



Captain Tom 100 fact sheet

The world is invited to celebrate Captain Tom's amazing achievements in a special event over his birthday weekend.

Background

Friday 30 April 2021 would have been Captain Sir Tom Moore's 101st birthday and the one-year anniversary of the extraordinary celebrations following the conclusion of his famous 100 laps of his garden that raised an incredible £38.9 million for the NHS. Tom's simple message of hope – "Tomorrow will be a good day" – resonated around the globe during some of the darkest days of the pandemic, bringing light and comfort to millions worldwide.

Following the outpouring of heartfelt messages since his death on 2 February, his family pledged to celebrate his life with an event that everyone, in the UK and around the world, could get involved in to celebrate Captain Tom's generosity of spirit, the hope and joy he brought to millions, and his sense of fun.

And that event is the Captain Tom 100.

Captain Tom 100

Everyone – of all ages and abilities – is invited to take on a challenge around the number 100, any time and anywhere over Captain Tom's birthday weekend, starting on Friday 30 April through to Bank Holiday Monday 3 May. That could be walking 100 steps or running 100 metres, scoring 100 goals, baking 100 cakes, climbing 100 stairs, hopping 100 laps of the garden, building 100 sandcastles, writing a 100-word poem, flipping 100 pancakes – anything at all, inside or out. It's your chance to do it your way!

Get involved

It's so simple. All you need to do is dream up your Captain Tom 100, fundraise or donate to the charity of your choice or The Captain Tom Foundation, and share your 100 on social media, using #CaptainTom100

Please also follow us on social media: Instagram @CaptainSirTom and Twitter @captaintommoore

Find out more at [CaptainTom100.com](https://captaintom100.com)

Give if you can

The Covid-19 pandemic has had a catastrophic effect on charities, with the cancellation of thousands of events and the loss of billions in income. At a time when vulnerable members of society need them most, charities have had to cut services, furlough staff and some have even shut down. Captain Tom stepped up to help, taking on his famous walk to support the NHS Covid-19 appeal and inspiring millions to donate to the cause.

Now the Captain Tom 100 is offering everyone the chance to raise funds for the charity of their choice or for The Captain Tom Foundation, if they can.

The Captain Tom Foundation

Last year Captain Tom united the nation, giving hope when it was needed most. The Captain Tom Foundation was created with Tom to ensure his message of hope becomes an enduring legacy. The coronavirus pandemic has caused so much uncertainty and strain, particularly for those facing loneliness, bereavement and mental health issues, and we want to help as much as we can.

Captain Tom's walk and words inspired millions around the world, motivating everyone from five-year-old schoolchildren to war veterans in Russia, Canada and Africa. So, in addition to supporting its key causes, The Foundation hopes to inspire a new generation of Captain Toms.

Message from Hannah Ingram-Moore

"We are so grateful for the incredible support we have received since my father started his recordbreaking fundraising walk and that his message of hope was shared with the world. Captain Tom was very proud to be able to leave behind the growing legacy of his Foundation. We know he would love the idea of inviting everyone to get involved and share their Captain Tom 100 so that together we can ensure 'Tomorrow will be a good day'. We look forward to celebrating with you on what would have been his 101st birthday weekend – it's going to be fun!"