



# TOOL KIT

Ideas and Resources for the Scottish Community to help  
**The Eric Liddell 100** fulfill its 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.*



The Eric Liddell 100 is led by The Eric Liddell Community.  
Registered Scottish Charity SC003147

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## **Eric Liddell: A Scot who continues to inspire today**

Eric Liddell was a Scottish athlete, Olympian, and Christian missionary whose purposeful life, unwavering convictions, and astonishing achievements in sports and community service stunned and inspired people around the globe and continues to do so today. (See his story on the next page.)

To celebrate the 100<sup>th</sup> anniversary of Eric's gold medal win at the 1924 Olympic Games in Paris, our Edinburgh-based charity, The Eric Liddell Community (see page 16), created a campaign called **The Eric Liddell 100**. Its mission is:

*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.*

To help do that, the campaign includes sports, educational, cultural, and faith programs designed to promote universal values Eric inspired: Passion, Compassion, and Integrity. These resources are easily downloadable and are now being offered free of charge for use by Scottish diaspora outside of the U.K.

### **Why celebrate Eric Liddell and his story?**

When you look at Eric's life, there are multiple reasons to Tell His Story:

- His remarkable achievements in sports, most notably his win at the Paris Games featured in the Oscar-winning film *Chariots of Fire*.
- His sacrificial service on the mission field in China, where he spent half his life, passing away in a Japanese internment camp at the end of World War II.
- His particular interest in inspiring young people to do their best and to serve others (especially important today as research shows new generations are looking for purpose and meaning in their lives).
- And, of course, his Scottish heritage.

This Tool Kit was created to help you Tell His Story. On the following pages, explore the different ways you can help us fulfill this mission to promote the legacy of this inspiring, iconic Scot, Eric Liddell!

*To access a digital version of this Tool Kit go to [ericliddell.org/us-canada](http://ericliddell.org/us-canada)*



## ABOUT ERIC LIDDELL

### Scotland's most 'famous, respected, and loved' athlete

Eric Liddell was a Scot whose purposeful life, unwavering convictions, and astonishing achievements in sports and community service stunned and inspired people around the globe. Many know him through the Oscar-winning film *Chariots of Fire*. But that only told half of his story.

Born in China to Scottish missionary parents, Eric attended the University of Edinburgh where he played rugby. His skills landed him on the Scottish National Rugby Team and earned him seven caps. What made him so good at rugby was his speed, so he was encouraged to train for track and soon landed a spot on the British Olympic Team.

At the 1924 Olympic Games in Paris, he declined to run in the 100-meter race, his best event, because qualifying was being held on a Sunday, the Sabbath. Instead, he competed in the more grueling 400-meter race and won the gold medal in record time, gaining instant worldwide fame.

But then, the following year he left it all behind to become a Christian missionary in China. After Japan invaded that country at the start of World War II, Eric and other expats were sent to a Japanese internment camp in 1943. There he taught children, organized sports, preached on Sunday, and generally lifted the spirits of his fellow internees. Two years later, an undetected brain tumor would take his life, just five months before the camp was liberated at the end of the war. As the movie notes before the closing credits, "All of Scotland mourned."

Eric's impact in sports and life was so special that it promoted Harold Abrahams – his fellow team member who, in the movie, considered Eric his greatest competitor – to state:

*"His name will forever remain as perhaps the most famous and respected and loved athlete that Scotland has ever produced."*

Eric Liddell lived a life based on values of Passion, Compassion, and Integrity, and his story continues to inspire people young and old alike today.



# ERIC LIDDELL ATHLETICS

## What are the benefits of this program?

The purpose of this resource is to give children and young adults the opportunity to learn about Eric Liddell through his participation in athletics. Young people connect with Eric because he was a youth himself when he began playing and competing in sports in middle and high school and was still a university student when he won his famous Olympic gold medal. At 5'9" and 150 lbs., Eric wasn't the biggest athlete, but he had a big heart and impacted people in a big way.

## What does the program include?

The ideas shared here can be adapted for different age groups. Events you could stage relevant to Eric's story include:

- 100-meter dash – This was Eric's preferred distance
- 200-meter race – Eric won a bronze medal in this event at the 1924 Olympics
- 400-meter race – This is the famous race in which Eric won gold at the same Games, and in a world record time of 47.6 seconds
- 50-meter dash – A shorter version for youngsters

The following support materials are available for this activity.

