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 RETURN JOURNEY FROM LAND'S END TO JOHN-O'-GROATS ON A BICYCLE

DEFINITION OF RECORD

This is for the fastest time to go from Land's End to John-O'-Groats and back again on a bicycle.
This record is to be attempted by an individual.
The measurement value is time in days, hours, minutes and seconds.

GUIDELINES FOR 'FASTEST RETURN JOURNEY FROM LAND'S END TO JOHN-O'-GROATS ON A BICYCLE'

1. It is up to the participant to choose a commercially available bicycle most suited to setting this record. No distinctions will be made between various types and models of bicycle. The same bicycle must be used throughout the entire attempt. Repairs, such as tire replacement, chain replacement, etc. can be made, but the frame must remain the same. If the bicycle is damaged beyond repair, video and photo evidence and an explanation of what happened must be submitted. It is at the discretion of Guinness World Records to decide if the reason is accepted and if it is not accepted, the claim will be rejected.
2. The journey can start from Land's End and go to John-O'-Groats and back again or vice versa.

GENERAL 'PLACE TO PLACE' GUIDELINES

- The name of the organisation, company or person(s) making the attempt must be given, along with the date and place.
- Accurate professional equipment e.g. GPS equipment (and associated printout) must be used and .kml files (on a disc or USB flash drive) must be sent in as part of the evidence required. Sending in any other type of file will ultimately delay the outcome of your claim or lead to its rejection.
- Details of how the distances have been calculated must be given before the attempt starts so the GWR can confirm these measurements are correct.
- The clock starts the moment the participant crosses the starting line and does not stop until they reach their goal.
- Each leg of the journey must start at the exact point at which the last leg ended.
- Note that no distinction will be made between supported and unsupported journeys.
- As a general rule, the participant should not remain stationary (i.e. if he/she does not make any progress towards his/her destination) for longer than 14 days. Any delays longer than this should have a very good reason (e.g. injury) and must be accounted for to Guinness World Records. Note that delays that cannot be reasonably justified may result in disqualification.
- All measurements must be given in both metric and imperial terms.

ADDITIONAL EVIDENCE

- GPS printout and .kml files as requested above
- Witness Book

Any attempt must take place in view of the public, wherever possible, and a book made available for independent witnesses to sign. The book should be set up so that the following details can be included for each potential witness:

Date & Time	Location	Name	Signature

For solo and unsupported attempts, we appreciate that it might not be possible to gain an unbroken line of witnesses for the attempt, but one should try to obtain as many as possible. 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. Where possible, local dignitaries and police should be sought to sign the book.

- Log Book

This book should give an adequate description of the event and full details of the participant(s) daily/overall performance.

It must be clear from the book the exact start and finish points of each leg of the attempt, the exact start and finish times and calculation of daily and total distances traveled.

All rest breaks or stoppages for whatever reason must also be fully detailed in the log.

- Failure to include the required documentation will ultimately delay the outcome of your claim or lead to its rejection.