

Woody Named in 2025 Virginia Super Lawyers

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ALEXANDRIA, VA – Law firm McAngus Goudelock & Courie (MGC) is pleased to announce the inclusion of attorney Benjamin Woody in the 2025 Virginia *Super Lawyers* “Rising Stars” list for the fourth year. Woody was recognized for his personal injury defense practice in Alexandria, Virginia.

[Ben Woody](#) has over a decade of experience defending clients in catastrophic personal injury claims, property damage claims and insurance coverage disputes throughout state and federal courts in Virginia, North Carolina, Maryland and the District of Columbia. He holds a Master of Laws in Admiralty from Tulane University Law School, a Juris Doctor from Elon University School of Law and a Bachelor of Arts from Virginia Polytechnic Institute and State University. John is the co-chair of the Transportation and Admiralty Section of the Virginia Bar Association, a member of the American Bar Association Tort, Trial and Insurance Practice's Admiralty and Maritime Law Committee and the former chair of the Virginia Association of Defense Attorneys' Products and Toxic Torts Section.

Super Lawyers, a Thomson Reuters business, is a rating service of outstanding lawyers from more than 70 practice areas who have attained a high degree of peer recognition and professional achievement. The annual selections are made using a patented multiphase process that includes a statewide survey of lawyers, an independent research evaluation of candidates and peer reviews by practice area. The result is a credible, comprehensive and diverse listing of exceptional attorneys.