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INTRODUCTION

International sport has entered a new era in the fight against doping. In 2003 the World Anti-Doping Code was accepted at the World Anti-Doping Agency (WADA) Conference in Copenhagen and, from the outset, Ireland made clear its commitment to adopting and implementing the Code.

This led to the development of the new Irish Anti-Doping Rules which were implemented from June 1st 2004. These ensure that sport in Ireland is now operating in compliance with the World Anti-Doping Code and to the highest international standards.

The Irish Rules were produced following detailed consultation with all relevant sports organisations, culminating in a conference in Dublin in January 2004. It is a source of great pride to the Council that WADA commended the Irish Rules and have recommended them as a model for other countries to follow.

The Anti-Doping Programme enjoys widespread support in Ireland and the Council is aware that its success relies entirely on the cooperation and collaboration of the Nation's athletes, sports organisations and coaches. The Anti-Doping Committee and Unit continue our education and information campaign to ensure that all in the sports community are aware of the Rules.

The Olympics and Paralympics made 2004 a special year. The Council honoured its commitment to ensuring that all Olympic and Paralympic athletes were tested in advance of the Games. Shortly before the Olympic Games a positive result on an Olympic team member demonstrated the effectiveness of the Programme. This shows Ireland's determination both to expose those who cheat by doping and to protect athletes who compete fairly.

The Programme benefits enormously from the unequivocal support and commitment of the Minister for Arts, Sport and Tourism, Mr. John O'Donoghue T.D. and his Department. We acknowledge and appreciate this support, 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 outgoing Anti-Doping Committee. Chairperson Dr Conor O'Brien and his talented Committee offered five outstanding years of service. Establishing the Irish Sport Anti-Doping programme was extremely challenging on a number of levels. The extent of support for the Programme in Ireland and the international recognition of its excellence is a tribute to Dr O'Brien and his colleagues and their fine contribution to Irish sport. This international recognition has been reflected in Dr O'Brien's appointment to WADA's TUE sub-committee.

The Executive of the Anti-Doping Unit, assisted by their colleagues in the Council, work tirelessly to ensure that the Programme meets the increasing and changing demands of sport. Their contribution is appreciated by the Council and applauded internationally. Dr Una May was invited by WADA to be one of a handful of independent observers at the Olympic Games, an indication of the international reputation of the Executive and the Programme.

The Irish Sports Council remains committed to developing healthy, fair, and enjoyable sport. In accordance with that guiding philosophy, sport must be drugs free and played in accordance with the spirit and letter of the rules. The Irish Sport Anti-Doping Programme is an integral part of ensuring that sport is both played fairly and is seen to be fair.

Mr. Pat O'Neill
Chairperson
Irish Sports Council

Mr. John Treacy
Chief Executive
Irish Sports Council

EDUCATION
ATHLETE-CENTRED

TESTING
RESEARCH
STEADY
PROGRESS

FOREWORD

Enormous challenges face the Irish Sports Council and its partner agencies around the world in tackling doping in sport. It is widely accepted that doping in sport is wrong but it is also widely believed that it is now rife in elite sport. This devalues the achievements of sport and unfairly tarnishes the majority of athletes who reject doping.

Anti-doping agencies must use a number of strategies to rid sport of the scourge of drugs. They must also be seen by the sports community and the wider public to be winning the battle against the drug cheats.

The establishment of the World Anti-Doping Agency and the World Anti-Doping Code, based on a multi-national, multi-agency approach, is the way forward in the global fight against doping. It establishes an international sporting coalition against the cheats. WADA has already enjoyed huge practical success in tackling doping.

Crucially the establishment of WADA allows us to challenge myths surrounding doping. The first and greatest myth is that the cheaters will always be ahead of the testers. This is wrong. Anti Doping programmes that have the resources, research information and expertise are overhauling the gap between abuse and detection and are beginning to win the fight. Importantly, the will exists among athletes, sports administrators, coaches and governments, to take on the battle against doping.

This is the international context for the Irish Sports Anti-Doping Programme. I am delighted and honoured to take the Chair of the Anti Doping Committee at a crucial stage of the development of the Programme. I served on the previous Committee, chaired by my predecessor Dr Conor O'Brien, and understand the nature of the challenges ahead and appreciate the work carried out under Dr O'Brien's stewardship.

