

**FOR IMMEDIATE RELEASE**

**122 hold abdominal plank exercise in World Record bid**

Today, 30 September, 122 people held an abdominal plank for one minute, in an attempt to create an all new Guinness World Record at London Metropolitan University.

The event took place in the sports hall at London Met's Science Centre in North London, as part of an Open Day for Sports Science and Therapy courses.

The participants were a mix of school and college students attending the Open Day, London Met sports students and staff from the University's Faculty of Life Sciences.

Kevin Campbell-Karn, Senior Lecturer in Sports Science and Therapy at London Met, said there was an amazing buzz in the sports hall as the World Record took place.

"You could feel the excitement in the air", he said. "Every person involved was just thrilled to be a part of this World Record attempt."

"The school and college kids here today have had a great taste of the fantastic Sports Science and Therapy courses on offer at London Met."

Chrissie Gallagher-Mundy, Director of the London Academy of Personal Trainers, was the qualified judge on the day, and Arsenal Football Club physiotherapist David Wales opened the event.

The Leader of Islington Council, Catherine West, was an independent witness overseeing the World Record attempt.

Organisers will now await word from Guinness, as to whether the attempt will be made an official World Record.

Please see a photograph of the World Record attempt attached.

-Ends-

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**Notes to editors:**

The London Metropolitan University Faculty of Life Sciences combines the School of Psychology and the School of Human Sciences. The University's £30 million science centre offers unparalleled facilities for teaching and research and the largest open plan laboratory in Europe. The School of Human Sciences has close links with local hospitals and with the pharmaceutical and food industries. Academic staff run research-based health clinics for the treatment of chronic illnesses such as obesity. For course information see: [www.londonmet.ac.uk](http://www.londonmet.ac.uk)

**For more information:**

Victoria George  
PR Officer  
London Metropolitan University  
Phone: 020 7133 2467  
[v.george@londonmet.ac.uk](mailto:v.george@londonmet.ac.uk)

[www.londonmet.ac.uk](http://www.londonmet.ac.uk)