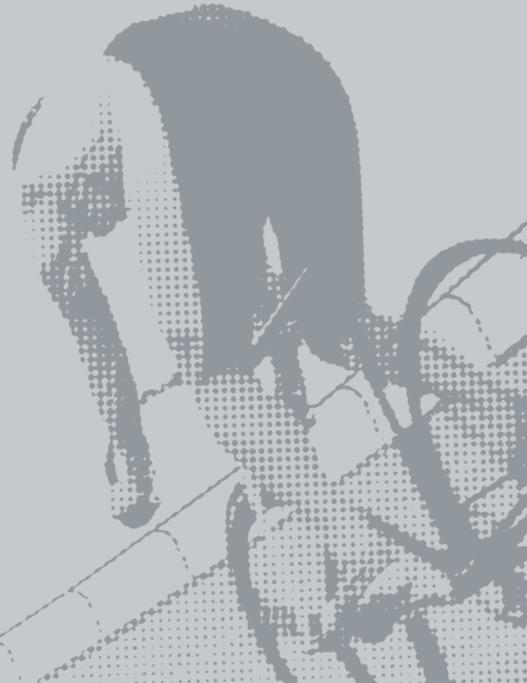




**ANNUAL REPORT**  
OF THE ANTI-DOPING UNIT OF THE  
IRISH SPORTS COUNCIL FOR **2003**



THE  
IRISH SPORTS  
COUNCIL



AN CRICHNAISE SPÓIRT



Irish Sport  
anti-doping  
programme

ANTI-DOPING

JUNE 2004

## STAFF

Dr Úna May  
Programme Manager

Ms Jo Saies  
Programme Manager  
(May-September)

Ms Siobhán Leonard  
Programme Executive

Ms Siobhán Murphy  
Programme Assistant

Ms Linda O'Donnell  
Quality Systems Executive

[www.irishsportsCouncil.ie](http://www.irishsportsCouncil.ie)

## CONTACT DETAILS

Irish Sports Council  
Top Floor  
Block A  
West End Office Park  
Blanchardstown  
Dublin 15

Phone (353 1) 860 8830

[antidoping@irishsportsCouncil.ie](mailto:antidoping@irishsportsCouncil.ie)

# CONTENTS

<b>INTRODUCTION</b>	1
<b>FOREWORD</b>	3
<b>Visions of the Programme</b>	5
<b>Background to the Programme</b>	8
<b>Education Programme</b>	10
<b>Testing Programme</b>	13
<b>Research Programme</b>	14
<b>International Commitments</b>	15
<b>Administration</b>	16
<b>The Year Ahead</b>	18
<b>Cost of the Programme</b>	20
<b>APPENDIX</b>	
Appendix 1 - Testing Figures	22
Appendix 2 - Summary of Findings 2003	23
Appendix 3 - International Meetings	24

# INTRODUCTION

The Irish Sports Council is committed to developing healthy, fair, and enjoyable sport. In accordance with that guiding philosophy, sport must be drug free and played in accordance with the spirit and letter of the rules.

Under the *Irish Sports Council Act 1999* the Council was given the task of combating doping in sport. Immediately the Council established the Irish Sport Anti-Doping Programme, which was launched in the autumn of 1999. It comprises three main elements; testing, education and research.

The Council is proud to have put in place a Programme that is recognised nationally and internationally as of the highest quality. It makes a contribution to the development of Irish sport through guarding the ethical standards of sport and ensuring that competitors, mentors and spectators are involved with drug free sport.

The Programme's success relies on the cooperation and collaboration of athletes and sports bodies to the Programme. The Programme sets them many challenges and each year we are gratified by the determination of our colleagues in sport to work with us to ensure the Programme is operating successfully.

We acknowledge the contribution of athletes and sports bodies to our work and restate our commitment to working closely with the National Governing Bodies of sport and athletes to ensure that the Programme operates effectively and continues to develop as a world class Programme.

The Minister for Arts, Sport and Tourism, Mr. John O'Donoghue T.D., has given the Programme his unequivocal support. The Programme benefits enormously from the support of the Minister and his Department. We acknowledge and appreciate the support of Government, which has been constant since 1999 when the Programme was established.

On behalf of the Irish Sports Council we would like to pay tribute to the Anti-Doping Committee. Chairperson Dr Conor O'Brien, ably supported by his Committee, continues to guide the work of the Programme with great skill and dedication.