During 2004 the Programme continued to make substantial progress in its three operational areas: testing, education and research. This report, the fifth Annual Report of the Programme, details those activities, in a year in which doping remained a major item of national and sports news.

The introduction of the new Irish Anti-Doping Rules and the enormous support work entailed in their dissemination, as well as being an Olympic and Paralympic year, ensured the Committee and Executive had a busy and eventful 2004.

Delivering a world class programme imposes its own burden on the resources and technical capabilities of the Executive. The Unit continues to meet the challenges presented in a completely professional manner.

The number of positive findings for the year 2004 was again in line with international experience. The establishment of credible and visible anti-doping programmes, nationally and internationally, is a significant deterrent to those who may be tempted to take prohibited substances.

The green jersey, the county colours, are worn not just by the athletes but in a very real way by the volunteers whose commitment to sport underpins the sporting achievements of our small country. My colleagues on the Anti-Doping Committee are also volunteers in this fine tradition. They have committed to giving their time and expertise freely and in so doing make an enormous contribution to the work of the Council. I look forward to working with them, in our invisible green jerseys, over the coming years.

The Irish Sports Council, the Anti-Doping Committee and the Council's Executive will continue to ensure that the Irish Anti-Doping Programme provides world-leading testing, research and education, of which we can all be proud, well into the future.

Dr Brendan Buckley
Chairperson
Anti-Doping Committee

LIST OF ABBREVIATIONS

AAI	Athletics Association of Ireland
ADAMS	Anti-Doping Administrative System
ADO	Anti-Doping Officer
ADU	Anti-Doping Unit
AGM	Annual General Meeting
ANADO	Association of National Anti-Doping Organisations
CPD	Continued Professional Development
EQA	European Quality Assurance Ltd
EU	European Union
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
IS	Information Systems
ISC	Irish Sports Council
ISDC	International Standard for Doping Control
ISO	International Standards Organisation
MIMS	Monthly Index of Medical Specialties
NADOs	National Anti-Doping Organisations
NCTC	National Coaching and Training Centre
NGB	National Governing Body
OCI	Olympic Council of Ireland
OOCT	Out of Competition Testing
RCSI	Royal College of Surgeons, Ireland
TUE	Therapeutic Use Exemption
TUEC	Therapeutic Use Exemption Committee
UCD	University College Dublin
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 2005 AND BEYOND ”

EXERCISE
ATHLETES
INSURANCE
AUTHORITY
FUTURE
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 meet 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 instil 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”.

The five-year term of this Committee ended in 2004 and the Council would like to thank Chairman Dr Conor O’Brien and the rest of the committee for their commitment, support and assistance over the last five years in the development of the Anti-Doping Programme from its inception in 1999. In recognition of his contribution and expertise in the field, Dr. Conor O’Brien was appointed a member of WADA’s Therapeutic Use Exemption Working Committee at the end of 2004. This is a sub committee of WADA’s Health, Medical and Research Committee.

The Anti-Doping Committee from 1999-2004 included the following members and this Committee met twice in 2004:

Dr Conor O’Brien (Chairperson)

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

Dr Brendan Buckley

Consultant Physician
Bon Secours Hospital, Cork

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, Ireland

Dr Peter Conlon

Renal Physician
Beaumont Hospital

Professor Colm O’Herlihy

Professor of Obstetrics and Gynaecology
University College Dublin

In October 2004, the Minister appointed a Chairman of a new Anti-Doping Committee. The members of the new Committee are as follows:

Dr Brendan Buckley (Chairman)

Consultant Physician
Bon Secours Hospital, Cork

Dr Geraldine Barnville

ADO Irish Squash and
World Squash Federation

Mr Tim Delaney

Chief Pharmacist – Tallaght Hospital

Mr Mel Christle

Senior Counsel

Dr Joan Gilvarry

Medical Director, Irish
Medicines Board

Dr Patrick Guiry

Chemist, UCD

Mr Neville Maxwell

Former Olympic Athlete

Dr Anthony McCarthy

Consultant Psychiatry
St. Vincents University Hospital, Dublin

Mr Tony McCarthy

Irish Sports Council Member
Pharmacist, Caherciveen

Dr Con Murphy

ADO, GAA
General Practitioner, Cork

Ms Noreen Roche

Member of Sports Nutrition Interest Group

Dr Una May (Secretariat)

Programme Manager, ADU

“ 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 ”

IRISH ANTI-DOPING RULES

On April 3rd 2003 the Minister for Arts, Sport and Tourism, Mr John O'Donoghue T.D. signed the Copenhagen Declaration, which committed Ireland to WADA and World Anti-Doping Code. The Irish Sports Council, as Ireland's National Anti-Doping Organisation, was responsible for ensuring that the National Policy was in compliance with all relevant aspects of this Code.

