

CAPTAIN TOM 100

WHAT'S YOUR 100?



COVID-19 has had a catastrophic effect on The Movement Centre and all charities in the UK, with the cancellation of thousands of events and the loss of billions in income.

The Captain Tom 100 is offering all of our fantastic supports the chance to take on their own challenge, and to raise funds for The Movement Centre!

Fitness

- 1.100 kick ups
- 2.100 laps
- 3.100 miles (run, bike or swim)
- 4.100 days challenge (run, bike, swim)
- 5.100 hour challenge (run, bike, swim)
- 6.100 holes of golf
- 7.100 Steps
8. Up and down stairs 100 times
- 9.100 man tag rugby tournament- 50 vs 50
- 10.100 star jumps
- 11.100 burpees
- 12.100 cartwheels
- 13.100 press ups
- 14.100 Steps
- 15.100 holes of golf

Fun Challenges

- 1.100 pancake flips
- 2.100 food/eating challenge
- 3.100 games of pool
- 4.100 laughs- set up a live stream and tell 100 jokes
- 5.100 smiles
- 6.100 hundred hours without a phone
- 7.100 head shaves
- 8.100 metre challenge (three legged race, egg and spoon, wheelbarrow race)
- 9.100 minute silence
10. Learn 100 Tik-Tok dances

Alternative challenges

- 1.100 World Records
- 2.100% challenge
- 3.100 cars cleaned
- 4.100 maths competition
- 5.100 sales of an item
- 6.100 art work
- 7.100 cakes
- 8.100 photographs
- 9.100 pennies donated
10. 100 new skills

