



Fact File

My guidance for attempting to break the world record for the Furthest table tennis ball spit

Spitting things is a wonderful activity, especially if it's for a world record attempt. As far as I am concerned, all one needs is strong lungs, a suitable venue and of course, the chosen item. I wish you the best in finding a table tennis ball that you can get both in and out of your mouth easily.

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

- use a level surface.
- have witnesses present.

Make sure you don't choke! Whatever you do, be sure it is safe – even if you are like me and enjoy being a total idiot much of your life.

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.