



## **MARATHON ON EACH CONTINENT – SHORTEST DURATION TO COMPLETE**

The following act as a guide to the specific considerations and undertakings, in addition to the general requirements as detailed in the General Rules of the Record Breakers' Pack, for any potential attempt on the above record.

They should be read and understood by all concerned – organisers, participants and witnesses – prior to the event.

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.

### **GUIDELINES**

The record is for the shortest overall time to complete a marathon on each continent.

- 1 - All marathons must be officially organised and well publicised, in other words must not be organised specifically for the purpose of this attempt.
- 2 - Guinness World Records should be informed of the planned marathons prior to the attempt.
- 3 - The official race results from each marathon and signed statements from the organising body, stating that the attempter ran and completed each race.
- 4 - The dates, times and location of each marathon must be included in the documentation submitted for verification.
- 5 - The time begins from the start of the first marathon and the clock does not stop until the completion of the final one.