



## **SPECIFIC GUIDELINES PACK**

This document acts as a guide to the specific considerations and undertakings for your potential attempt on the Guinness World Records™ category and is used in conjunction with the Record Breakers' Pack, which outlines the evidence required to prove your attempt's success. This should be read and understood by all concerned with the record attempt prior to the attempt – this includes every participant, organiser and witness.

These guidelines are specific to your attempt and **must** be followed. Should any guideline be contravened, your attempt will be disqualified, without any right of appeal.

Please note that, as detailed in the Agreement Regarding Record Attempts, these guidelines in no way provide any kind of safety advice or can be construed as providing any comfort that the record is free from risk. Guinness World Records will not accept responsibility for the safety of participants or bystanders in any record attempt. It is your sole responsibility to ensure that all necessary safety precautions are in place and that all equipment used is suitable and thoroughly checked prior to the record attempt taking place and in compliance with any and all local health and safety laws and regulations.

# **FASTEST TIME TO RUN A MARATHON AND ULTRA MARATHON ON EACH CONTINENT**

## **DEFINITION OF RECORD**

This record is for the fastest time to complete both a marathon and an ultra marathon on each continent.

This record is to be attempted by an individual.

This record is measured by the cumulative time of the races taken to run on each continent. The timer will start once the first race begins and ends once the last race is completed.

Marathon distance is 42.195km / 26 miles 385 yards.

For the purposes of this record, the minimum distance for an ultra marathon must be 50 km (31.07 mi)

## **GUIDELINES FOR 'FASTEST TIME TO RUN A MARATHON AND ULTRA MARATHON ON EACH CONTINENT'**

1. All races must be officially organised by a sole competitive body. For the ultra marathons, they must occur at distances recognised by the International Association of Ultrarunners (IAU), open to the public and advertised as such. Under no circumstances may any racing event be organised specifically for the purpose of this attempt.
2. A letter from the race organiser or a print out of the official race results of every race must be included in the documentation confirming that the individual ran and completed the race, their race number and finishing time.
3. The race courses must be professionally measured.
4. The date, time and location of each race must be included in the documentation.
5. The participant must finish each competition in a time that qualifies them for competitive inclusion in the final race results.
6. It is not necessary to run the races in any order (i.e. it is not required to run all marathons and then all ultra marathons, nor vice-versa, nor in any alternating pattern). It is also not required to run on the continents in any particular order (i.e. there may be other races run in between the marathon and ultra marathon run in South America). The scheduling of each event is entirely at the discretion of the individual.
7. For the purposes of this record, the continents on which a race must be completed are: North America (the border is at the Panama Canal); South America; Europe (includes mainland Britain, i.e. England, Scotland and Wales); Africa; Asia; Australasia and Antarctica.
8. Please note that this record is for a total of 14 separate races completed. Running one individual race which combines the length of a marathon and ultra marathon, for example, is not permitted.

## **GENERAL GUIDELINES**

- § The name of the organisation, company or person(s) making the attempt must be given, along with the date and place.
- § The event should take place in a public place or in a venue open to public inspection.
- § There is no time limit to this record.

## **ADDITIONAL EVIDENCE**

- Ø Photographs and video where available from each location.
- Ø Statement from race organisers.
- Ø Failure to include the required documentation will ultimately delay the outcome of your claim or lead to its rejection.