The executive of the Anti-Doping Unit, assisted by their colleagues in the Council, work tirelessly to ensure the Programme meets the increasing and changing demands of sport. Their contribution is appreciated by the Council, which is pleased to see their expertise getting recognition both at home and abroad.

The fight against doping in sport remains a huge challenge. 2004 is an Olympic and Paralympic year, which brings extra attention to doping issues. It is important to state once more for the record that the Council is totally committed to meeting every challenge that this complex issue will present, this year and every year.

**Mr. Pat O'Neill**  
Chairperson  
Irish Sports Council

**Mr. John Treacy**  
Chief Executive  
Irish Sports Council



## LIST OF ABBREVIATIONS

AAI	Athletics Association of Ireland
ADU	Anti-Doping Unit
ANADO	Association of National Anti-Doping Organisations
CPD	Continued Professional Development
EU	European Union
FAI	Football Association of Ireland
FOI	Freedom of Information
GAA	Gaelic Athletic Association
IAAF	International Association of Athletics Federations
IADA	International Anti-Doping Arrangement
IDTM	International Doping Tests and Management
IF	International Federation
IOC	International Olympic Committee
IPT	International Project Team
IS	Information Systems
ISADP	Irish Sport Anti-Doping Programme
ISC	Irish Sports Council
ISDC	International Standard for Doping Control
ISO	International Standards Organisation
LSP	Local Sport Partnerships
MIMS	Monthly Index of Medical Specialities
NCTC	National Coaching and Training Centre
NGB	National Governing Body
OCI	Olympic Council of Ireland
OOCT	Out of Competition Testing
PDA	Personal Digital Assistant
RCSI	Royal College of Surgeons, Ireland
THG	Tetrahydrogestrinone
UCD	University College of Dublin
UEFA	Union of European Football Associations
UNESCO	United Nations Educational, Scientific and Cultural Organisation
WADA	World Anti-Doping Agency

## THE WAY FORWARD

### THE VISIONS OF THE IRISH SPORT ANTI-DOPING PROGRAMME ARE

**Education** – to facilitate the development and delivery of quality education programmes for all major stakeholders.

**Testing** – to provide an effective, quality-driven testing programme.

**Research** – to establish a long term research programme which compliments and progresses anti-doping research nationally and internationally.

**International** – to keep abreast of international best practice and to collaborate with relevant international initiatives.

**Administration** – to develop and maintain quality standards to ensure correct and transparent administrative procedures.

“ THE IRISH SPORTS COUNCIL ANTI-DOPING COMMITTEE AND ITS EXECUTIVE ENSURED THAT THE IRISH ANTI-DOPING PROGRAMME PROVIDED THE BEST POSSIBLE TESTING RESEARCH AND EDUCATION AVAILABLE AND WILL CONTINUE TO DO SO INTO 2004 AND BEYOND ”

FUTURE AUTHORITY  
INSURANCE  
EXERCISE ATHLETES  
RULES

## BACKGROUND TO THE IRISH SPORT ANTI-DOPING PROGRAMME

The Irish Sports Council was established on a statutory basis in July 1999. Its mission is to plan, lead and co-ordinate the sustainable development of sport in Ireland. The three key objectives of the Irish Sports Council are:

1. To break down barriers and increase participation in sport, not only the number of people but their continued participation throughout their lives.
2. To create an environment so that individuals can develop their sporting abilities.
3. To help our leading sportsmen and women achieve world-class performance by fair and ethical means.

The Anti-Doping Unit endeavours to contribute to the achievement of these objectives through the delivery of its high quality programme. The performance of doping control tests are a core activity of the Unit and act to protect the integrity of Irish sport and to instill confidence in the fairness and legitimacy of performances of Irish Athletes. Education of key stakeholders is also a central activity of the unit. Education is necessary both as a preventative measure and in order to ensure that all relevant people are fully informed on anti-doping issues. Research comprises an integral component of the Anti-Doping Programme and aims to monitor the success of existing programmes and assist in the development of new initiatives.

## ANTI-DOPING COMMITTEE

The Anti-Doping Committee was established in September 1999 to “assist and advise the Council in relation to the performance of its functions...and exercise such powers and carry out such duties relating to that function as the Council may from time to time delegate to the Committee”.

