

**MEDICAL CERTIFICATE – THE NORTH FACE 100 RACE**  
**9th October 2010 Singapore**

This is to certify that .....,  
*(Name of athlete)*

..... is medically fit to run in a 100km long distance  
*(IC or passport Number)*  
endurance race.

To the best of my knowledge, the athlete does not have a history of

- Congenital or rheumatic heart disease;
- Hypertension or cerebrovascular disease;
- Myocarditis and other heart disease;
- Coronary artery disease and serious arrhythmia;
- Diabetes;
- OR other diseases which can be aggravated by running.

NAME OF DOCTOR: .....

SIGNATURE & STAMP :

DATE : .....