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House of Representatives
Quezon City, Metro Manila

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Introduced by

HON. RUTH MARIANO-HERNANDEZ

A RESOLUTION
CONGRATULATING MS. HIDILYN DIAZ FOR WINNING THE FIRST OLYMPIC GOLD MEDAL OF THE PHILIPPINES IN THE WEIGHTLIFTING COMPETITIONS AT THE 2020 TOKYO OLYMPICS

WHEREAS, weightlifter Hidilyn Diaz made history by becoming the first athlete from the Philippines to win a gold medal at the Olympics and setting an Olympic record, lifting a combined weight of 224 kilograms in the women's 55-kg. class in the 2020 Tokyo Olympics, and ending the country's 97-years hunt for a gold medal in the Olympics;

WHEREAS, the road to glory was an arduous one as she and her team members were stuck in Malaysia for months due to COVID-19-related lockdown restrictions, and with limited access to gyms, they had to be creative, using water jugs attached on either end of a bamboo stick as training weights;

WHEREAS, Diaz also had to contend with mental and emotional struggles occasioned by her being away from her family—her biggest support system—for almost two years, teetering on the brink of depression and constant home sickness;

WHEREAS, the Zamboanga native first joined the Olympics when she was only 17 years old, competing in the sport's 58kg. division in Beijing,

China, in 2008 where she failed to bring home any medal. But instead of getting discouraged, it was the beginning of a soon-to-be historic achievement in the field of international sports;

WHEREAS, Diaz's big break came during her third appearance at the Olympics in 2016 in Rio de Janeiro, Brazil, where she brought home the silver medal in the 53kg. division in the weightlifting competitions; she then proceeded to become the first weightlifter to win gold in the Asian Games in 2018, took home the gold in the South East Asian Games in 2019, pocketed a silver medal in the 2019 Asian Championships and two bronze finishes in the World Championships;

WHEREAS, apart from her physical strength and indomitable spirit, her determination and focus resemble that of a true warrior, enabling her to overcome innumerable difficulties through the years, pursuing her dream of becoming an Olympic gold medalist;

WHEREAS, her defining achievement not only earned the country a place of prominence in Olympic sports, but provides a source of inspiration for other aspiring Filipino athletes, especially women, to strive hard and continue to relentlessly pursue their goals in their respective fields of sports and bring honor and pride to the country.

NOW, THEREFORE, BE IT RESOLVED, AS IT IS HEREBY RESOLVED, that the House of Representatives congratulates Ms. Hidilyn Diaz for winning the first Olympic Gold Medal of the Philippines in the weightlifting competitions at the 2020 Tokyo Olympics, and for bringing honor, pride and inspiration to the country and to the Filipino people.

Adopted.

HON. RUTH MARIANO-HERNANDEZ
2ND DISTRICT, LAGUNA