

Strong Filipina in the Rio Olympics

The performance of women in the past Rio Olympics is amazing. Filipina Hidilyn Diaz is one of them. She won the lone silver medal for the Philippines. The 25-year old Hidilyn F. Diaz, a Filipina weightlifter, and airwoman, hails from Zamboanga City. She carved her name in Philippine sports history. After all, it has been 20 years since the Philippines did not get any medal.

“I am happy. I did not expect to win the silver medal,” she said. Diaz was only aiming for the bronze. “I am so proud. It is different when God helps you.” Then she smiled and bit her Olympics silver medal. Diaz revealed that she was still praying while she was competing. It was a spiritual journey for the strong Olympian.

According to Inquirer sports writer Jeannette Andrade, the female weightlifter was still praying in a corner praising God for her victory. “I surrendered everything to God. I asked Him to send the Holy Spirit so that I can do what needs to be done. When God gave me a chance to compete in the 2016 Olympics, I thought that He gave me the chance, and I needed to give it my all.”

Diaz was a bronze medalist in the 2007 SEA Games in Thailand. Her coach is Alfonsito Aldanete who pointed out that she almost quit the sports when the Philippine government reduced her allowance. But Aldanete pushed her. Everything else is history.

The Olympic silver medalist received 2.5 million pesos as an incentive from the government. Diaz stated that she would use the money to build a training facility for the children, encouraging them to achieve the Olympic dream.

The Olympian has garnered national firsts in her country. She was the first female weightlifter to compete at the Games in Beijing and the first weightlifter to participate in two consecutive Olympic Games. Last year, she also became the Filipina to win a world championship medal in weightlifting when she grabbed three bronze medals at the 2015 World Championship in Texas. Diaz was promoted to Airwoman first class last month. So proud of this Pinay!



On the beat

by Fe Koons

