

TRANSGENDER PARTICIPATION GUIDANCE

IMPETUS RELAY

UPDATED: 18/02/2026

We believe that everyone should be able to take advantage of the health and wellbeing benefits of running and exercising outdoors. Our aim is to ensure that every participant feels welcome and supported at our events, regardless of their gender identity or any other defining characteristic.

However, our races are timed, and results tables are published after the event, meaning they are competitive events for many participants.

The lack of definitive research into the athletic performance of transgender runners compared to their cisgender counterparts makes it challenging to define a scientifically based policy at this time.

Consequently, we apply the World Athletics Transgender Regulations to our events. These regulations are also applied to UK Athletics licenced competitions. More information regarding the regulations can be found [HERE](#).

Our running events feature four gender categories:

1. Male
2. Female
3. Non-binary
4. Prefer Not To Say

If your gender identity is different to the sex assigned to you at birth the following guidance should be followed.

- **Transgender Male participants:** are permitted to register in the male category.
- **Transgender Female participants:** are permitted to register in the female category if they meet each of the following conditions:
 - They have not experienced any part of male puberty either beyond Tanner Stage 2 or after age 12 (whichever comes first).
 - Since puberty they must have continuously maintained the concentration of testosterone in their serum below 2.5 nmol/L.
 - They must continue to maintain the concentration of testosterone in their serum below 2.5 nmol/L at all times (i.e. whether they are in competition or out of competition) for so long as they wish to retain eligibility to compete in the female category.
- If you do not meet these conditions, we respectfully request that you either register as the gender that was assigned to you at birth or select Prefer Not To Say.
- **Non-binary participants:** are permitted to register in the Non-binary category, or to register in the gender that was assigned to you at birth.

Prefer Not To Say

Participants that select Prefer Not To Say will be included in the overall results table without a gender identifier. This means they will not be included in the gender specific results tables.

Gender Self-Certification

We operate a self-certification policy with regard to gender. You are not required to provide evidence regarding your gender at the point of registration.

In The Event of a Challenge

In the event of a challenge regarding a participant's gender, you must provide details of your sex at birth.

If you are a Transgender Female competing in the female category, you will be required to provide medical evidence that you are eligible to compete in the female category pursuant with this guidance.

All information about your gender identity and medical information, including any information provided pursuant with this guidance, will be kept strictly confidential.

If you wish to discuss any aspect of this guidance with a member of our team, please contact events@impetus.org.uk.

Publishing Race Results

Your gender will be published on the event and the websites for timing and leaderboard logs.

We provide the option to anonymise participants' results if this is preferable. If you would like to anonymise your result, please contact events@impetus.org.uk.

Awards

Awards are offered for the male and female categories and also the mixed pairs and team categories in Impetus Relay. No monetary prizes are offered at any events.

Antisocial Behaviour

We take the welfare of all our participants extremely seriously. If you witness any antisocial behaviour, including transphobic or homophobic abuse, please notify a member of the event team immediately.

Ongoing Review

We appreciate that there are differing views and conflicting research findings regarding the performance differences between transgender athletes and their cisgender counterparts.

We are committed to doing the right thing for all our participants, and therefore this guidance will be reviewed periodically and updated as new evidence is made available.