



# The Flying Scots Challenge

Are you looking for a fun way to stay motivated in September?

Are you up for running 400m everyday, 1km everyday, 100km in the month of September or make our own physical challenge?

Or fancy taking up another challenge in September?

<https://www.eventbrite.co.uk/e/the-flying-scots-challenge-registration-925256395787>





# The Eric Liddell 100 presents The Flying Scots Challenge

The concept of The Flying Scots Challenge is simple...

You just Do A Run or Walk Every Day in September while raising funds for The Eric Liddell 100.

## The Eric Liddell 100: Who are you supporting?

The Eric Liddell Community is an Edinburgh-based care and dementia charity and community hub committed to ensuring no one feels lonely or isolated. 2024 is a milestone year for our charity, marking 100 years since Eric Liddell's gold medal win at the 1924 Olympics. To honor his legacy, we have developed free educational, sporting, and cultural resources to inspire the next generation. This is all part of The Eric Liddell 100 initiative.

The Eric Liddell 100 is a series of events and activities celebrating the life, athletic achievements, and community service of one of Scotland's iconic figures. It is centered around 2024, the centenary of Eric Liddell's historic victory.

Passion. Compassion. Integrity.

# What is the Flying Scots Challenge?

## The Flying Scots Challenge

You can choose from four challenges:

1. Complete a 400m run every day in September.
2. Complete a 1k run or walk every day in September.
3. Complete 100km throughout the month of September.
4. Inspired by Eric Liddell: Set your own challenge such as swimming, skating, wheelchair-racing, whatever is a challenge for you!

## Fundraising Fees:

- Entry fee is £22.38
- Why not fundraise for us? Enter through our Eventbrite page and then follow the instructions to set up a sponsor page and pledge to raise £50.

## What's included in your entry fee?

- Fundraising advice & support
- An Eric Liddell 100 T-shirt
- An Eric Liddell 100 pin badge

Please note: This event is organised to benefit the initiatives supported by The Eric Liddell 100, and therefore all funds raised are designated for this purpose alone.

A legend. A legacy. A lifetime of inspiration.



# What is the impact on YOU?

## Impact on Participants:

- Making a meaningful difference
- Enhanced overall wellbeing
- Building friendships with other participants
- Consistent exercise routine

## Impact on The Eric Liddell 100:

- Greater visibility of The Eric Liddell 100's mission
- Strengthened bonds with supporters and participants
- Allowing The Eric Liddell 100 to allocate more resources towards existing services
- The Eric Liddell 100 can reach more young people with free resources

## How your donations could help our work:

- Your support could help develop further free, effective physical and online resources to support learning in schools and youth groups.
- Your support could empower young people aspiring to overcome challenges and fulfil their potential.
- Your support could help us to create a permanent home for The Eric Liddell exhibition in our community where it will inspire the next generation from learning about the life and legacy of Eric Liddell.

One man, one hundred years.  
Eric Liddell's legacy lives on.