During 2003 the ADU started to develop the Irish Anti-Doping Rules to ensure that all ISC recognised NGBs were compliant with the World Anti-Doping Code and the rules of their International Federation. NGBs were invited to participate in a consultation process, which started in October 2003 and the final draft of the Rules being presented at a major Conference in Dublin in January 2004.

The one-day conference entitled "Think Global – Act Local" took place in Clontarf Castle on January 24th and was opened by the Minister of Arts, Sport and Tourism Mr. John O'Donoghue T.D. The aim of the conference was to assist NGBs in understanding their responsibilities under the World Anti-Doping Code.

Over two hundred delegates attended the conference. The key-note speaker was Mr. David Howman, Chief Operating Officer and Acting Director General of the World Anti-Doping Agency and Dr Oliver Rabin, WADA's Science Director, who outlined the Therapeutic Use Exemption procedure. Speakers included Dr Conor O'Brien, Chairman of the Anti-Doping Committee, who outlined the procedure for TUE applications. Ercus Stewart, Senior Counsel, member of the Anti-Doping Committee, described the disciplinary and appeal procedure and Dr Brendan Buckley, member of the Anti-Doping Committee, outlined the WADA list of prohibited substances. Gary Rice, legal advisor to the Council, gave a summary of the Irish Anti-Doping Rules and Dr Una May, ADU Manager, outlined the roles and responsibilities of stakeholders under the Irish Rules and also outlined the next steps for National Governing Bodies of Sport.

The conference was very well received as NGBs found it both informative and interesting. Overall the feedback was extremely positive.

Minister for Arts, Sport and Tourism, Mr John O'Donoghue launched the Irish Anti-Doping Rules on April 21st and NGBs were required to adopt the Irish Rules by June 1st 2004 as a condition of funding and/or assistance. All sports attending the Athens Olympic Games also needed to be Code compliant as a condition of participation in the Games.

The Rules incorporate:

- The authority of the Irish Sports Council to test athletes and players
- How athletes and players will be selected for testing
- Consistent definitions of doping, sanctions and prohibited substances
- Requirements for provision of information on athlete whereabouts
- A process for approving the therapeutic use of prohibited substances
- A fair and transparent process for managing results and anti-doping rule violations, including a hearing and appeal process

INSURANCE ATHLETES EXERCISE STRESS

These Rules also incorporate the mandatory WADA International Standards:

- International Standard for Testing
- International Standard for Laboratories
- International Standard for TUEs
- International Standard for the Prohibited List

As major changes were to occur to the Irish Anti-Doping Programme with the inauguration of the Rules in June, the ADU held four seminars in late April. The first seminar was aimed at NGB ADOs. The following topics were discussed:

- Information regarding new procedures i.e. results management, Disciplinary and Appeal Panels
- Therapeutic Use Exemptions Procedures
- Irish Anti-Doping Rules - A handbook for Anti-Doping Officers - Revised Version
- Incorporation of the New Rules

The ADU then conducted three seminars around the country for athletes, which covered the following topics:

- Whereabouts Information, Missed Tests / Unavailability for Testing
- Therapeutic Use Exemptions (TUE), changes at International Level
- Athletes Handbook

The main changes that took place in the Irish Anti-Doping Programme were:

Therapeutic Use Exemptions (TUE)

The Committee participates fully in the WADA scheme for TUEs which should be availed of by athletes who need to be treated with a substance or method that is on the Prohibited List. To protect themselves, should such therapeutically necessary substances or methods be detected in the course of testing, athletes should obtain a TUE from the Irish Sports Council or from their International Federation, in the case of International Level athletes. The Council's TUE system is based on requirements of the International Standard for TUEs.