- Sample announcer copy
- Template for a certificate that can be copied and given to participants

## How does the program work?

Eric Liddell Athletics could be integrated into Highland Games (kids' areas and, where possible, track and field events); sports days held by schools or homeschool co-ops; or church or youth camps. How much is up to you – one type of race for different ages or a series of races. The goal is for young people to hear some of Eric's story then learn what it feels like to "run in his shoes."

[CLICK HERE](#) to review and download the free the race certificate template.

*See the next page for sample announcer copy.*

## ERIC LIDDELL 100 ATHLETICS | ANNOUNCER COPY

AT THE 1924 OLYMPIC GAMES IN PARIS, A YOUNG SCOTSMAN NAMED ERIC LIDDELL STUNNED THE WORLD. HIS STORY IS SO REMARKABLE THAT IT WAS TOLD IN THE OSCAR-WINNING FILM "CHARIOTS OF FIRE."

ERIC WAS A FAVORITE TO WIN THE 100-METER RACE BUT DECLINED TO RUN IN THE QUALIFYING HEATS BECAUSE HIS FAITH DID NOT PERMIT HIM TO RUN ON A SUNDAY.

INSTEAD, HE RAN IN THE MORE GRUELING 400-METER RACE AND SURPRISED EVERYONE WHEN HE WON THE GOLD MEDAL IN WORLD-RECORD TIME.

ERIC LIDDELL WAS A TRUE EXAMPLE OF SPORTSMANSHIP. BEFORE A RACE, HE WOULD SHAKE HANDS WITH HIS COMPETITORS AND WISH THEM LUCK. AFTER A RACE, HE WOULD CONGRATULATE THE WINNER – THOUGH IT WAS OFTEN ERIC HIMSELF.

AFTER HE WON HIS GOLD MEDAL, ERIC SURPRISED THE WORLD AGAIN BY LEAVING HIS FAME AND SCOTLAND BEHIND TO BECOME A MISSIONARY IN CHINA. THERE HE SERVED PEOPLE IMPACTED BY WAR, AND EVENTUALLY PASSED AWAY IN A PRISON CAMP.

EVERYTHING ERIC LIDDELL DID, HE DID WITH A PASSION. WHETHER TRAINING FOR A RACE OR SERVING OTHERS, HE TRIED TO DO HIS BEST.

AT 5'9' AND 150 LBS., HE WAS NOT THE BIGGEST ATHLETE, BUT HE HAD A BIG HEART, FULL OF COMPASSION FOR OTHER PEOPLE.

AND HE ALWAYS TRIED TO DO WHAT WAS RIGHT – TO BE A PERSON OF INTEGRITY – WHETHER ON THE SPORTS FIELD, THE MISSION FIELD, OR IN THE COMMUNITY.

THE RACE(S) BEING RUN TODAY IS A TRIBUTE TO A MAN WHOSE INSPIRING STORY CONTINUES TO BE TOLD AROUND THE WORLD, AND A SCOT WE ALL CAN BE PROUD OF.



# ERIC LIDDELL LEARNING

## **What are the benefits of this program?**

The purpose of this resource is to give young people the opportunity to learn about Eric Liddell and to be inspired by his story and values of Passion, Compassion, and Integrity. It also introduces them to an iconic Scot who is a significant part of Scottish history and heritage, this one representing the worlds of athletics and service.

## **What does the program include?**

The Eric Liddell Learning educational curriculum was designed in Scotland by experienced teachers, with adaptability to other countries in mind. It is aimed at 12–14-year-olds but can be adapted for younger or older groups.

This free curriculum includes an engaging 4-minute film that introduces Eric, his story, and his values. At the program's core are lesson plans and support materials that teach those values in a unique way, through subjects including:

- Physical Education
- The Arts (Drama, Music)
- Languages (English, Mandarin)
- Social Studies (Geography, History)
- Science (Physics)
- Mathematics
- Religious & Moral Education
- Technology

## **How does the program work?**

All or just parts of the curriculum may be used. It has been utilized with great success in Scotland. The Eric Liddell 100 encourages parents and teachers to use this resource in whatever way works best for you and the young people you work with.

*Use the link below to review and download the free resource materials:*

<https://ericliddell.org/education-resource/>



## ERIC LIDDELL 100 AWARD

### What are the benefits of this program?

Presenting an Eric Liddell 100 Award gives Scottish clans and associations the opportunity to recognize the achievements of young people affiliated with your organization. Because of Eric's story, this award could be given to someone who exemplifies sportsmanship, citizenship, or both.

This type of recognition can enhance a young person's appreciation for their Scottish heritage and keep them engaged. It also is another platform on which to introduce Eric Liddell to new generations and Tell His Story.