Irish Sports Council Act 1999 (18(3))

The Anti-Doping Committee includes the following members:

**Dr Conor O’Brien (Chairperson)**

Consultant Neurophysiologist and Physician in Sports and Exercise Medicine, Blackrock Clinic

**Dr Brendan Buckley**

Consultant Physician  
Cork Regional Hospital

**Professor Denis Cusack**

Professor of Legal Medicine  
University College Dublin

**Ms Ann McGee**

Registrar and Secretary  
Pharmaceutical Society of Ireland

**Mr. Peter McLoone**

(Council Member)  
General Secretary  
IMPACT

**Dr Derek McGrath**

Consultant Psychiatrist (retired)

**Mr. Ercus Stewart**

Barrister  
Dublin International Arbitration Centre

**Ms Michele Verroken**

Director, Ethics and Anti-Doping  
Uk Sports Council

**Dr Una May (Secretariat)**

Programme Manager, ADU  
Irish Sports Council

The following individuals have also made themselves available to the Committee in an advisory capacity:

**Professor Paddy Collins**

Professor of Biochemistry  
Royal College of Surgeons

**Dr Peter Conlon**

Renal Physician  
Beaumont Hospital

**Professor Colm O’Herlihy**

Professor of Obstetrics and Gynaecology  
University College Dublin

Anti-Doping Committee meetings were held on a quarterly basis throughout 2003.

The research sub-committee was established in 2001 and consists of:

Dr Conor O’Brien, Dr Brendan Buckley, Professor Paddy Collins and Dr Una May.

## EDUCATION PROGRAMME

Educational material distributed by the ADU:

	2000	2001	2002	2003
Wallet Cards	5,340	9,150	13,559	7,559
Sample Collection Leaflets	3,530	8,500	7,516	2,045
Anti-Doping Officer Handbooks			128	40
IOC List of Banned Substances			112	131
Fact Sheets			140	138

## DRUG INQUIRIES

Drug inquiries received by the ADU:

	2000	2001	2002	2003
Drug Inquiries	45	92	206	173

## EIRPHARM.COM

	2001	2002	2003
Unique Users	2,080	10,044	11,522
Email queries		284	207

Eirpharm.com, the Irish Pharmacy website, endorsed by the Irish Sports Council, expanded its database of medicines in sport in 2003, to include information on the status in sport of prescription-only medicines. This is now a regularly updated database of almost 3,000 medicinal products marketed in Ireland. The site has also been upgraded to include images of the product packs of non-prescription products and in addition to providing information on specific areas of interest such as THG, supplements etc. The medicines and sport database was updated at the end of December 2003 to fully to comply with the 2004 World Anti-Doping Code.

In 2003, this section of the eirpharm site had 11,522 unique users. The highest number of unique users was in September when there were 2,296 unique users followed by April (1,473 unique users) and October (1,313 unique users).

Eirpharm.com also answered 207 drugs and sports-related queries in 2003 via the "Ask the Pharmacist" email query service. About 60% of such inquiries were on the use of certain supplements or herbal substances in sport.

## EDUCATIONAL VIDEO AND DVD

In response to requests for further assistance with education the Anti Doping Unit produced, in March, a video & DVD explaining the Testing Procedures and Banned Substances.

These were distributed to all NGBs beginning in April. Requests for additional copies were received from 18 NGBs.

The more advanced technology of the DVD allowed for the inclusion of drop down menus providing greater detail in certain areas e.g. Prohibited Classes of Substances and Herbal and Vitamin Preparations etc.

## EDUCATIONAL SEMINARS

The following educational seminars were held throughout 2003:

### SEMINARS 2003

Jan 18th	Sports Institute Northern Ireland
Jan 28th	Turf Club
Feb 5th	RCSI
Feb 16th	Irish Dance Sport Federation
Feb 23rd	University of Ulster, Diploma in Sports Medicine
March 10th	Sports Injury Course, UCD
April 11th	Sports Medicine Course, Trinity
April 25th	Turf Club Training Seminar
September 6th	NCTC Coaching Forum
October 1st	LSP Training
October 13th-15th	NGB Consultation re Irish Rules
November 12th	RCSI
November 15th	AAI
November 22nd	OCI Conference



## RESEARCH

Two research projects identified during 2002 are ongoing.

An interim report was received on a project entitled: "Why do athletes cheat? An investigation of Irish athletes' understanding of, and attitudes to, cheating behaviour (including doping) in sport". During late 2002 a pilot study was undertaken – this directed the focus of the research methods and the main study was then conducted using focus groups from 6 different sports – Soccer, Gaelic, Boxing, Martial Arts, Rowing and Track and Field.

