

TOMMY 10K



Use FB and Insta Stories to tell your friends you're taking on the Tommy 10K Challenge!



Post in your stories to tag three friends to complete the challenge too!



TOMMY 10K

Copy & Paste the captions below to let everyone know you're signed up!



Facebook:

I've signed up to take on the Tommy 10K for RBLI! Raising money for @RoyalBritishLegionIndustries. If you want to sign up too click here:

www.rbli.co.uk/Tommy10



Instagram:

I've signed up to take on the Tommy 10K for RBLI! Raising money for @RoyalBritishLegionIndustries. If you want to sign up too click here:

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Psst... There's more content for you to use here ...



Google Drive

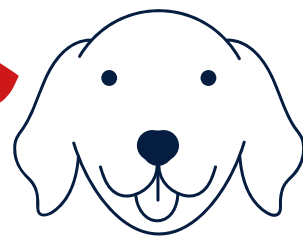


More content ideas to keep your family and friends interested!

Share what challenge you're doing - are you a Tommy 10 Corporal, Commando/Para or Special Forces?!



Have you got a running buddy?
Who doesn't love a good doggo!?



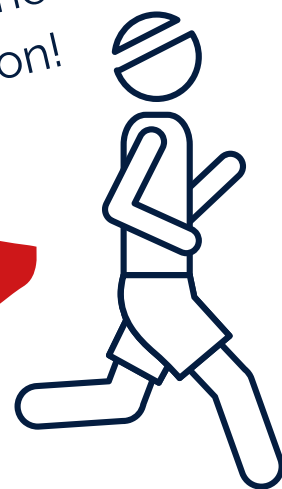
Fundraising updates -
how far to go to reach
your target?



New shoes? Go on...
treat yourself!



How's the training going? Easy?
Tough? Tell everyone how
you're getting on!



DON'T FORGET TO TAG US & #TOMMY10