



Fact File

My guidance for attempting to break the world record for the Most table tennis balls held underwater

Even the seemingly simplest of challenges take dedication. They take time too. That's because a challenger would need to find the equipment and people to help make it a reality. I never feared that anything could go seriously wrong, though, which was great. This is truly a case of get out and do it. Whether you'll make a flop of it or not is what you need to work out.

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

- use standard balls.
- hold them for the specified time.

If anything, hold your head back unless you don't mind being shot in the eye by a fast-rising table tennis ball which doesn't appreciate being held underwater!

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.