

Try the Flying Scots Challenge this month

Anyone living in Edinburgh and the Lothians is encouraged to take part in a month-long physical challenge in September in honour of Scottish athlete Eric Liddell.

The Flying Scots Challenge will encourage individuals or teams to either walk or run 400m or 1km per day in September or complete 100km during the month.

The event is part of a series of initiatives and activities to celebrate the 100th anniversary of Liddell's Olympic Gold medal win at the 1924 Paris Olympics and honouring the legacy of the athlete and missionary who became known as "the flying Scot".

Anna Beauchamp, Fundraising Relationships Officer for organisers The Eric Liddell Community, said: "As part of our Eric Liddell 100 programme, we wanted to create an exciting challenge open to all throughout the month of September.

"Eric was an inspiration to everyone he ever met and continues to inspire future generations.

"The Flying Scots Challenge encourages people to draw upon this inspiration, while also helping to raise money for The Eric Liddell 100, so we can continue celebrating and securing his legacy for years to come."

Liddell, a devout Christian, famously withdrew from the 100m sprint event at the 1924 Olympics in Paris because the heats

were held on a Sunday.

He earned worldwide fame when he won gold for Great Britain in the men's 400m, an extraordinary victory immortalised in the 1981 Oscar-winning film Chariots of Fire.



Eric Liddell courtesy of The Eric Liddell Community