



Fact File

My guidance for attempting to break the world record for the Longest duration Malteser blowing

Those with big lungs should have no trouble with this. It is simply a constant expulsion of air from the lungs, directed in a stream onto the underside of a Malteser suspended above the lips. The trick – as I discovered, is more the mental stamina needed to repeat attempts when the chocolates become covered in a layer of microscopic and barely visible dirt. So I hope you've got a strong stomach.

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

- lie on your back.
- use regular Maltesers.

If you've got a clean floor, then why are you reading this - you could be blowing your Malteser already!

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.