



## Fact File

### **My guidance for attempting to break the world record for the Fastest time to shell one boiled egg**

If you enjoy eggs, why not eat some more? I don't mean eat them in the normal way, though. If you're going to attempt this world record, practising might leave you with too many eggs for your compost bin. If I were you, I'd eat them! But, the way I view life, eating is secondary to getting that next world record so I'd consider any leftovers a bonus.

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

- don't touch the egg until the timekeeper starts the stopwatch.
- have witnesses watching.

Arrange a system of timing yourself and take over the kitchen with your eggs. Once you get started, you'll learn what works best by trial and error. Be prepared for many trips to the shop or to visit that broody hen if you intend to get this right!

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.*