



Fact File

My guidance for attempting to break the world record for the Fastest time to break 10 plastic coat hangers

This, friends, is great. Hearing the crack and smash of each plastic coat hanger is a real exciter. If you're keen, why not make sure you protect your eyes, and collect those previously unwanted coat hangers. Once you get enthused, they will all have a use – giving you a wonderful goal. Then practise until you begin dreaming of coat hangers every night. If you get that far, you might just be the next coat hanger-smashing star!

To start, gear up for a few rules, such as:

- use adult coat hangers.
- use a stopwatch.

Yes, you can do this if you're prepared to take the time to get it right. Use the speed your arms have now, but don't rely on it. Practise whenever you can so that you increase your chances of achievement. Believe in yourself and start planning today.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.