

Join us and make a difference.



Get on your bike!

We are excited to have support from our friends at [Zurich Legacy Solutions](#) (ZLS) to co-ordinate and sponsor a charity bike ride from London to IRLA Congress, Brighton on Monday 16 May 2022, AND WE NEED MORE RIDERS!

Riders are asked to raise money for IRLA 's chosen charity - [National Autistic Society](#) (NAS).

- The route will be 55 miles from London to Brighton setting off at 08:00
- There will be rest stops along the way to allow riders to regroup and refresh
- Riders of all abilities are welcome to take part, with estimated completion times ranging from 3.5 hours to 5 hours
- In addition to cyclists we are asking for volunteers to assist with logistics and to host rest stops along the route
- A support van will transport riders luggage from London to Brighton

[Click here](#) for the riders pack.

To take part of for more information, please contact [Chirag Shah](#) at ZLS.

