



## MEDICAL CERTIFICATE

In order to participate in the Ibex Multi-Day or Ibex Challenge, participants must send the following certificate signed and stamped by a registered doctor. The date of issue must be after 31/12/2020.

EVENT INFORMATION(Please select  ):

IBEX MULTI-DAY: 23/12/2021 – 212km – 5 Days - Positive Gain: 6645M+

IBEX CHALLENGE: 23/12/2021 – 138km – 5 Days:

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Passport No.: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_

### DOCTOR'S INFORMATION

I certify that the above mentioned athlete does not present any contraindication and they are in optimal condition to perform the above selected event, to be held from 23 December, 2021.

Doctor's Full Name: \_\_\_\_\_

Doctor's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Stamp of the doctor (or professional number)

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This medical certificate will be valid for 12 months.

You will be required to upload your medical certificate along with your final payment on 01 September. If you prefer you can use a previously stamped certificate from another race; the only stipulation is that it is dated less than 12 months before the start of the Ibex Multi-Day and Ibex Challenge.

Also, the original document must be shown at the event registration.

<https://ibexmultiday.com>