### What does the program include?

Resource materials include a sample newsletter announcement; nomination form; award announcement copy; and an awards certificate template.

### How does the program work?

The criteria for the recognition award aligns with the values of The Eric Liddell 100, which were inspired by Eric. The values (with definitions) include:

- Passion – enthusiasm, dedication, optimism, confidence
- Compassion – care, humility, selflessness, respect, service-minded
- Integrity – principled, self-sacrifice, loyalty, discretion

The nominees would explain how one or more of these values was reflected in their sports and/or service activities.

The organization can seek nominees in several ways: 1) Have nominees themselves apply, completing a nomination form and/or writing an essay; 2) Be nominated by a member of the organization; or 3) Have a third party (e.g., a coach, teacher, pastor, etc.) suggest the winner, based on the criteria. It will be up to you, the organization, to select the winner.

If The Eric Liddell 100 Award is made annually, it gives you the chance to recognize more young people; to become known in the community for that recognition; and to promote Scotland's heritage and contributions to society.

[CLICK HERE](#) to review and download the Award certificate.

SAMPLE NEWSLETTER COPY ANNOUNCING  
THE ERIC LIDDELL 100 AWARD

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**(NAME OF ORGANIZATION) ANNOUNCES**  
**THE ERIC LIDDELL 100 AWARD**

Scotsman Eric Liddell was an athlete, international rugby player, Olympian, and missionary whose purposeful life, unwavering convictions, and achievements in sports and community service have inspired people around the world.

To celebrate the centennial of Eric's gold medal win at the 1924 Olympic Games in Paris, the Edinburgh-based charity that bears his name created The Eric Liddell 100. Its mission is 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.

To recognize achievements being made by youth in our Scottish community, (Name of Organization) is pleased to announce the establishment of an Eric Liddell 100 Award. This award will be given to a young person whose participation in (sports and/or service) reflect values that Eric inspired – Passion, Compassion, and Integrity.

Nominations for the award may be made by (insert preferred nomination process; see previous page for examples). The award will be announced (how, when, where). The deadline for nominations is (date).

The Eric Liddell 100 Award is an excellent way for us to celebrate the achievements of our own in sportsmanship and citizenship. Is there a young person you believe to be worthy of such recognition? Consider nominating them today!

For more information contact (name, contact info).

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NOTE: Add any additional details, e.g., if a scholarship or other prize is going to be tied to the Award; if there are going to be more than one award made, perhaps one for sportsmanship and one for citizenship, etc.)

SAMPLE ANNOUNCEMENT OF THE ERIC LIDDELL 100 AWARD  
WINNER

*NOTE: Adapt this copy to your specific Awards program, e.g., make “Winner” plural if more than one award is being given, etc.*

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**(NAME OF ORGANIZATION) RECOGNIZES LOCAL YOUTH  
WITH THE ERIC LIDDELL 100 AWARD**

(Name of Winner) of (city) has been selected by (Name of Organization) to receive its (Year) Eric Liddell 100 Award. (Winner) is being recognized for reflecting the values that the Scottish Olympian and missionary inspired of Passion, Compassion and Integrity through (his/her) participation in (sports and/or service to the community).

(Winner), a \_\_\_-year-old (e.g., senior) at (Name of School), was nominated to receive the award because of (his/her) involvement with (sport or charity). (Add details about what he/she did there that earned him/her the recognition).

(Organization representative, title) said, “Scottish Americans are proud of our heritage and our Scottish heroes, like Eric Liddell. We felt (Winner) exemplified the values by which Eric lived his life, whether he was modeling sportsmanship on the athletic field or citizenship in the community.”

Eric Liddell’s story was told in the Oscar-winning film *Chariots of Fire*. He famously declined to compete in his best event, the 100-meter race, at the 1924 Olympic Games in Paris because the heats were being held on a Sunday. Instead, he ran in the more grueling 400-meter event and won the gold in world record time. The following year, he left his fame behind to become a Christian missionary in China, where he died in an internment camp during World War II.

To celebrate the centennial of Eric’s remarkable achievement at the 1924 Olympics, the Edinburgh-based charity that bears his name created The Eric Liddell 100. Its mission is 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.

(Add short descriptive information about your organization here).



## ERIC LIDDELL MISSIONS

### What are the benefits of this program?

Many people are familiar with Eric Liddell's Olympic win because of the Oscar-winning movie *Chariots of Fire*. But far fewer are aware of Part 2 of his life story – leaving his fame and beloved Scotland behind to become a Christian missionary in China, where he died serving others in a Japanese prison camp at the end of WWII.

