



Republic of the Philippines
QUEZON CITY COUNCIL

Quezon City
23rd City Council

PR23CC-165

14th Regular Session

RESOLUTION NO. SP-**10241**, S-2025

A RESOLUTION CONGRATULATING AND COMMENDING JERICHO RALAR FOR HIS EXCEPTIONAL ACHIEVEMENTS IN WINNING THE TITLE OF NATIONAL CHAMPION OF THE PHILIPPINES IN THE 2025 CROSSFIT GAMES AND FOR BEING AWARDED THE SILVER MEDAL IN THE 2025 NATIONAL WEIGHTLIFTING CHAMPIONSHIP HELD IN DUMAGUETE CITY

Introduced by Councilor CHARM FERRER, CPA, MPA, JD

Co-Introduced by Councilors Tany Joe "TJ" L. Calalay, Bernard R. Herrera, Dorothy A. Delarmente, M.D., Joseph P. Juico, Nicole "Nikki" V. Crisologo, Candy A. Medina, Atty. Voltaire Godofredo "Bong" Liban III, Aly Medalla, Ranulfo "Tatay Rannie" Z. Ludovica, Geleen "Dok G" Lumbad, Atty. Christoffer Allan "Tope" Liquigan, Albert Alvin "Chuckie" L. Antonio III, Wencerom Benedict C. Lagumbay, Don S. De Leon, Luigi D. Pumaren, Atty. Vicente Belmonte Jr., Edgar "Egay" G. Yap, Nanette Castelo Daza, Imee Rillo, Raquel S. Malañgen, Aiko Melendez, Alfred Vargas, MPA, Karl Edgar Castelo, Shaira "Shay" L. Liban, Ram V. Medalla, Maria Eleanor "Doc Ellie" R. Juan, O.D., Emmanuel Banjo A. Pilar, Kristine Alexia Matias, RN, Victor "Vic" D. Bernardo, Vito Sotto Generoso, Erwin Rey "Cocoy" A. Medina, Jose Maria "Mari" M. Rodriguez and Jhon Angelli "Sami" C. Neri

WHEREAS, the legislature, national and local, on various occasions has paid tribute to outstanding Filipino athletes for their remarkable feats in international and national competitions that bring honor and pride to the Country;

WHEREAS, it is the policy of the Quezon City Government to recognize outstanding achievements in vital fields such as education, sports, arts, and culture;

WHEREAS, Jericho Ralar was officially awarded the title of National Champion of the Philippines in the 2025 CrossFit Games held on August 3, 2025, after proving his overall fitness and performing better than all peers in the competition;

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WHEREAS, aside from his CrossFit triumph, Jericho Ralar also showcased his strength and versatility as an athlete by securing the Silver Medal in the 2025 National Weightlifting Championship held in Dumaguete City, further affirming his place among the Country's most promising and dedicated athletes;

WHEREAS, his victories in both CrossFit and Weightlifting demonstrate his multi-disciplinary excellence and ability to inspire athletes across various sporting disciplines;

WHEREAS, Jericho Ralar's achievements highlight the importance of sports and physical fitness in promoting a healthy and active lifestyle among Filipinos, particularly the youth;

WHEREAS, his discipline, perseverance, and commitment to continuous improvement reflect the values that the Quezon City Government seeks to encourage among its citizens;

WHEREAS, Jericho Ralar serves as a role model not only for aspiring athletes but also for the entire Quezon City community, showing that dedication and hard work can lead to national and international recognition;

WHEREAS, his representation of Quezon City in both competitions brings prestige and honor to the City and underscores its reputation as a home of talented and world-class athletes;

WHEREAS, through these achievements, Jericho Ralar has brought pride and recognition not only to himself and his family but also to Quezon City and the Philippines as a whole.

NOW, THEREFORE,

BE IT RESOLVED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED, to congratulate and commend, as it does hereby congratulate and commend, Jericho Ralar for his exceptional achievements in winning the title of National Champion of the Philippines in the 2025 CrossFit Games and for being awarded the Silver Medal in the 2025 National Weightlifting Championship held in Dumaguete City.

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14th Regular Session

Res. No. SP- **10241**, S-2025
Page -3- PR23CC-165

RESOLVED FURTHER, that a copy of this Resolution be provided to Jericho Ralar in recognition of his remarkable accomplishment.

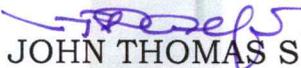
ADOPTED: September 29, 2025.

CERTIFICATION

This is to certify that this Resolution was ADOPTED by the City Council on Second Reading on September 29, 2025 and was CONFIRMED on October 6, 2025.


GIAN G. SOTTO
City Vice Mayor
Presiding Officer

ATTESTED:


ATTY. JOHN THOMAS S. ALFEROS, III
City Government Department Head III
(Secretary to the Sanggunian)