As required in the Standard, the Irish Sports Council appointed a committee to consider requests for TUEs. This Committee consists of the following members:

Prof. John Horgan, (Chairperson)

Cardiology

Dr James Gibney

Endocrinology

Dr Stephen Lane

Respiratory Disease

Dr Philip Murphy

Haematology

Prof. John O'Byrne

Orthopaedics

The role of the TUEC is to review the request and determine if the athlete will receive an exemption for the prohibited substance or method. The criterion for the granting of a TUE follows the International Standards for TUEs.

The Council received 59 applications for standard TUEs and 391 abbreviated TUE application forms between June and December. The Unit distributed 3,343 Standard TUE forms and 2,843 Abbreviated Forms in 2004.

Standard Therapeutic Use Exemption

Is completed where an athlete requests permission to use a prohibited substance or method for medical reasons.

Abbreviated Therapeutic Use Exemption

Should be completed in the case of certain beta-2 agonists (formoterol, salbutamol, salmeterol and terbutaline) by inhalation, and non systemic glucocorticosteroids.

Irish Sport Anti-Doping Disciplinary Panel

Since the inception of the Programme in 1999 NGBs were responsible for appointing members to a Disciplinary Panel when an anti-doping violation occurred. As required by the Irish Anti-Doping Rules the Irish Sports Council appointed an Irish Sport Anti-Doping Disciplinary Panel who has the power to hear and determine the consequences of the Anti-Doping Rule violation.

This Panel consists of three experts from a legal, medical and sports (administration/former athlete) background.

The Disciplinary Panel includes the following members:

Mr Paul Gallagher

Chair, Legal

Mr David Barniville

Legal

Mr Philip Browne

Sport Administrator

Dr Derek McGrath

Medical

Dr Martin G Walsh

Medical

Mr Paddy Boyd

Sport Administrator

Ms. Helen Kilroy

Legal

Dr Pat O'Neill

Medical

Mr Jack Watson

Sport Administrator

Irish Sport Anti-Doping Appeal Panel

The World Anti-Doping Code stipulates that certain parties have the right to appeal the decision of the Irish Sport Anti-Doping Disciplinary Panel. Parties include the athlete who is subject to the decision being appealed, NGB concerned, the Irish Sports Council, relevant International Federation, any other Anti-Doping Organisation, International Olympic/Paralympic Committee where the decision may have an effect in relation to the Olympic/Paralympic Games and WADA.

This Panel consists of two experts from a legal, medical and sports administration/former athlete background. The Irish Sports Council appointed the following members to the Irish Sport Anti-Doping Appeal Panel:

Judge Frank Murphy

Chairperson, Legal

Prof. Denis Cusack

Medical

Mr Dermot Gleeson

Legal

Ms. Debbie Massey

Sports Administrator

Dr Mick Molloy

Medical

Mr Bill O'Hara

Sports Administrator

Registered Testing Pool

The Irish Sports Council also developed a registered testing pool. This is a pool of top level athletes who are subject to both in and out of competition testing. All individual athletes who are part of this Pool have been notified by the ADU and have been forwarded all necessary educational material.

“ 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 ”

INTERNATIONAL COUNCIL OF EUROPE

The Council's ADU was represented at both meetings of the Monitoring Group of the Council of Europe Anti-Doping Convention on June 17th –18th and November 9th-10th 2004. A representative of the Unit also attended the Meeting of Council of Europe's Advisory Group on Education in February, which, in conjunction with WADA, developed the Model Guidelines for Core Information/Education Programmes to Prevent Doping In Sport (currently undergoing a consultative stage in their development).

Association of National Anti-Doping Organisations

The ADU continued to be a member of the Association of National Anti-Doping Organisations (ANADO), which was established in 2003. This Association is a not-for-profit organisation created for the benefit of National Anti Doping Organisations (NADO) worldwide whose objectives are to support the development of comprehensive national anti-doping programs and to serve as a resource for anti-doping professionals and staff.

The Council attended the Extraordinary General Assembly of ANADO on June 16th in Strasbourg where it reviewed the action plans of the organisation for the next three years. Dr. Úna May presented to the Assembly the background to the drafting of the Irish Anti-Doping Rules and issues that arose during the development of these Rules. Workgroup sessions covered a wide range of topics including registered testing pool, whereabouts requirements, TUEs and reporting requirements to WADA.

