



Fact File

My guidance for attempting to break the world record for the Most eggs crushed with the head in 30 seconds

That head of yours had better be tough; tough enough to smash many eggs. Talk about head-butting – this one will get you using your head brilliantly. I would caution one thing though. Don't get too enthusiastic or you might head-butt the table in half!

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

- use the specified sized egg.
- move them one at a time.
- have a timekeeper present.

I hope you don't mind getting egg on your face. When I did this, there was egg from my crown to my jaw. The upside of that was I got a few tasty, but slimy, licks.

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.