



# CALIFORNIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ELLEN SEIDEL**



Has Established The

**-75 JUNIOR RAW RECORD (2022-2024)  
100 KG BENCH PRESS SINGLE LIFT**

**BOSS OF NORCAL 5  
11/11/2017**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport