

CELEBRATE A SCOTTISH ICON AT YOUR GAMES THIS YEAR!



A legend.
A legacy.
A lifetime of inspiration.

Eric Liddell, 'The Flying Scotsman'

Eric Liddell was a Scottish track and field athlete and Olympian whose purposeful life, unwavering convictions, and astonishing achievements in sports and community service stunned and inspired people around the world.

To recognize and celebrate the life of this Scottish icon, The Eric Liddell Community, an Edinburgh-based charity, established an international program of events and activities, titled *The Eric Liddell 100*.

Its purpose is two-fold: to commemorate the 100th anniversary of Eric's historic success at the 1924 Olympic Games in Paris (as told in the movie *Chariots of Fire*), and to promote our mission "to bring his achievements to life for everyone, and to inspire new generations to make a positive impact on their community, their society, and the world."

We invite Highland Games organizations to join us in furthering the legacy of Eric Liddell so that more people can learn about his remarkable life and his values, which are so relevant in today's world.

Sports Event Toolkit

The Eric Liddell 100 Sports Event Toolkit provides everything you need to incorporate sports and other activities with an Eric Liddell theme into your Highland Games. This free resource includes downloadable and customizable templates, along with some ideas and inspiration to make your event a success!

Access the online toolkit using the QR code below or website <https://ericliddell.org/sports-toolkit/>

Free templates include:

- certificates
- posters
- invitations
- social media
- speech
- media release.



Eric Liddell was one of the favorites to win the 100m event at the 1924 Olympics. A few months before he was due to compete, the Olympic schedule was released and he learned that the heats were to be run on a Sunday. Eric was a devout Christian so he withdrew from the 100m event as he did not want to run on the Sabbath.

He began training for the 400m. He entered the competition as an underdog but came through his heats and semi final to book a place in the final.

The draw for the final represented a huge blow as Eric was given the outside lane. Unable to see his rivals, he was left with little option but simply to run as fast as he could for as long as he could.

Liddell pushed himself and sprinted through the tape six yards clear of his nearest rival in a time of 47.6 seconds, becoming Olympic Champion and setting a new World Record.

The Eric Liddell 100 — Highland Games

Ideas for your Highland Games

Here are some suggestions for Eric Liddell activities at your Highland Games event, or perhaps you can think of others!

- 100m dash – classic 100m running race, Eric's preferred distance
- 200m race – Eric won bronze at 1924 Olympics
- 400m race – Eric famously won gold and set a new World Record in 1924, with 47.6 seconds
- 47.6 second challenge – how many shuttle runs/star jumps/ other physical challenge can participants complete in Eric's Olympic winning time?
- Other activities:
 - Eric Liddell coloring sheet—free resource available at <https://www.twinkl.co.uk/resource/eric-liddell-colouring-sheet-t-tp-2675090>
 - Eric Liddell word search and quiz <https://ericliddell.org/wp-content/uploads/2025/02/Eric-Liddell-Quiz-and-Word-Search.pdf>

Other resources

The Eric Liddell 100 offers a range of further resources that are free of charge and downloadable through our website. Including:

- Introductory film about Eric Liddell https://ericliddell.org/wp-content/uploads/2023/11/EL100-Educational-Film_Subtitled.mp4
- A multi-subject curriculum for students with lesson plans, presentations, and worksheets <https://ericliddell.org/education-resource/>
- An online course for adults to learn more about Eric's life and legacy <https://ericliddell.org/online-learning/>
- Faith-based studies, including messages, lessons, and videos <https://ericliddell.org/faith-resources/>

Get in Touch

Let us know if you have any questions at all. And we'd love to hear about your Highland Games activities. You can reach us at EL100@ericliddell.org and share on social media using #EricLiddell100 #EL100.

If you would like to find out more visit <https://ericliddell.org/the-eric-liddell-100/> or follow our social channels below:



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In the dust of defeat as well as the laurels of victory there is a glory to be found if one has done his best." - **Eric Liddell**



Eric Liddell races at the 2024 Beijing Highland Games

The Eric Liddell 100 Values

We believe that any individual can make a positive impact on the world if they approach the challenges they face with passion, compassion and integrity.

Passion – enthusiasm, dedication, optimism, self-belief

Compassion – humility, selflessness, respect, care, community-minded

Integrity – discretion, loyalty, self-sacrifice, principled

