



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 23/06/2021.

EVENT INFORMATION (Please select):

IBEX MULTI-DAY | ULTRA : 23/12/2022 – 212km – 5 Days - Positive Gain: 7857M+

IBEX MULTI-DAY | CHALLENGE: 23/12/2022 – 138km – 5 Days - Positive Gain: 5305M+

First Name: _____ Last Name: _____

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, 2022.

Doctor's Full Name: _____

Doctor's signature: _____ Date: _____

Stamp of the doctor (or professional number)

This medical certificate will be valid for 6 months.

You will be required to show your original medical certificate at the race registration on 22 December 2022 (scanned copies or photos will not be accepted) . If you prefer you can use a previously stamped certificate from another race; the only stipulation is that it is dated less than 6 months before the start of the Ibex Multi-Day | Ultra & Challenge.