A Unit representative also attended the Annual General Meeting in November in Berne. This incorporated a two day workshop dealing with various topics including blood testing, the prohibited list for 2005, ADAMS (Anti-Doping Administrative System) - WADA's Information system, experience from Athens 2004 and updates for WADA's Executive Committee.

WADA

The ISC is proud that the Irish Anti-Doping Rules were used by WADA as the basis of Model Rules for National Anti-Doping Organisations (NADOs). This document is part of the Model of Best Practices developed by WADA to assist NADOs in the developing their own set of Anti-Doping Rules, which are Code compliant. This is a major international endorsement of the high quality of the procedures and practices operated by the ODU and the committees

The Unit continued to give feedback of draft documents developed by WADA. Feedback was provided on all of the following:

- Guidelines for Out of Competition Testing

- Guidelines for Whereabouts Information
- Guidelines for Urine Sample Collection
- Guidelines for Blood Sample Collection
- Guideline for Transition from ISO ISDC to World Anti-Doping Programme
- Guideline for Bodies Operating Certificate of Quality System for Anti-Doping Programme
- Test Distribution Planning Guidelines
- Registered Testing Pool Guidelines
- Sample Collection Personnel: Recruitment, Training, Accreditation and Re - Accreditation Guidelines
- Sample Collection Form

Mr David Howman, Chief Operating Officer and Acting Director General of the World Anti-Doping Agency, was key note speaker at the Council's Anti-Doping Conference, "Think Global – Act Local" in January and he also presented at the Inaugural Conference of the Faculty of Sports and Exercise Medicine, RCPI & RCSI, which took place on 24th and 25th September 2004.

UNESCO Convention

In March 2003 the Copenhagen Declaration was opened for signature. Within this Declaration governments committed to supporting the development of a governmental Anti-Doping Convention drawing on the expertise of government representatives from all the regions of the world and international organisations. UNESCO was tasked with the creation of this Convention following a unanimous vote at the organisations 32nd General Conference in October 2003.

In accordance with UNESCO procedures on the development of International Conventions, a number of intergovernmental meetings took place between January 2004 and January 2005. The Council (in collaboration with the Department for Arts, Sport and Tourism) has contributed with specific feedback at all stages of the development of this Convention. It is intended that the final text of the Convention be presented at the UNESCO General Conference in October 2005, with a view to governments signing the Convention in advance of the Winter Olympics in Turin in February 2006 (in accordance with Article 22).

WADA Independent Observer Programme

One of the highlights for the Council's A.D. programme during 2004 was the recognition received from WADA in the appointment of programme manager Dr. Una May to the team of Independent Observers at the Athens Olympics. The WADA Independent Observer programme was established in order to enhance confidence in the doping control systems of major sporting events. The programme was initiated at the Sydney Olympics in 2000 and has been successful in ensuring that the doping control process is now an open, transparent and accountable system.

The team was composed of nine experts representing all aspects of the doping control process and ensured regional and interest group representation (such as athletes, National Olympic Committees, public authorities).

The role of the team of independent observers was to monitor all aspects of the testing programme and subsequently report objectively on their observations. The programme encapsulated the full testing process from athlete selection through sample collection, transportation, analysis and results management. It incorporated both in and out of competition testing. A cross-section of all sports and all venues was observed.

A total of 3,505 tests were carried out during the games. By the conclusion of the report seventeen doping violations had been recorded. The team produced a comprehensive report outlining 54 different recommendations for future major events. The full report of the team was published in November 2004 and can be downloaded from the WADA website.

TESTING PROGRAMME

The Anti-Doping Unit completed 918 tests in 2004. 765 tests were carried out under the National Programme, 15 tests above the intended target of 750. 60% of tests conducted in the National Programme were out of competition exceeding the target set of 55%. Seventy-nine alcohol tests were carried out.

As 2004 was Olympic and Paralympic year, all athletes who qualified for these Games were tested at least once out of competition before attending the Games.

153 tests were conducted under the "User Pays Programme". Seven organisations requested tests under this agreement. These included three Irish organisations: Irish Rugby Football Union, Athletics Association of Ireland and the Turf Club. Four international organisations also requested tests to be conducted on their behalf: Six Nations Committee, Anti-Doping International, UK Sport and USADA (United States Anti-Doping Agency).

