



## Fact File

### **My guidance for attempting to break the world record for the Most eggs shelled in one minute**

Surely you can shell an egg. Can you shell two? Three, four or five? Then maybe you can attempt to beat me. If you can, well! I'd congratulate you. All you've got to do is follow the same process as for shelling an individual egg, but go really fast. Collect your spare change, go shopping for eggs and get started tonight. Never give up, and you could succeed.

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

- have a timekeeper.
- have witnesses present.

If you are concerned about factory farming or animal rights, why not use free range certified organic eggs? That's probably the fairest thing you can do for the hens themselves. And it's a good environmental thing to do. Go for your life!

Still keen? 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.*