

FOR IMMEDIATE RELEASE

**How many people can do an abdominal plank?
World record attempt at London Metropolitan University**

In an attempt to create an all-new Guinness World Record, up to 250 people will do an 'abdominal plank' at London Metropolitan University on Friday 30 September.

The attempt will take place in the sports hall at London Met's Science Centre, as part of an Open Day for prospective Sports Science and Therapy students.

The participants will be school and college students attending the Open Day, as well as first year London Met sports students, and University staff from the Faculty of Life Sciences.

The Open Day will be opened by Arsenal Football Club physiotherapist David Wales and there will be a number of other activities throughout the day (please see attached flyer).

Christina Jacklin, a Senior Lecturer at the Faculty of Life Sciences, is organising the World Record attempt. She said: "There is currently no world record for mass participation in the abdominal plank, and we are so excited to be the first to attempt one."

"The students and staff will have a great time attempting the World Record.

"We also hope to raise awareness about Sports Therapy and Science and the fulfilling careers that come from studying in these areas."

If you would like to attend the event, please register with Victoria George in the London Met press office at: v.george@londonmet.ac.uk or 020 7133 2467.

You can also order photos of the World Record taken by the official London Met photographer.

-Ends-

Notes to editors:

Event details:

Guinness World Record attempt: The most people doing an abdominal plank

Date: Friday 30 September

Time: Meet at 9.30am for 10am start

Location:

London Metropolitan University Science Centre

29 Hornsey Road

London N7 7DD

More information:

Victoria George

PR Officer

London Metropolitan University

Phone: 020 7133 2467

v.george@londonmet.ac.uk