The Unit also conducted EPO testing for the first time in the National Programme. Testing was carried out on a pilot basis in three key sports.

Testing figures are outlined in Appendix 1.

Tender for Provision of a Sample Collection and Transportation Service

The contract for Sample Collection and Transport services was advertised in October as the existing contract was due to run out in December 2004. This contract is an integral part of the Testing Programme. The one-year renewable contract was awarded to IDTM (International Doping Tests and Management) and this company will continue to collect urine samples and ensure secure transport of these sample to the Drug Control Centre, Kings College, London, the ISC's contracted laboratory. The Council will continue to build on the professional relationship developed with IDTM as IDTM have worked with the ISC since its inception in 1999.

Anti-Doping Rule Violations

Six anti-doping rule violations occurred in 2004. All are listed in Appendix 2. The Irish Sport Anti-Doping Disciplinary Panel heard two cases and no decision was appealed. All sanctions are listed in Appendix 2.

Whereabouts Information

With the Irish Anti-Doping Rules coming into effect in June, as per Article 5.4.4 of the Irish Anti-Doping Rules, athletes had strict guidelines regarding whereabouts requirements. Athletes who fail to submit a required quarterly whereabouts report on time after receiving two formal written warnings from the ISC, in the preceding eighteen-month period shall be considered to have committed an anti-doping violation.

Unavailable for Testing

Similarly to the whereabouts system any athlete who is unavailable for testing on three occasions during any period of eighteen consecutive months shall be considered to have committed an anti-doping violation. The Council advises the athlete, in writing, after each unsuccessful attempt to test the individual.

EDUCATION

Educational material sent out to various stakeholders in 2004.

	2000	2001	2002	2003	2004
Wallet Cards	5,340	9,150	13,559	7,559	5,052
Sample Collection Leaflets	3,530	8,500	7,516	2,045	1,086
Anti-Doping Officer Handbooks 2001-2004			128	40	
Irish Anti-Doping Rules Handbook for Anti-Doping Officers					328
Irish Anti-Doping Rules Handbook for Athletes					7,150
Irish Anti-Doping Rules					5,399
Guide to the Irish Anti-Doping Rules					5,264

Drug Inquiries

The ADU responds to direct enquiries from the public on the status of specific drugs

	2000	2001	2002	2003	2004
Drug Inquiries	45	92	206	173	199

Eirpharm.com

Eirpharm.com continued to be an essential part of the part of the Education programme. Endorsed by the Irish Sports Council, Eirpharm.com, the Irish Pharmacy website, provides information to users on the status of medicines in sport in accordance with the WADA anti-doping code. The site also provides information on specific areas of interest such as supplements, over the counter medicines and drugs abused in sport. The database, which contains in excess of 3000 medicines, was updated on 1st January 2004 in accordance with the new WADA 2004 Anti-doping Code. In 2004, there were 12,531 unique users of the Eirpharm.com/sports section. Months with the highest recorded usage were January 2004 (1,929), June (1,144) and July (1,462) while the lowest recorded usage was in November 2004 (732).

	2001	2002	2003	2004
Unique Users	2080	10,044	11,522	12,531
Email queries		284	207	55

During that period, Eirpharm.com received 55 queries on medicine in sport through the "Ask the Pharmacist" email query service. A large number of these queries referred to unlicensed supplements not contained on the database.

EDUCATIONAL SEMINARS 2004

The following seminars were organised by the ADU and the Committee members in 2004.

January 3rd	OCI Seminar
February 1st	University of Ulster, Diploma in Sports Medicine
February 1st & 2nd	Sports Institute Northern Ireland
March 8th	Sports Injury Course, UCD
March 27th	Paralympic Training Camp, NCTC, Limerick
April 19th	NGB Seminar on New Rules, Dublin
April 20th	Athlete Seminar on New Rules, Belfast
April 21st	Athlete Seminar on New Rules, Limerick
April 22nd	Athlete Seminar on New Rules, Cork
April 23rd	Athlete Seminar on New Rules, Dublin
May 16th	AAI Academy
May 16th	Irish Gymnastics AGM
November 26th	RCSI Diploma Course In Sports & Exercise Medicine
November 27th	RCSI, Drugs in Sport CPD Programme Seminar – TUEC members

The main focus of the educational seminars in 2004 was to inform Athletes, National Governing Bodies of Sport, Medical personnel and other main stakeholders of the Irish Anti-Doping Rules, which came into force on June 1st 2004.