This study aims to answer three important questions:

- What do the psychological constructs of 'cheating' and 'cheating behaviour in sport' actually mean to athletes?
- What psychological factors influence athletes to consider using banned substances or to engage in other forms of cheating behaviour in sport?
- What are the views/beliefs of Irish athletes, coaches and sports administrators about the relative efficacy of various anti-cheating policies and strategies in this country at present?

The second study has also reached an interim stage with preliminary findings to be reported to the European College of Sports Sciences Annual Meeting during 2004. This study is entitled: 'An investigation of pre- and post-exercise ingestion of commercially available drinks on exercise performance and rehydration in male cyclists'.

“ THE IRISH SPORTS COUNCIL, AS IRELAND'S NATIONAL ANTI-DOPING ORGANISATION, WILL BE RESPONSIBLE FOR ENSURING THAT THE NATIONAL POLICY IS IN COMPLIANCE WITH ALL RELEVANT ASPECTS OF THIS CODE AND HAS BEEN WORKING OVER THE PAST 12 MONTHS TOWARDS THE DEVELOPMENT OF A REVISED NATIONAL POLICY ”

## INTERNATIONAL COMMITMENTS

Ireland stepped up its commitment to International matters during 2003 supporting wholly the worldwide concerted action against doping in sport.

### Council of Europe

The Irish government in 1992 signed the Anti-Doping Convention of the Council of Europe. On March 1st 2003 this convention was formally ratified. Ireland became the 40th country to ratify the convention since it opened for signature in 1989.

Further to a consultative visit made by representatives of the monitoring group in 2001 a follow-up report was presented to the 17th meeting of the monitoring group during 2003. Clear progress on the development of the programme was demonstrated since the original report.

### The Copenhagen Declaration

In Copenhagen in March the new World Anti-Doping Code was unanimously accepted as the basis for the future fight against doping in sport. The Code is the first international instrument to harmonise rules regarding doping across all sports and all nations.

On April 3rd the Minister for Arts, Sport and Tourism, Mr John O'Donoghue signed the Copenhagen Declaration. This commits Ireland to WADA and its new Code and ensures that Ireland remains at the forefront of the international battle against doping in sport. The Irish Sports Council, as Ireland's National Anti-Doping Organisation, will be responsible for ensuring that the National policy is in compliance with all relevant aspects of this Code and has been working over the past 12 months towards the development of a revised National Policy.

A total of 98 governments of the world have now signed the declaration and 178 sports organisations have accepted the World Anti-Doping Code

### Association of National Anti-Doping Organisations

A new Association of National Anti-Doping Organisations (ANADO) was established in Strasbourg, on April 28th 2003. Twenty National Anti-Doping Organisations (NADOs) including the Irish Sports Council, representing four regions of the world, became the founding members of the ANADO and took part in the inaugural elections.

The ANADO is a not-for-profit organisation created for the benefit of National Anti Doping Organisations (NADO) worldwide. The main objectives of the Association are to support the development of comprehensive national anti-doping programs and to serve as a resource for anti-doping professionals and staff.

The ANADO held its inaugural Annual General Assembly in November in Strasbourg. Gary Rice, Beauchamps Solicitors, the Irish Sports Council's legal adviser, was invited by ANADO, to Chair this assembly. The Council has at all stages contributed to discussions raised by the ANADO and is very supportive of the development of a forum for regular communication and exchanges of information between NADOs. The sharing among NADOs of experiences and solutions to everyday problems can benefit the global fight for doping-free sport.

## ADMINISTRATION

### I.S. EN ISO:9001:2000 Certification

The Anti Doping Unit began working towards an ISO:9001:2000 Certification in November 2001. They successfully achieved ISO:9001:2000 Certification in October 2003. It is an International Quality Award which recognises the quality system developed and practiced by the Anti Doping Unit regarding management and administration of Services in respect of Doping Control according to I.S. EN ISO:9001:2000 and the International Standard ISO/PAS 18873:1999 for Doping Control.

The Certificate of Registration was issued subject to the regulations, and within the accredited scope of EQA (Ireland) Limited, (European Quality Assurance Limited).

The Anti Doping Unit is, presently, one of only 10 N.A.D.O.'s in the world who have achieved this standard.

The maintenance of the quality system is ongoing. It involves monthly internal audits, which are carried out by six qualified internal auditors. The certification body, EQA, also carries out assessments during the year.

The Certificate of Registration is valid until the 3rd November 2006 by which time it will be due for renewal.

