

CAPTAIN TOM 100

#CaptainTom100

DO IT YOUR WAY

Friday 30th April

The Captain Tom 100 celebrates Captain Tom's generosity of spirit, the hope and joy he brought to millions, and his sense of fun.

It's so simple. Dream up a challenge, do it 100 times and fundraise for your favourite charity. Everyone's invited. Whether it's baking 100 cakes or doing 100 press-ups, whatever it is, do it your way.

**Together we can ensure that
"tomorrow will be a good day".**



THE
CAPTAIN TOM
FOUNDATION

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