The ADU developed two publications to help assist Athletes and Anti-Doping Officers to understand their roles and responsibilities under the Irish Anti-Doping Rules.

Irish Anti-Doping Rules Handbook for Anti-Doping Officers

The ADU had published a handbook for ADOs in 2001 but with the adoption of the New Rules this publication was updated in 2004 so that ADOs would have a clear understanding of their role under the New Rules.

Part A Immediate Steps: those issues which need to be considered in conjunction with the adoption of the Rules by their NGB to ensure appropriate incorporation of the Irish Anti-Doping Rules and suitable insurance. These are issues are important regardless of whether an anti-doping rule violation has arisen.

Part B: Steps following receipt of a letter notifying of a possible anti-doping rule violation.

Part C: Steps in the disciplinary process – dealing with the athlete’s queries and lawyers, procedures of the disciplinary panel.

Part D: Steps required after the disciplinary hearing has taken place.

This publication was sent to all Anti-Doping Officers of NGBs.

Irish Anti-Doping Rules Handbook for Athletes

The aim of this handbook is to help athletes understand their role and responsibilities under the Irish Anti-Doping Rules and Programme. This publication covers the following areas:

- What is Doping?
- Athletes Rights and Responsibilities
- Therapeutic Use Exemptions
- Whereabouts Information and Missed Tests
- Retirement and Reinstatement after Ineligibility
- Sample Collection Procedure
- Frequently Asked Questions
- Supplements
- Results Management
- Disciplinary Procedure
- Sanctions
- Appeals
- Public Disclosure
- Information Resources

This handbook was forwarded to all athletes in the Irish Sports Council Registered Testing Pool and all other relevant NGBs.

INSURANCE
ATHLETES EXERCISE
STRESS

RESEARCH

In 2002 the Council identified two postgraduate research for funding.

The first project "Why do athletes cheat? An investigation of Irish athletes' understanding of, and attitudes to, cheating behaviour (including doping) in sport" was completed by UCD. The findings of this research were presented at three conferences during 2004, which are listed in Appendix 3. At present a paper is being prepared for possible publication in the Journal of Sport Behaviour (USA), a summary of this project is in Appendix 3 this report.

The second study was entitled 'An investigation of pre- and post-exercise ingestion of commercially available drinks on exercise performance and re-hydration in male cyclists' and is being conducted by TCD. This project is not yet complete. The findings of one of the early studies of this project have been presented at the annual conference of the European College of Sports Science in July 2004. A further study it to be presented at the 2005 Annual Conference. A copy of this submission is outlined in Appendix 4.

ADMINISTRATION

I.S. EN ISO:9001:2000 Certification

The Unit continued to maintain its quality system 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 Unit was assessed in late 2004 by EQA and it was very successful as no non-conformities were found.

The Quality System was also updated to include all new procedures that came into effect with the Irish Anti-Doping Rules including the TUE process, Results Management etc. This assessment covered all new procedures as implemented under the New Rules.

Laboratory Inspection

The Council contracted the Irish Medicines Board to conduct a laboratory inspection of the Drug Control Centre, Kings College London in July 2004.

Over a two-day period, two inspectors from the Irish Medicines Board and a representative from the ADU completed this inspection. The laboratory was assessed for compliance with the contract for the provision of sample analysis, reporting and storage service between the Centre and the ISC and also the WADA International Standard for Laboratories.

Overall the Inspectors were satisfied with the standard operating procedures of the laboratory.

On Line Whereabouts System

In 2003 the Council launched a web-based method of completing whereabouts forms. 2004 was the first full year of this system and it continued to be an essential asset for athletes to update their whereabouts. All athletes in the registered testing pool were issued with unique usernames and passwords to enable them to log on to the system.

YEAR AHEAD 2005

Testing

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.

