

New Father Attempts World Record Kettlebell Lift (40,000 Kilos In Under One Hour) ?Raising Funds For Local Hospital ?

Wednesday 8 December, 2021

Suffolk-based entrepreneur, endurance athlete and new father, James Saward-Anderson will be attempting to lift over 40,000 kg in under one hour using the kettlebell swing to raise vital funds for the My Wish charity and [Great Ormond Street Hospital](#).

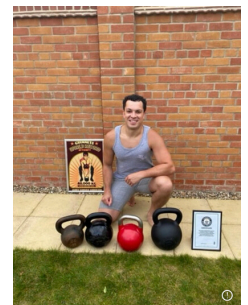
The attempt will take place in Bury St Edmunds Leisure Centre on 4th March 2022 and will be streamed across the whole of the Social Tree Global's network, with the plan to have 10,000 attendees watching the attempt virtually.

James is no stranger to extreme fitness events, and holds an 8-year world record for the number of [kettlebell swings and squats in one hour](#). He also has the record for the [fastest run from Canterbury to Rome – 58 days](#) – which he completed with his business partner Max Hannah.

Speaking about the challenge, James says:

"This challenge will be the hardest physical feat I have attempted. Lifting 40,000 kilos equates to over 2,500 swings of a 16 kg kettlebell, or 1,250 swings of a 32 kg kettlebell. Forty-thousand kilos is heavier than almost all cars and lorries we see on the roads today, and is the same weight as a small commercial plane! I have been training for this challenge since March 2021, subjecting myself to punishing sessions 6 days a week to prepare my body and mind. I would love to beat the world record and also raise £40,000 for two charities that are very close to my heart after my wife and I recently had a baby girl. The staff at our local hospital were incredible, and I could not be more thankful for their help during a stressful time."

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