This story of his missionary work can have great appeal to churches – particularly those who support missions, as many do – and to introduce more people to this iconic Scot who modeled Passion, Compassion, and Integrity (especially to young people who haven't seen the movie or know of Eric).

### What does the program include?

Recognizing the importance of faith to his story, The Eric Liddell 100 worked with a group of faith organizations in Scotland to develop ideas and resources for use by churches and other faith organizations. The materials include sample sermons, Bible studies, scriptures, and videos.

### How does the program work?

The free resources can be used to Tell His Story through different types of programming, from congregational worship to Bible studies to Sunday School to small groups. Eric's story fits with themes of calling, sacrifice, and missions ...

Many churches have a Sunday each year dedicated to highlighting the various missions they support both locally and worldwide. This could be an excellent opportunity to Tell His Story. For example, the weekend of June 29, 2025 (exactly 100 years to the day that Eric left Scotland for China), Dunwoody Community Church in Atlanta highlighted Eric's story on its Missions Sunday. The weekend included a *Chariots of Fire* movie night; sharing Eric's story in the pastor's message; and a congregational lunch spotlighting missionaries that the church supports. The church has elected to make that anniversary weekend its annual missions celebration moving forward.

*Use the link below to review and download the free resource materials:*

<https://ericliddell.org/faith-resources/>



# ERIC LIDDELL LEADERSHIP

## **What are the benefits of this program?**

It's possible Eric Liddell would not have considered himself a leader, at least as society defines it – leading a country, a company, an organization, or a team. But he modeled a quiet leadership throughout his life from which much can be learned. A presentation called “The Leadership Lessons of Eric Liddell” is being developed for use by Scottish clans and organizations in your programming.

## **What does the program include?**

The presentation will be 15-20 minutes long and include a script and a PowerPoint presentation with photos and video links. It will Tell His Story, highlighting select moments from his life and noting the leadership lesson that each one of those teaches. A one-page list of the lessons will be available via download that can be copied and shared with attendees following the presentation.

## **How does the program work?**

The presentation is designed to be used by Scottish clans and organizations at meetings; at events (Highland Games, dinners, etc.); or in a classroom setting. It will be appropriate for audiences of all ages.

*Use the link below to review and download the free resource materials:*

*(Link to be added once materials are available)*



## ERIC LIDDELL DAY

### **What are the benefits of this program?**

People of Scottish ancestry already celebrate Scotland's contributions to literature and the arts through its Robert Burns Suppers, and to faith and freedom through Saint Andrew's Day. An Eric Liddell Day would celebrate this Scottish icon's remarkable achievements in sports and service, and the values he inspired of Passion, Compassion, and Integrity. Younger generations are particularly interested in these areas so this could be another way to involve them.

### **What does the program include?**

A checklist for how to stage an Eric Liddell Day event is included in this Tool Kit. Other resources included in the kit could be used as well (e.g., Eric Liddell Athletics, Eric Liddell Awards, etc.). Ideas for an event follows.

### **How does the program work?**

Organizations can design an event that works best for you, including when to stage it. You have the flexibility to choose your date. Markers in Eric's life include: January 16 – Eric's birthday; February 21 – Eric's passing in China; June 29 – Eric leaving Scotland for China; and July 11 – Eric winning his gold medal.

However, the date you choose does not have to be limited to one of these. Consider integrating an Eric Liddell Day into events already on your schedule, including the week leading up to Tartan Day or the Highland Games.

Because Eric's story is inspiring to young people, consider making this a family event. Pick a day when generations can gather, perhaps for a picnic. Activities might include an Eric Liddell race for kids (see Eric Liddell Athletics); announcement of Eric Liddell Award winners; and a brief presentation on Eric's amazing life and values.

This is just one idea. You might elect to work with a school, home school co-op, or church to stage an Eric Liddell Day. The goals would be to Tell His Story, promote Scottish history, and engage young people who are the future members of your organization.

*See next page for sample questions to help you plan your event.*

## SAMPLE ERIC LIDDELL DAY EVENT PLANNING DOCUMENT

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*Following are questions your organization can work through to plan your event.*

- What are our goals for the event (e.g., to build community, engage young people, plant seeds for membership, Tell His Story, etc.)?
- Given our goals, who do we want to invite to the event (e.g., extended families of current members, prospective members, etc.)?
- Based on our audiences, what would be good options for potential dates?
- What type of event might it be (indoor, outdoor, casual, etc.)?
- What time of day should it be and how long should it last?
- What activities would we stage (remarks, Eric Liddell race for kids, music, etc.)?
- What would be possible options for event sites?
- What food and beverages will we serve (catered, potluck, etc.)?
- Will there be a cost to attend? How much? How will we sell tickets or collect the money?
- What would be our attendance goal?
- Who could speak briefly about Eric Liddell and “why we’re here today”?
- How will we promote the event?
- When might we announce it?



