

FRA / WFRA / NIMRA

Transgender Policy FAQs – DRAFT

- **Can transgender athletes compete in Fell Running?**

Yes. Transgender athletes are, and will continue to be, very welcome at recreational and competitive activity in Fell Running.

- **Why is the FRA/WFRA/NIMRA supporting this policy?**

This policy offers a fair racing platform in the spirit of Equality, Diversity and Inclusion (EDI).

- **When will this updated policy take effect?**

From 1st January 2024.

The administrative arrangements for the new name for the Male/Open category and for declarations when entering events or for registering on our website as a racer will take a little while to implement, e.g. race entry forms, websites, etc. There will undoubtedly be a period where Race Organisers will take time to make changes, but this will be monitored, and advice will be given where necessary or required.

- **How will this policy be enforced?**

The FRA/WFRA/NIMRA is a volunteer body. Runners who do not identify with a sex different from their sex recorded at birth will have to take no action.

The FRA/WFRA/NIMRA will continue to trust the members and non-members who run in and organise licensed events to act honestly. Any contravention of this policy will constitute a breach of the discipline regulations.

- **What if a racer incorrectly enters the female category?**

If the racer is entering the female category, they are effectively confirming they are either female from birth, or that they comply with the World Athletic regulation *3.5A Regulations for the Implementation of Eligibility Rule 3.5 (Male and Female Categories), effective 01 SEP 2025.*

In the vast majority of situations, the Race Organiser (RO) should accept the category the racer has entered. If there is any issue this should be raised as a challenge following the race. It should be advised to the runner that they will receive no prizes until the matter is resolved. This should not be seen as cheating.

In some situations it may be obvious that the racer has incorrectly entered the female category, e.g. where the RO personally knows the individual concerned who has raced previously in the Male/Open category (or Male category prior to the policy change); but is attempting either deliberately or accidentally to enter the Female category. In such a case an immediate challenge at the time of registration may be appropriate. However, in many cases it may be much less clear and great care must be taken to avoid embarrassment. This is clearly a very sensitive area, and the RO should discuss with the runner in a careful and sensitive manner, and avoid having such a conversation within earshot of other persons.

- **I would like to introduce separate Female and Male/Open starts.**

For the sake of inclusive racing we recommend mass starts. The exception to this would be for very larger fields over short courses where runner space is limited, e.g. British Championship counters.

- **I would like to introduce an extra category such as non-binary.**

To ensure fair competition, the adopted policy does not allow for any other categories, so we recommend Female and Male/Open categories only.

- **If a runner states they identify as non-traditional gender (e.g. gender fluid or non-binary) which category would they be in?**

We recommend that a runner should be asked to nominate which category they are eligible for within the policy. If the runner chooses not to identify their sex as recorded at birth for the purposes of this policy, they will be automatically in the Male/Open category.

- **Will the associated Rules and Regulations be reviewed?**

Yes, we will be continuously monitoring this policy and will review initially annually and thereafter at time intervals deemed appropriate by the committee.

- **What does this mean for transgender men?**

Transgender men who are recorded as female at birth and who have or are transitioning involving hormone therapy treatment, will be able to compete in the Male/Open Category. They would not be eligible for the Female category.

- **At the race I organise can I still call the categories Female and Male?**

We would recommend not doing so. The policy does not allow this due to the confusion this would cause regarding who is qualified to enter into each category. The Male/Open category is inclusive to everyone.