

Sitting pretty – Hinckley bid for Guinness World Record fame

Hinckley's National Grid and Romans Leisure Spa team up for world record bid

08 Sep 2015

- **Health drive sees 800 National Grid employees set to exercise at their desks**
- **Business as usual in hands-free work-out**

Two Hinckley organisations have joined forces in a bid to smash a Guinness World Record for fitness – and spread the healthy living message to National Grid staff.

More than 800 National Grid Hinckley employees have teamed up with Romans Leisure Spa team at Sketchley Grange Hotel to join the world of the record breakers without even leaving their desks. They will be attempting to smash the record for the most number of people exercising while sitting down.

The employees will make their bid for world recognition on Wednesday afternoon (9 September) – to coincide with National Fitness Day. It's the first time a National Grid team has attempted a Guinness World Record. To ensure it's "business as usual" they'll just move their legs, leaving their hands free to take calls.

The world record bid was the brainchild of Romans' Andy Rudkin. He and National Grid's Leanne Thomasson have been organising the event in a drive to encourage staff to stay healthy and take care of themselves, whilst also celebrating National Fitness Day.

Leanne explained: "People often worry that they won't have time to keep fit but we wanted to show that you can exercise anywhere – even at your desk. We thought this would be a fun way to encourage everyone to give it a go. We're feeling confident. We certainly have the numbers – nearly twice as many as the current holders."

Romans Leisure Manager Andy said: "At Romans we like to do crazy things to showcase fitness and the benefits behind it; but this is certainly our most optimistic yet. The team at National Grid have been brilliant in helping to organise it and now we cannot wait to get our names in the World Records. It will also be nice to get a full night's sleep as the build-up has been a stressful, yet positive, one."

Andy, and adjudicators from Sketchley Grange Hotel and Spa, will monitor the attempt and ensure the Guinness World Record criteria are fully met. Everyone taking part will have to sign a form. The bid will also be filmed to provide evidence to the Guinness Book of Records.

The current record is held by Westminster Village in Indiana, America. Last year 481 people exercised while sitting down in the village square. This year is also the 60th anniversary of the Guinness Book of Records – which is itself a record; it's the world's best-selling annual.

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- We own and operate the electricity transmission network in England and Wales, with day-to-day responsibility for balancing supply and demand. We also operate, but do not own, the Scottish networks. Our networks comprise approximately 7,200 kilometres (4,474 miles) of overhead line, 1,500 kilometres (932 miles) of underground cable and 342 substations.
- We own and operate the gas National Transmission System in Great Britain, with day-to-day responsibility for balancing supply and demand. Our network comprises approximately 7,660 kilometres (4,760 miles) of high-pressure pipe and 618 above-ground installations.
- As Great Britain's System Operator (SO) we make sure gas and electricity is transported safely and efficiently from where it is produced to where it is consumed. From April 2019, Electricity System Operator (ESO) is a new standalone business within National Grid, legally separate from all other parts of the National Grid Group. This will provide the right environment to deliver a balanced and impartial ESO that can realise real benefits for consumers as we transition to a more decentralised, decarbonised electricity system.
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Find out more about the energy challenge and how National Grid is helping find solutions to some of the challenges we face at <https://www.nationalgrid.com/group/news>

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