## His Story = History

The Vision of The Eric Liddell 100 is:

*To create a global community that celebrates Eric Liddell's  
inspirational legacy, values and integrity.*

That effort began in earnest in the U.K. around the centennials of Eric's 1924 gold medal win at the Paris Olympic Games and the following year when he left Scotland to become a Christian missionary in China.

His story is a remarkable part of Scottish lore that deserves to be remembered and told again and again, especially to new generations.

In the history of the country of Scotland or the world of sports, there's been no one quite like Eric Liddell. Your efforts as a member of the Scottish community will help keep his legacy alive and well, and, we hope, inspire young people to want to be an active part of the celebration of their heritage now and in the years to come.

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## About The Eric Liddell Community

The Eric Liddell Community is an Edinburgh based care charity and community hub committed to our vision to live in a community where no one feels lonely or isolated.

Our mission is to bring people together in their local communities to enhance health and well-being and have a positive impact on their lives.

### We do this by providing:

- Services and support for people living with dementia
- A programme of activities and support for unpaid carers
- A community hub to support the needs of our local community

We also continue to develop and celebrate the legacy of Eric Liddell to inspire future generations.

## SUPPORT FOR PEOPLE LIVING WITH DEMENTIA

### - Dementia Day Care Service

We run a varied programme of support for people living with dementia, including our flagship Dementia Day Care Service, to help ensure older people can fulfil their potential with dignity and equality and in a healthy environment.

Recently recognised by the Care Inspectorate as ‘Excellent and Sector Leading’, our Day Care Programme continues to deliver specialist, person-centred care for people living with dementia, helping them stay in their own homes longer through outstanding care. We provided 3,500 places in 2024-2025.

### - Dementia Community Outreach Programme

Our staff continue to foster connection and belonging for carers and people living with dementia through initiatives like the weekly Liddell Lions Lunch Breaks Programme, which features music, learning opportunities, health and wellbeing activities, social contacts and more.

Music remains central to our community work, with 280 attendances at Eric’s Encore, our dementia-friendly group offering a relaxed, joyful atmosphere.

## A PROGRAMME OF ACTIVITIES AND SUPPORT FOR UNPAID CARERS

### - **The Carers Programme**

We continue to support our network of over 500 carers with vital respite and activities like yoga, tai chi, and art therapy to enhance wellbeing and reduce isolation.

### - **Carers Breaks**

Overnight and day breaks for carers, with or without the person they cared for. In 2024-2025, we have offered 6 breaks, for 55 carers and 8 cared for individuals, featuring overnight trips to Inverness and The Scottish Borders to name a few!

### - **Befriending Service**

The Befriending Service pairs carers with trained volunteers to provide one-to-one companionship offering friendship and support to help reduce isolation. In 2024-2025, we delivered 2,500+ hours of companionship through 30 matches and launched 'Transition Talks' to support carers facing bereavement or changes in their caring role.

## A COMMUNITY HUB TO SUPPORT THE NEEDS OF OUR LOCAL COMMUNITY

The Eric Liddell Community was founded in 1980 in memory of the 1924 Olympic 400m gold medalist, Scottish Rugby international and committed missionary, Eric Liddell, and we continue to live out his values of care, compassion and community in the work we do.

Following her Patronage of The Eric Liddell 100, we were delighted that Her Royal Highness The Princess Royal kindly agreed to become the Royal Patron of The Eric Liddell Community from 2025.

The Eric Liddell Community is housed in the former Morningside North Parish Church at Edinburgh's 'Holy Corner'. We offer a space to support the needs of our community. In 2024-2025, we facilitated 13,600 hours of community activities held in our hub.

Volunteers are the heartbeat of our community, and we couldn't do what we do without them! In 2024-2025, we saw 138 incredible volunteers give their time, support and dedication.

Whilst the Community does have a level of statutory funding for both our Dementia Day Care Service and Carers Programme, we would not be able to support our full programme of activities without significant funding from numerous Grants, Trusts and Foundations, along with donations from generous individuals.

To find out more about The Eric Liddell Community or support their work, visit their website: [www.ericliddell.org](http://www.ericliddell.org)