

Miles Against Cancer

126km Kalomo–Livingstone Ultra-Marathon — Medical Fitness Certificate

This certificate must be completed and signed by a qualified medical doctor confirming the runner is physically fit to participate in a 126km ultra-endurance event.

Runner Information

Full Name	
Age	
ID / Passport Number	
Contact Number	

Medical Assessment

Blood Pressure	
Resting Heart Rate	
BMI	
Cardiovascular Exam	
Musculoskeletal Exam	
Known Conditions / Medications	

Doctor's Declaration

I hereby certify that I have examined the above-named runner and confirm they are **fit for ultra-endurance event participation**, specifically the 126km Kalomo–Livingstone Ultra-Marathon.

Doctor's Full Name	
Medical Facility	
Registration / License No.	
Date of Issue	

Signature & Official Stamp

Miles Against Cancer reserves the right to refuse participation if this certificate is incomplete, expired (older than 60 days from race date), or if the runner's health status changes prior to race day.