



Fact File

My guidance for attempting to break the world record for the Most eggs held in the hand

You could say this is a balancing act. For me it was. Naturally I'd suggest both your hands are in good shape and that you use your fingers nimbly. One thing I wouldn't do is practise on granny's favourite lounge suite or in aunty's new guest room. What I would recommend, though, is scooping up the broken egg contents. It'd be great for omelettes which will give you the energy to keep practising and possibly break more eggs to use.

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

- use the specified egg size.
- have timekeepers watching.

It will be easier to practise if you have others with you. Although this might sound simple, you could battle. How big are your hands? Now research what the current world record stands at.

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.