



## Fact File

### **My guidance for attempting to break the world record for the Most radio interviews in a suspended cage**

Did I hear you say you want to do this? You've got to be joking. This is voluntary solitary confinement, probably subject to a book of safety rules thicker than an average sandwich... and it turns you on? Well, if you're up for the challenge, I ought to come round and congratulate you. I'm serious. You'd instantly have my utmost respect, and I'd find it entertaining to see what I must have looked like to the world.

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

- find a suitable support boom.
- keep accurate records of all your radio activity.

As I write this, I'm thinking anyone who succeeds at this might become my new hero. Have you considered what would happen if all the things your life relies on stopped because you had left the surface of the earth for over 3 weeks? I respect you, even for reading this far.

Still keen? [WorldRecordChase.com](http://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.*