73.5	161	234.5
Reno Birt	FL-59	P/F/M	242	236	73.5	161	234.5
Daniel Hall	VA-17	16-17	275	243	61.5	130	191.5
Jeff House	GA-64	Open	308	287.4	52	122.5	174.5
Chris Fry	VA-51	50-54	308	292.2	75	170	245
Jeff House	GA-64	60-64	308	287.4	52	122.5	174.5

Officials							
Randy Price							
William Thacker							
John Shifflett							
Mona Espinosa							
Ray Jones							
Jeff Driskill							