



For the attention of Richard Budgett, IOC  
10 October 2019

Dear Richard,

Thank you for your reply to our private email asking the IOC to suspend its transgender eligibility guidelines sent to you on behalf of 60 world class athletes and scientists.

I am encouraged to learn that the IOC is consulting with a wide group of stakeholders on the matter of fairness and inclusivity, and that you are further broadening your consultation process in the coming weeks. As representatives of affected athletes Fair Play For Women is an important and relevant stakeholder in this consultation process. **As such, I would like to request a meeting with you and your team in person so we can discuss our concerns in more detail.**

Since writing to you last, you'll now be aware of the advance in scientific understanding around this issue following the publication of the [Lundberg \*et al\*](#) study. Here they show that lowering testosterone to female levels <1 nmol/L for 12 months in 11 male subjects leads to no reduction in thigh muscle strength. This new research significantly undermines the conclusions reached at the 2015 consensus meeting recommending a maximum 10 nmol/L for 12 months for the eligibility of male-born transgender athletes into the female category. Indeed, this study supports the widely held view that no amount of testosterone reduction in males can fully reverse the legacy of male performance advantage following male puberty.

As stated in the [2015 consensus document](#) this is a "living document and will be subject to review in light of any scientific or medical developments". There is now an urgent need for the IOC guidance to be revoked before Tokyo 2020 with a clear acknowledgement that the principle of testosterone suppression as a method of levelling the playing field between males and females has no credible scientific backing.

I would like to emphasise the importance of the latter request. It is vital because the IOC guidelines are seen as the 'gold standard' and have now been reproduced by most international federations and UK national governing bodies in their trans eligibility policies. As such we have seen a proliferation of examples in the UK of male-born athletes now playing in female sports teams with serious implications for both safety and fair competition.

I very much looking forward to engaging with you further on this issue,  
Sincerely,

Nicola Williams  
Director, [Fair Play For Women](#)