

## 100% RAW Christmas Classic -Woodstock Virginia- December 10, 2022

Name	State/age	Division	Wt Class	Body Wt	Bench Press		
Krystal Brown	VA-51 (F)	Open	132	126.2	52.5		
Krystal Brown	VA-51 (F)	50-54	132	126.2	52.5		
Mackenzie Taylor	NC-14 (F)	Open	165	164	85		
Mackenzie Taylor	NC-14 (F)	14-15	165	164	85		
Claudia Helmick	VA-60 (F)	60-64	165	153.8	75		
Maximus Ruskin	VA-8	Under 11	77	72.8	27.5		
Ismael Jackson	MD-15	14-15	105	102.6	67.5		
Gary Teeter	PA-58	Open	132	130.4	107		
Gary Teeter	PA-58	55-59	132	130.4	107		
Pete Miller	VA-78	75-79	165	164	45		
Bryan Ruskin	VA-37	Open	198	189.4	160		
Jeremy Swain	PA-37	Open	220	216.8	192.5		
John Shifflett	VA-61	60-64	220	215.2	107.5		
Glen Shelton	VA-70	70-74	220	220.2	70		
Reno Birt	FL-60	Open	242	237.3	157.5		
Brian Washington	MD-64	Open	242	226.4	127.5		
Reno Birt	FL-60	60-64	242	237.3	157.5		
Brian Washington	MD-64	60-64	242	226.4	127.5		
Reno Birt	FL-60	P/F/M	242	237.3	157.5		
Baron Dixon	VA-55	Open	308	305	155		
Jeff House	GA-64	Open	308	288.2	122.5		
Baron Dixon	VA-55	55-59	308	305	155		
Jeff House	GA-64	60-64	308	288.2	122.5		
David Reeder	PA-65	65-69	308	276.8	147.5		
Bill Schnepf	MD-69	65-69	308	289.6	142.5		
Name	State/age	Division	Wt Class	Body Wt	Deadlift		
Lesly Quinteros	MD-7 (F)	Under 11	66	55	42.5		
Mackenzie Taylor	NC-15 (F)	Open	165	164	162.5		
Mackenzie Taylor	NC-15 (F)	14-15	165	164	162.5		
Claudia Helmick	VA-60 (F)	60-64	165	153.8	125		
Amanda Dellinger	VA-42 (F)	40-44	198+	307.8	125		
Gary Teeter	PA-58	55-59	132	130.4	165		
Pete Miller	VA-78	75-79	165	164	115		
Luis Quinteros	VA-36	Open	181	167.1	182.5		
Luis Quinteros	VA-36	Open	181	167.1	182.5		
Franklyn Castillo	VA-15	14-15	220	212.1	167.5		
Glen Shelton	VA-70	70-74	220	220.2	105		
Stiven Rivas	VA-24	Open	242	231	255		
Stiven Rivas	VA-24	20-24	242	231	255		
Baron Dixon	VA-55	Open	308	305	272.5		
Jeff House	GA-64	Open	308	288.2	137.5		
Baron Dixon	VA-55	55-59	308	305	272.5		
Jeff House	GA-64	60-64	308	288.2	137.5		
Bill Schnepf	MD-69	65-69	308	289.6	227.5		
Name	State/age	Division	Wt Class	Body Wt	Strict Curl	4th	
Lesly Quinteros	MD-7 (F)	Under 11	66	55	13		
Krystal Brown	VA-51 (F)	Open	132	126.2	35.5		
Krystal Brown	VA-51 (F)	50-54	132	126.2	35.5		
Mackenzie Taylor	NC-15 (F)	Open	165	164	43	45.5	
Mackenzie Taylor	NC-15 (F)	14-15	165	164	43	45.5	
Claudia Helmick	VA-60 (F)	60-64	165	153.8	34		
Maximus Ruskin	VA-8	Under 11	77	72.8	18.5		
Gary Teeter	PA-58	Open	132	130.4	59.5		
Gary Teeter	PA-58	55-59	132	130.4	59.5		
Brian Brindle SR	VA-75	75-79	165	158.6	43.5	46.5	
Carlos Quinteros	MD-37	35-39	181	176.1	77.5		
Bryan Ruskin	VA-37	Open	198	189.4	86.5		
John Shifflett	VA-61	Open	220	215.2	47.5		

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John Shifflett	VA-61	60-64	220	215.2	47.5		
Kwame Grant	VA-41	Open	242	232	91		
Stiven Rivas	VA-24	Open	242	231	82		
Reno Birt	FL-60	Open	242	237.3	70	72	
Brian Washington	MD-64	Open	242	226.4	63.5		
Stiven Rivas	VA-24	Open	242	231	82		
Stiven Rivas	VA-24	20-24	242	231	82		
Kwame Grant	VA-41	40-44	242	232	91		
Reno Birt	FL-60	60-64	242	237.3	70	72	
Brian Washington	MD-64	60-64	242	226.4	63.5		
Reno Birt	FL-60	P/F/M	242	237.3	70	72	
Baron Dixon	VA-55	Open	308	305	77.5		
Jeff House	GA-64	Open	308	288.2	50		
Baron Dixon	VA-55	55-59	308	305	77.5		
Jeff House	GA-64	60-64	308	288.2	50		
Name	State/age	Division	Wt Class	Body Wt	Strict Curl	Bench Press	Total
Kerry Self	VA-49 (F)	45-49	123	120.6	36	75	111
Krystal Brown	VA-51 (F)	Open	132	126.2	35.5	52.5	88
Krystal Brown	VA-51 (F)	50-54	132	126.2	35.5	52.5	88
Maximus Ruskin	VA-8	Under 11	77	77.8	18.5	27.5	46
John Self, JR	VA-14	14-15	114	114.2	46.5	75	121.5
Gary Teeter	PA-58	Open	132	130.4	59.5	107	166.5
Gary Teeter	PA-58	55-59	132	130.4	59.5	107	166.5
John Self	VA-52	50-54	165	159	70.5	145	215.5
John Jackson	MD-54	50-54	181	179	59.5	137.5	197
Bryan Ruskin	VA-37	Open	198	189.4	86.5	160	246.5
John Shifflett	VA-61	60-64	220	215.2	47.5	107.5	155
Reno Birt	FL-60	Open	242	237.3	70	157.5	227.5
Reno Birt	FL-60	60-64	242	237.3	70	157.5	227.5
Reno Birt	FL-60	P/F/M	242	237.3	70	157.5	227.5
Chris Fry	VA-51	Open	308	289.4	76.5	184	260.5
Chris Fry	VA-51	50-54	308	289.4	76.5	184	260.5
Officials		Teams		Outstanding Lifters			
Scott Kuzma		Strict Curl		<b>Male</b>			
William Thacker		Gorilla Squad		Bryan Ruskin	Curl		
Randy Price				Bryan Ruskin	Bench		
Rudy Garcia		Bench-Deadlift		Stiven Rivas	Deadlift		
Catherine Garcia		Team Nova 1		<b>Female</b>			
John Shifflett				Mackenzie Taylor	Curl		
Gary Banks				Mackenzie Taylor	Bench		
Bill Reedy				Mackenzie Taylor	Deadlift		
Ray Jones							
Krystal Brown							