

Sports stars join Gregor on charity run for My Name's 5 Daddie Foundation

A Scottish Ambulance Service technician has organised a charity run from Stirling Castle to Edinburgh Castle to raise awareness of Motor Neuron Disease (MND) after losing his dad to the disease.

Sauchie resident Gregor Miller, based at Glenrothes Station, set up the Castle Crusade run last year and has been in training since October last year.





The run was originally meant to be held on March 28 this year but was postponed because of Covid. It has been rescheduled for May 23, 2021 with safety precautions in place.

A number of former sports stars including Hibs' striker Tam McManus, Hearts duo Ryan Stevenson and Colin Cameron, Motherwell's Simon Ramsden, referee Willie Conquer and Scotland Rugby international Scott Hastings.

Gregor is hoping to confirm more sporting legends to join the event and is raising money for My Name's 5 Daddie Foundation, MND Scotland and the Euan Macdonald Centre. Gregor lost his dad, Campbell Miller, to MND two years ago. MND is a progressive degenerative disease of the motor neurones in the brain and wasting of the muscles which affects people of all ages.

Campbell was a police officer, serving the Alloa and Falkirk areas during his time on the force.

Gregor, 49, said: "My inspiration for this event has come from losing my dad to this disease. My dad was diagnosed with motor neurone disease (MND) in May 2017 and passed away in 2019.

"He was a keen sportsman and played football for the police and in later life, until his diagnosis, played golf three times a week. Dad only realised he had a problem when he could no longer grip a golf club. As you could imagine this hit him hard.

"Within a few months he had to retire the clubs, quickly followed by his driving licence. For a man who was never at home due to social events, this was a devastating blow. Living with MND and caring for a sufferer of MND was horrific. Dad was given two years to live and died within two weeks of the two years."

Gregor said his mum became his dad's full time carer. He said in the last few months, his dad – who was a police officer for

32yrs in the then Central Scotland force – lost full power of his arms, legs and the ability to hold up his head.

He added: “There were some really tough days at this point as his mind was fully active along with his eyes. I would chat to him and tell him it’s all ok and that mum will be alright.

“He cried but never complained. This was hard to watch from a son’s point of view who only ever knew a dad that tried to win at everything physical.

“In the last month his pain become increasingly worse, he was unable to eat solid food and lost his speech to a difficult whisper. MND had won and with pain relief he slept and died.”

Despite this, Gregor said his dad kept his sense of humour throughout, always had a smile and never asked “why me?”

With current Covid restrictions, unfortunately the public will not be able to take part in the run. At any one time, only four people will be running the route. Two people, Gregor and Ryan Stevenson will be running the entire 40 miles while the other two slots will be the sporting legends dipping in and out every 4 miles.

They will only do one 4 mile leg. All participants will complete a lateral flow test before they run and will check temperatures, ensuring there are no signs of Covid.

Gregor has set up a page where people can donate, and people can also visit his Facebook, Twitter and Instagram pages.

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