The executive is committed to ensuring that the work of the Anti Doping Unit remains compliant with the quality standard awarded and to incorporate into the standard the Irish Anti Doping Rules introduced by the World Anti Doping Agency and any new procedures arising therefrom.

### Athlete Whereabouts System

Out of competition testing (OOCT) can occur at any time and at any place. The "Athlete Whereabouts System" is an integral part of an efficient out of competition programme. The System requires athletes to provide timely, complete and accurate information on their training times, schedules, venues and activities over a given period. This involves providing a completed whereabouts form to the Anti-Doping Unit on a quarterly basis.

Athletes who do not meet this obligation are considered to be in breach of the Programme and can be sanctioned. Five athletes were sanctioned for whereabouts violations in 2003.

### On Line Whereabouts System

In 2002 the ADU commenced a project to provide a web-based method of completing Whereabouts Forms. This project went live in September 2003. Athletes can provide their whereabouts details over the internet, simply by logging in to the Irish Sports Council's website, using their unique username and password. These details are then directly stored in a whereabouts database, which is consulted by the Anti-Doping Unit when necessary.

### PDA's

In 2003 Irish high-performance athletes were presented with a Personal Digital Assistant (PDA) which could replace existing paper-based processes with an electronic solution. High-performance athletes can use this handheld computing device to submit their whereabouts data to the Irish Sports Council. They can also use the PDA to track their own schedules, to email and to manage their contacts.

After an initial trial period, more than 140 athletes in Ireland began using the PDA's, in December.

SPORTS  
ATHLETES  
EXERCISE  
INSURANCE

## THE YEAR AHEAD

### Testing

With 2004 being an Olympic year this will influence the distribution of out of competition tests to ensure that all Olympic athletes are tested prior to the games.

The Council will continue to keep abreast of international developments in the field of testing, ensuring that the Council's contracted laboratory will carry out new testing methods where appropriate. WADA and the IOC are optimistic that a test for the detection of human growth hormone will be validated in time for the Olympics – the Council's contracted lab will work towards implementing any such test at the earliest possible opportunity.

The Council is currently reviewing a contract from WADA, which may lead to the Council providing Out of Competition testing on WADAs behalf, during 2004

All aspects of the International Standard for Testing will be fully incorporated into the Unit's quality management system during the first half of 2004.

The Council will be re-tendering for the services of sample collection and transportation during 2004.

### Education

The main focus of the education programme during 2004 will be to ensure that all key stakeholders are fully educated on all aspects of the new Irish Anti-Doping Rules. The new Rules will be launched at a national conference in Dublin in January. Local seminars will then be organised at suitable locations around the country targeting players, athletes and their support personnel.

An athlete handbook and an anti-doping officers handbook will be produced alongside the publication of the Rules. The publication of the Rules will also incorporate a user-friendly guide to the Rules.

All reference sources for prohibited substances (e.g. wallet card, Eirpharm.com, MIMS) will be kept up to date at all times.

### Research

The two current research projects funded by the Council will be completed during 2004.

A new research strategy will be developed during 2004 in order to clarify the future direction of this aspect of the unit's role.

### Administration

The Irish Anti-Doping Rules will come into force on June 1st. The months prior to this date will focus on implementation issues and on education.

The Unit will continue to improve its internal procedures and will ensure that all quality management documentation is updated and aligned with the New World Anti-Doping Code, International Standards and the Irish Anti-Doping Rules.

A centralised system for the administration of therapeutic use exemptions will be established. This will be in place by May in time for the full implementation of the Rules on June 1st.

A centralised disciplinary process is also being developed through the establishment of both a disciplinary panel and an appeal panel which will be available to hear cases from all NGBs on anti-doping matters.

It is anticipated that during the latter part of 2004 a bespoke computerised information management system will be developed alongside a proposed new WADA IS system. This will ensure not only maximum efficiency within the unit but will also maximise the efficiency of reporting to WADA in line with Code requirements.

### International

The Unit will continue to contribute at an international level in all relevant aspects. The Unit is well advanced in the implementation of the Code in Ireland and therefore has much to contribute at international meetings regarding Code implementation. Both the Council of Europe and the ANADO will be co-ordinating seminars of this kind during 2004.

The Unit will also contribute feedback on the development of the UNESCO International Convention Against Doping in Sport.

