



## Fact File

### **My guidance for attempting to break the world record for the Most cucumbers snapped in one minute**

Its not good to waste – any sensible person will tell you that. Even I will, but if its for a world record, I might try and work through a solution to allow me to proceed. In this case, I wanted the half cucumbers to be donated to a zoo. If you want to attempt this, please would you consider a similar thoughtful move. Maybe a local club, an orphanage or somewhere else could benefit from the food. If you can help others, you should.

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

- break the cucumbers one by one.
- have witnesses present.

Best of luck finding all the cucumbers you need. Remember, its not only about speed. Its also got a lot to do with technique, the thought that goes into this beforehand and one's ability to focus. In fact, the last of these three might be the most important for a world record attempt of this nature.

Still keen? [WorldRecordChase.com](http://WorldRecordChase.com) is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

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*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.*