

Claim ID: 276807

Membership Number: 243962

Dear Mr Mark Nejme,

Thank you for your enquiry regarding your intention to attempt the record for 'bench press contest cumulative weight total'. Your proposal is not of interest to us as a new category. However, we have searched our Record Database and think that the following record may be of interest to you instead: 'Heaviest weight lifted in 24 hour bench press by a team of nine'.

The current record (current as at the date of this letter) is:

A bench press record of 5,018,200 kg (11,063,224 lb) was set by a nine-man team consisting of David Franklin, Pete Fisher, Steve Fisher, Mike Joseph, Steve Sodeau, Lee Cripps, Spencer Gray, Nach Vidyarthi, Nagi Kandil (all UK) at the Fitness First health club in Berkhamsted, Hertfordshire, UK on 16 February 2002.

You may wish to check with us again closer to submitting your full claim to be sure that a new record has not been set in the interim.

Please note that any current record information is provided to you to the best of Guinness World Records knowledge and belief as at the date of this letter and is based on the record information currently logged on the Guinness World Records database. This current record may change at any time due to a new record being approved. You are responsible for keeping yourself up to date with any new records as Guinness World Records will not inform you of any change to the current record.

We have attached specific Guidelines for this record category which detail the requirements you must follow to make your record attempt. You should ensure that all those participating and those witnessing the attempt are aware of the contents of these Guidelines. We would also draw your attention to the specific authentication we require when you come to make your claim for this particular category. This is in addition to the general authentication requirements as detailed in the Record Breakers Pack also included with this email.

These Guidelines will be appropriate for achieving a Guinness World Record as at the date of this letter. However, please be aware that as and when required, the Guidelines may be updated by us from time to time and without further notice to you.

Using the Guinness World Records™ or logo is a great way to help promote your attempt. If you are interested in using our logo and trademarks during your record event, please log in the website, select the appropriate claim number and click on 'Use our logo'.

Once the record has been attempted and you have compiled your claim and completed the Agreement Regarding Supporting Materials which you will find in the attachment, all the information should be sent to us here at:

GUINNESS WORLD RECORDS LIMITED

3rd Floor

184-192 Drummond Street

London NW1 3HP

UNITED KINGDOM.

Please ensure that your Claim ID (above) is clearly marked on your package and all documentation.

It is possible to hire an adjudicator to verify your record attempt on site. If you want to request the attendance of an official World Record representative, please log in the website, select the appropriate claim number and click on 'Request an adjudicator'.

If you should require any further information, do not reply to this email, but please visit and log into our website, select the appropriate claim number and then click on 'Make an Enquiry'. We will only be able to reply to enquiries regarding any of your pending claims, so if you want to enquire about a new record, please make another application. Please be aware that all tracking information about your claim is updated every 24 hours. Now that you have received our specific guidelines and Record Breakers' Pack you can proceed with the preparations for your event and then with the record attempt itself.

We hope the attempt goes well and look forward to hearing from you in the future.

Yours sincerely,

Mariamarta Ruano-Graham

Guinness World Records