



Fact File

My guidance for attempting to break the world record for the Most sugar cubes balanced on the chin (single stack)

You've got to try this if you love sugar. I can do it without eating any – just balancing. Can you? You'll need another skill, though, and that's holding your breath. Surely you can do both at the same time.

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

- don't modify any of the cubes.
- hold your head up yourself.

First, you'll need a small box of sugar cubes. Treat them carefully, because any broken ones may not be good to use. And watch your eyes. You might not like sugar granules stuck in your eyes.

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.