



Fact File

My guidance for attempting to break the world record for the Most bottle caps moved with the mouth in 30 seconds

If you can suck a cap into your mouth as a ferocious speed, then toss it into a bowl without it jumping out and do this dozens of times in succession, this might be for you. You'll soon find out the trick is not in the speed alone – it is in the technique. So before you even try, sit back and dream up a plan of action.

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

- measure the prescribed distance accurately.
- keep your hands behind your back.

There's a lot to be said for hand-eye coordination. Mouth-eye coordination may not be as important, but if you want this world record in your name, get thinking of how to apply it. The chance is there. Will you take it?

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.