“ THE COUNCIL WILL CONTINUE TO KEEP ABREAST OF INTERNATIONAL DEVELOPMENTS IN THE FIELD OF TESTING, ENSURING THAT THE COUNCIL'S CONTRACTED LABORATORY WILL CARRY OUT NEW TESTING METHODS WHERE APPROPRIATE ”

# COSTS OF THE ANTI-DOPING PROGRAMME 2003

Costs of the Anti-Doping Programme 2003

Expenditure Heading	2003 Cost (€)	2002 Cost (€)
Testing	532,274 <sup>1</sup>	502,943
Education and Research	76,176 <sup>2</sup>	59,207
Salaries	124,426 <sup>3</sup>	127,758
Other Costs	436,955 <sup>4</sup>	256,333
<b>TOTAL</b>	<b>1,169,831</b>	<b>946,241</b>
Income from Testing	76,874	24,020

Notes:

1. Includes the cost of sample collection, transportation and laboratory analysis contracts, and all mobile unit costs.
2. Includes direct education and research costs associated with the programme (i.e. does not include the cost of printing education material etc.)
3. Gross salary costs, including Employers PRSI of staff members of the ADU.
4. Includes legal advice associated with the programme, consultancy fees, travel and subsistence, public relations, advertising, printing, insurance and other related costs in administering the programme.



## APPENDIX 1 TESTING FIGURES

Testing Figures January 1st - December 31st 2003

Sport	OOCT	Comp	Total
Athletics	94	24	118
Badminton	10	6	16
Basketball	0	8	8
Boxing	45	4	49
Canoe Polo	0	8	8
Canoige	0	4	4
Canoeing	32	0	32
Clay Pigeon	10	6	16
Cricket	0	4	4
Cycling	25	43	68
Fencing	3	0	3
GAA- mens	0	40	40
Gymnastics	0	2	2
Hockey	4	0	4
Judo	7	4	11
Ladies - GAA	0	8	8
Ladies - Golf	0	4	4
Mens - Golf	0	4	4
Motorcycling	0	25	25
Motorsport	0	13	13
Orienteering	1	0	1
Rifle & Pistol Shooting	2	0	2
Rowing	39	18	57
Rugby	57	0	57
Sailing	58	5	63
Soccer	15	24	39
Squash	12	4	16
Surfing	1	4	5
Swimming	17	9	26
Tae Kwondo	1	0	1
Tennis	7	11	18
Triathlon	2	8	10
Tug of War	0	2	2
Volleyball	4	4	8
Weightlifting	14	4	18
Wheelchair Sports	8	6	14
<b>468</b>	<b>306</b>	<b>774</b>	

Other Statistics	
<b>Sports Tested</b>	<b>36</b>
<b>Overseas Tests</b>	<b>103</b>
<b>Ratio In Comp: Out of Comp</b>	
Comp %	40%
OOCT %	60%
	100%
<b>Alcohol Tests</b>	
Motorcycling	30
Motorsport	18
<b>Total Tests</b>	<b>48</b>
<b>User Pay Tests</b>	
IRFU	40
Six Nations	16
Turf Club	65
AAI	5
Swim Ireland	57
<b>Total</b>	<b>183</b>

## APPENDIX 2 SUMMARY OF FINDINGS 2003

Sport	Comp/OOCT	Category of Drug	Substance detected	Action taken
Football	Comp	Stimulants	Benzoyllecgonine	9 months suspension
Swimming	Comp	Stimulants & Anabolic agents	Salbutamol	Overseas competitor – awaiting notification of action taken
Athletics	OOCT	Anabolic agents	19-norandrosterone	2 years suspension (for final ratification at Congress 2004)
Athletics	Comp	Stimulants & Anabolic agents	Salbutamol	Overseas competitor – awaiting notification of action taken
Tug of War	Comp	Stimulants	Pseudoephedrine	3 months suspension
Judo	OOCT	Refusal to comply		Investigation still under way
<b>Outcomes pending from 2002</b>				
Athletics	Comp	Stimulants & Anabolic agents	Salbutamol	Medical notification provided

# APPENDIX 3 INTERNATIONAL MEETINGS

## International Meetings Attended

Mar 3rd-5th	WADA Conference, Copenhagen
Mar 24th-26th	IPT 3 Final Meeting Oslo
April 28th	ANADO Inaugural Meeting
April 29th-30th	Monitoring Group of the Council of Europe Anti-Doping Convention
June 13th	Meeting of the Advisory Group on Education, Amsterdam
November 4th	WADA Code Implementation Meeting, Strasbourg
November 5th	First Annual Congress of ANADO, Strasbourg
November 5th-7th	Monitoring Group of the Council of Europe Anti-Doping Convention

