**FRENCH FEDERATION YOUTH INVITATIONAL 2014**

There were 3 youth lifters from Great Britain invited to this competition on the weekend of 7th and 9th of March in Dijon, Amber Shepherd from Crystal Palace, Sam Henderson from Holyhead and the Northern regions Rebekah Tiler.

In the first group being the girls under 17 category was both Amber and Rebekah. Amber was out first with 55kg. She then went to 60kg for another good lift. She then went to 63kg but failed with the lift. Rebekah had to wait awhile but when it got to her she started with 82kg. She then went to 86kg for her second good lift. She moved the bar to 88kg for a new best and European Youth record but just pulled short and missed the lift.

Amber’s first clean and jerk was a good lift with 75kg as was her second with 80kg. She failed the jerk with her last attempt of 83kg, but her total was enough for her to win her bodyweight class. Next for GB was Rebekah who started her lifts with 110kg. She then jumped to 115kg for her second attempt and for her third she went for a new best and new European Youth record with 118kg and managed a good lift and record jerk and total of 204kg.

The next GB lifter was Sam Henderson in the 56kg class under 17 category. He went for 75kg on his first snatch and got a good lift. He then went to 80kg for his second but failed to catch the weight. He took the same weight for his third attempt and got the lift under pressure. In the clean and jerk he started with 93kg for his first good lift. He then went to 99kg for his second lift but failed in the jerk. He kept 99kg on the bar for his third attempt and he got a good lift.

All 3 lifters did very well on their first international of this year as all 3 qualified for the European Youth championships in Poland at the end of April and early May. Good work from the coaching team Sam Hayer, Dan Wagner and Suzi Basnett, who made some important decisions and got the athletes the qualifications they needed.

E Halstead NWL