



## **TREADMILL: GREATEST DISTANCE IN A SET TIME BY AN INDIVIDUAL**

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**

These guidelines must be used for the following record attempts:

**Greatest distance run in 24 hours - individual**

**Greatest distance run in 48 hours - individual**

**Greatest distance run in one week (168 hours) - individual**

- 1 - The record is open to one individual.
- 2 - A standard treadmill exercise fitness machine should be used for the attempt, although the attempt may transfer to a second, reserve machine in the event of mechanical failure. Details of the specific machine used by the competitor must be submitted.
- 3 - The event should take place in a public place such as a gymnasium, sports club, educational establishment or similar, which should be open to public access throughout the attempt.
- 4 - The time period is a continuous one i.e. 24 hours means a complete 24-hour cycle including rest breaks. For example, if the event starts at 11 am on Monday, it must finish at 11am on Tuesday. The participant can take as many breaks as they wish but the clock does not stop.
- 5 - The logbook must detail mileage against time and all rest breaks.
- 6 - Two witnesses must be in attendance at all times throughout the attempt. They should work in shifts of no more than four hours at a time. I.E. a minimum of four witnesses are necessary for an attempt.
- 7 - A team of experienced timekeepers should keep time on the event with a set of accurate stopwatches. The timekeeper should have their shift entered into the logbook.

- 8 - The name of the club, organisation, company or person taking part in the attempt should be given, along with the date and place.
- 9 - The settings of the fitness machine should be made at the preference of the runner whose turn it is. It is the runners' responsibility to ensure that the treadmill is accurately calibrated and they must be able to supply proof of the calibration.
- 10 - As there are other treadmill records which may be broken incidentally to your distance in a set time record, it is crucial that you note that times for completing the following distances: 50 miles (80.5 km), 100 km (62.2 miles) and 100 miles (160.9 km).

The log sheet similar to the one below must be used for the attempt. For attempts for 168 hours and 48 hours, the sheet will need to be duplicated to allow enough room.

## **LOGSHEET**

HOURS	DISTANCE	WITNESS 1	WITNESS 2
0	0		
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			

