

SPECIFIC GUIDELINES PACK



This document acts as a guide to the specific considerations and undertakings for your potential record attempt and is to be used in conjunction with the **Guide to Your Evidence**, which outlines the evidence we require to verify the success of your record attempt. These guidelines 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 record attempt and **must** be followed. Should any part of these guidelines be contravened, your record attempt will be disqualified, without any right of appeal.

Additionally, these guidelines in no way provide any kind of safety advice and cannot be construed as providing any comfort that the record attempt is free from risk.

Guinness World Records accepts no responsibility for the safety of participants or bystanders in any record attempt. It is your sole responsibility to ensure that (a) 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 (b) you are in compliance with all applicable health and safety laws and regulations.

If you are organising a record attempt in association with an **alcoholic brand** you must seek explicit written permission in advance from Guinness World Records otherwise your record may not be approved. Without written permission, your record might not be accepted even if you have followed the guidelines. Please send your requests to enquiries@guinnessworldrecords.com.

Finally, the provision of these guidelines in no way constitutes Guinness World Records' consent for you to undertake a record attempt. Any record attempt will only be considered to be authorised by us where you have signed our standard agreement in relation to record attempts.

Greatest distance run barefoot in 24 hours

Record definition

- This record is for the greatest distance run barefoot within 24 hours.
- This is to be attempted by an individual.
- This record is measured in kilometres to the nearest 0.001 km, with the equivalent imperial measurement also given in miles.

Rules for Greatest distance run barefoot in 24 hours

1. This record is for the greatest distance run barefoot within 24 hours.
2. The whole attempt must be made barefoot. If at any moment during the attempt the competitor is wearing any kind of shoes or foot protection or any article of clothing on their feet, the attempt will be disqualified.
3. No bandages or plasters (band-aids) are allowed to be worn on the sole(s) of the feet.
4. The attempt should be made by completing laps on a pre-measured circuit or track. Proof of circuit or track length must be submitted with the claim. If the attempt does not take place on a pre-measured circuit, then the course must be measured by a qualified surveyor. The surveyor must submit a report with details of the course length and how it was measured. Proof of professional qualifications must also be submitted.
5. Distance is calculated by multiplying track length by number of laps. A log book detailing the number of laps completed, and lap times, must be submitted (see 'Log Book Requirements').
6. The entire attempt should be filmed in case further evidence is required. However, we do not require the entire 24 hours of film to be submitted - a highlights package is acceptable but must include the following points: a) The start of the event; b) the point at which the current record is broken; c) At least ten minutes footage every hour; e) Any breaks that may be taken - a clock should be in camera during these clips, and d) The end of the event.

Rules for 'greatest distance covered in 24 hours' records

Please make sure ALL these rules are followed:

- a) No person under the age of 16 may attempt this record. Persons aged between 16 and 18 must be in possession of a document signed by their parent or legal guardian, giving them permission to compete. This must be added to the logbook (please see logbook requirements) and witnessed before the attempt has started.
- b) The event should take place in a public place or in a venue open to public inspection.
- c) This record is measured in kilometres to the nearest 0.001 km, with the equivalent imperial measurement also given in miles.
- d) The participant may take as many breaks as he/she wishes, but the clock must not stop at any time for any reason.
- e) The event is continuous. The clock does not stop. 24 hours means a complete 24-hour cycle

including rest breaks. For example, if the event starts at 10 am on Monday, it must finish at 10 am on Tuesday.

f) Two 'master' stopwatches must be started by the witnesses at the beginning of the event, and should be stopped by the witnesses at the end of the event. If the same people cannot witness both start and finish, arrangements must be made for it to be transferred between the start and finish witnesses. These 'master' stopwatches may not be carried by the participants on their journey. However, a separate stopwatch may be carried by the participants for their own reference if required.

g) If there is any difference between the two stopwatch timings, the average should be recorded as the official time.

h) The stopwatches must be accurate to 0.01 seconds.

i) The event must be made on a pre-measured course that is perfectly level. Ideally, this should be an official athletics or race track. Details of the track must be sent with the evidence pack. Where such a track is not used, the course must be measured and marked out by someone suitably qualified, such as a professional surveyor. This person should also confirm that the average gradient over the entire course is no greater than 1:1000. If the gradient is steeper than this, the record attempt must be made "uphill". The surveyor must submit a written statement on letterhead paper confirming their professional status, and that these requirements have been met.

INDEPENDENT WITNESS REQUIREMENTS

- The role of an independent witness is to confirm that they observed the claimant undertaking the record attempt in the manner set out by the guidelines. Independent witnesses must be made aware of all specific guidelines in order to confirm that all have been adhered to.
- There must be two independent witnesses present at all times. Independent witnesses must work in shifts of no longer than four hours throughout the attempt.
- A witness book must be made available for independent witnesses to sign. The book should be set up so that each witness includes their name, the location, the date and time, their signature and their email address or phone number. For an attempt which is supported by a backup team, we would expect it to be possible to gain sufficient numbers of independent witnesses to enable verification for the entire duration of the attempt.

In addition to the witness book, witnesses must complete witness statements. The template for these can be found in the Your Guide to Evidence document.

LOG BOOK REQUIREMENTS

- The independent witnesses should record all event details in a logbook containing precise start and finish times, lap times where appropriate, and calculation of daily and total distances travelled. All rest breaks or stoppages for whatever reason must also be fully detailed in the log.
- Entries must be made at least every hour to document what has been achieved during the preceding hour. Please see the document 'Your Guide to Evidence' for full details.
- Statements from the witnesses must also be submitted – see Your Guide to Evidence.

Please make sure you supply the following evidence:

- One cover letter explaining the context of the record attempt. Please indicate the date, time and exact location of the record attempt, your chosen witnesses and your record attempt

measurement. Also please provide full details of the person(s)/organisation attempting the record including details on the preparation for the attempt.

- Confirmation of the track length OR a surveyor's report confirming the length of the circuit.
- A witness book as described in "Witness Requirements".
- Independent witness statements confirming the record results. The witnesses must list the points that they have verified during the attempt, the times they were present and what they observed during their shift. The final two witnesses at the attempt must include the final record outcome/total in their statements
- A Log book as described above in "Log Book Requirements".
- Photographic evidence is compulsory evidence for all record attempts. Clear photographs of the event must be provided.
- Video evidence is compulsory evidence for this record attempt. Please ensure the entire attempt is filmed, that the camera is focused on the attempt at all times and is static.
- Schedule 2 should be signed by you when you are sending in evidence which you either own or have permission to allow Guinness World Records to use.
- If you include any photographs or video in your evidence which you do not own or have permission to allow Guinness World Records to use, then you must include Schedule 3.
- Media articles (newspaper, online, TV or radio) can be submitted as part of the evidence requirements. This is not compulsory evidence.

Please read the Guide to Your Evidence document, where you will find further information about the evidence requirements and evidence templates. It is paramount this document is read before you submit your evidence.

Evidence checklist

- Surveyor's report
- Witness log books
- Witness statements
- Log book
- Photographic evidence
- Video evidence
- Schedule 2 (signed)
- Schedule 3 (signed)
- Media articles
- Cover Letter