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Record Category Overview

You are almost there! But before you continue please read below, where you will find the General Rules and evidence requirements for all records in this category. These rules are there for you to better understand the record you are applying for. By clicking Continue at the bottom of the page you will submit your application to Guinness World Records. If you think you are unable to follow all the rules and provide all the evidence below, then please go back and choose a different record. If your application is accepted you will receive a full Guidelines pack, including ALL specific points relating to this record. You cannot attempt a record until you have received a full Guidelines Pack.

'longest journey' records

Please make sure you follow ALL these rules:

- This record is measured in kilometres to the nearest 0.001 km, with the equivalent imperial measurement also

given in miles.

b. Note that no distinction will be made between supported and unsupported journeys.

c. The journey must be tracked using accurate professional equipment e.g. a GPS tracking unit. A printout of the tracking data must be submitted.

d. Any route may be followed, but in keeping with the spirit of this record, the journey should follow a route between two pre-defined points and should not, for instance, repeatedly cover the same ground or consist of an accumulation of shorter journeys made during the course of everyday life.

e. The journey must be continuous, with each leg of the journey beginning at the point at which the previous leg ended. Public transport (scheduled air, sea, or rail services) may only be used between continents or over water. Details of these journeys must be included with the record claim and the distances covered by this means do not count towards the record total.

f. Breaks and stops may be made whenever desired. However, as a general rule, the participant must 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 must 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.

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.
- 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. Where possible, local dignitaries and police should be sought to sign the book.
- 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.

LOG BOOK REQUIREMENTS

Applicants must complete a log book, giving a description of the event and details of the participant(s) daily/overall performances. 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 travelled. All rest breaks or stoppages for whatever reason must also be fully detailed in the log. Wherever possible, entries in the logbook should be signed and dated by independent witnesses along the route (e.g. hotel staff, police, shop owners etc.). Receipts for purchases and services may also be collected as an additional form of proof.

PRE-APPROVAL

Please submit the following information prior to the record attempt to obtain approval of the proposed methods. Any attempts not pre-approved may be rejected if the process is not deemed acceptable.

1. Distance calculations: Details of how the distances have been calculated must be given before the attempt starts to ensure these measurements are correct.

Plans for pre-approval must be sent using the Correspondence function within your application. Attachments such as venue layouts can be uploaded via the Evidence function. You do not need to use the Submit Evidence button after uploading; as long as you write to us in Correspondence and make sure to save the changes to your application, the materials will appear for us to review.

Please make sure you supply the following evidence:

- One cover letter explaining the context of the record attempt. Please indicate date, time and exact location of the record verification. Also please provide full details of the person(s) attempting the record including name, age, nationality and background. You can use the template in the Guide to Your Evidence or prepare a different Cover Letter.
- A Witness book as described in “Witness Requirements”.
- A Log book as described above in “Log Book Requirements”
- A GPS print out must be provided and .kml files (on a disc or USB flash drive) must be submitted.
- The entire attempt should be filmed in case further evidence is required. For times up to one hour, we expect

the entire attempt to be submitted on video. For events longer than this, a 'highlights package' will be acceptable but must include the following points: a) Footage of the start of the attempt ; b) Two minutes footage every hour (For events longer than 48 hours, 10 minutes footage per 24 hours will be acceptable); c) The point at which the record is broken, and d) The end of the attempt.

- Photographic evidence is compulsory evidence for all record attempts. Please provide dated photographs at recognizable landmarks if possible. High quality pictures will be considered for publication online and in the Guinness World Records book or related products.
- Media articles is not a compulsory evidence requirement but it will assist the claim if news coverage is obtained throughout the journey. If you have media coverage (newspaper, online, TV or radio) GWR please submit them as part of the evidence requirements.
- 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.

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.

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