

Solent Running Sisters



Transgender Inclusion Policy

Purpose of the Policy

Solent Running Sisters have developed this Transgender Policy which aligns with the UK Athletics Policy and World Athletics Policy and aims to protect those who identify as transgender and promote the inclusion of all athletes within the sport.

Trans or transgender is an umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth (www.stonewall.org.uk/helpadvice/glossary-terms)

Trans athletes who identify as women are welcome to join Solent Running Sisters, an all female running club.

Club Best Practice

- The Club understands/recognises the barriers to participation for trans people
- Treat the trans person with dignity and respect.
- Respect the private and confidential nature of the person's situation
- Agree with the trans person how information is to be shared with others if this is necessary
- Support the trans person with their choice of changing facilities where possible – a conversation should be had around where this person feels most comfortable changing.

Complaints from other users or competitors must be handled carefully. It is the duty of the club and competition officials to ensure that confidentiality is not compromised, and that members and competitors are not subjected to abuse, whether physical or verbal, on any ground

- Take prompt and decisive action against anyone in the organisation whose behaviour or language is inappropriate

As our club and members are UKA registered athletes, we have to follow UKA rulings which state*:

- Transgender athletes do not need to register with their sex at birth unless they intend to compete in licensed events. For example, if an athlete is only training with the club or taking part in non-licensed activities, they may register with the club in their chosen gender.
- However, Athletes are only permitted to compete in licensed competition (events sanctioned by England Athletics or UK Athletics) in their sex recorded at birth.

- Athletes who enter licensed events in a gender category that does not match their birth sex will be in breach of current policy and may be subject to disciplinary action.
- If your gender is different from the sex you were observed at birth, you are not allowed to compete in the female category from 1 April 2023 unless you are approved by UK Athletics as complying with the World Athletics Regulations to be able to compete in the female category
- Transgender women athletes who were previously approved to compete through the UKA panel process can no longer compete in the female category from 1 April, regardless of testosterone levels.
- If you wish to enter any competitive events, you must provide details of your sex observed at birth on your England Athletics registration and this will be shared with the club and event organisers through your England Athletics profile.
- If you have already completed your England Athletics registration for the year prior to 31 March, this does not mean you are approved to compete in the female category for the season and you will need to ensure your personal data is updated to comply with this UKA regulation.

Further information and updates can be found on their website:

[Transgender Athletes - England Athletics](#)

Solent Running Sisters are part of the CC6 and RR10 leagues, these races are no longer UKA races, they are now licensed by ARC, they also follow the World Athletics ruling which means the member must be registered as their sex observed at birth to take part. If the member does not wish to take part in these events, they can register as their chosen gender, as per the above UKA ruling.

Hampshire Road Running League races are licensed by different providers so each must be checked individually as they are subject to change.

If a licensed race registration form offers a gender option for "other" or "open" the member may run under this but their UKA profile must be their gender assigned at birth.

*This is currently under review due to the 2025 High Court Rulings, our policy will be reviewed once the new UKA policy has been released.

UKA Athletics Policy

[Transgender Athletes - England Athletics](#)

World Athletics Policy

[Eligibility Regulations for Transgender Athletes](#)

Stonewall Glossary

[Glossary of terms](#)

Version	Date	Author
1st Draft	22.9.25	J.Moore
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