

# Grandfather cycles into the record books

**An Edinburgh grandad has smashed the world record for the longest journey on a rickshaw after cycling from Scotland's Capital to Istanbul in aid of Cancer Research.**

Len Collingwood left Edinburgh on 1 June 2018 and pedalled through 12 countries logging 3,882.5 miles before reaching Istanbul.

The former mental health nurse has spent his time travelling the world by bike since retiring.

He said: "I love the experience of meeting new people and seeing the world by bike."

The 68-year-old joined the Just Eat Cycles team this year as a driver and bike redistributor and his catalogue of two-wheeled achievements also includes cycling 8,000 miles from Mongolia to Scotland and riding across the Himalayas on a single speed bicycle.

The former marathon runner added: "I'm a big believer that cycling is something that anyone can get involved with.

"Whether or not you're travelling across a continent or cycling to the shops at the end of the street, the bike is always there for you. It's good for your body, mind and the environment and can allow you to explore the world."

Next June, Len plans to cycle from the top of Europe to the bottom – North Cape to Tarifa, a journey taking him from

Norway to the south of Spain, a distance of 7,500 km.