Policy development will continue in 2005 and the Unit will develop guidelines for blood testing, revised alcohol testing protocols and team whereabouts requirements. The Registered Testing Pool will be continually reviewed to ensure that all athletes who represent Ireland at an international level are included. Reporting of anti-doping violations will also be aligned with revised International Practices in accordance with the requirements of the World Anti-Doping Code.

The Council will be re-tendering for sample analysis, reporting and storage of samples during 2005. A review of the contract for the services of sample collection, and transport will be carried out with a view to renewing.

The Council also hopes to continue to forge relationships with other NADOs and Anti-Doping International to conduct tests on their behalf.

Education

The main focus of the education programme during 2005 will be to develop an educational strategy for the next three years so the Unit can build on the aspects of the programme already in place. This strategy will review the current position and build upon this and also concentrate on new areas to be developed.

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

Research

A new research strategy will be developed during 2005 in order to clarify the future direction of this aspect of the unit's role.

A survey of one of the Council's key stakeholders will also take place in 2005.

Administration

ADAMS, WADA's Information Systems, was delayed until January 2005 and it is hoped that during 2005 a computerised information management system will be developed with the ADU ensuring compatibility with the proposed WADA IS system.

The Unit will also continue to ensure to maintain its quality system in respect of Doping Control according to I.S. EN ISO:9001:2000 and the International Standard ISO/PAS 18873:1999 for Doping Control and also the WADA International Standards.

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.

The Unit will also continue to contribute feedback on the development of the UNESCO International Convention Against Doping in Sport and will also consider expanding its international involvement in other respects wherever appropriate.

“ 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. ”

COST OF THE ANTI-DOPING PROGRAMME 2004

Costs of the Anti-Doping Programme 2004

Expenditure Heading	2003 Cost (€)	2002 Cost (€)
Testing	644,458	535,274
Education and Research	96,298	76,176
Salaries	130,838	124,426
Other Costs	430,947	433,955
TOTAL	1,302,541	1,169,831
Income from Testing	61,600	76,874

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 the three staff members of the Anti-Doping Unit.
- ⁴ Includes legal advice associated with the programme, contract staff, consultancy fees, travel and subsistence, public relations, advertising, printing, insurance and other related costs in administering the programme.

EXERCISE
RULLES

ATHLETES

INSURANCE

AUTHORITY

FUTURE

APPENDIX 1 TESTING FIGURES

Testing Figures January 1st - December 31st 2004

Sport	OOO	Comp	Total
Athletics	88	25	113
Badminton	11	9	20
Basketball	0	8	8
Blindsports	4	0	4
Bowling	0	4	4
Boxing	21	4	25
Camóige	0	4	4
Canoeing	28	0	28
Cerebral Palsy Sports	22	0	22
Clay Pigeon Shooting	11	4	15
Cycling	31	43	74
Equestrian	18	0	18
Fencing	2	2	4
GAA	16	28	44
Handball	0	2	2
Hockey	0	8	8
Judo	0	4	4
Ladies - GAA	0	8	8
Ladies - Golf	0	4	4
Mens - Golf	0	4	4
Motorcycling	0	21	21
Motorsport	0	12	12
Orienteering	0	2	2
Rifle & Pistol Shooting	2	0	2
Rowing	44	18	62
Rugby	40	0	40
Sailing	50	5	55
Soccer	16	28	44
Squash	11	7	18
Surfing	0	4	4
Swimming	15	10	25
Tennis	2	12	14
Triathlon	1	8	9
Tug of War	0	2	2
Weightlifting	6	8	14
Wheelchair Sports	18	6	24
Wrestling	0	4	4
	457	308	765

Other Statistics	
Sports Tested	37
Overseas Tests	75
Ratio In Comp: Out of Comp	
Comp %	40%
OOCT %	60%
	100%
Alcohol Tests	
Motorcycling	50
Motorsport	29
Total Tests	79
User Pay Tests	
AAI	5
ADI	23
IRFU	32
Six Nations	16
Turf Club	75
UK Sport	1
USADA	1
	153

APPENDIX 2

ANTI-DOPING RULE VIOLATIONS 2004

Sport	Comp/OOCT	Category of Drug	Substance detected	Action taken
Rugby	Comp	Stimulants	Benzoyllecgonine	Disciplinary process currently underway
Basketball	Comp	Stimulants	Benzoyllecgonine	Disciplinary process currently underway
Cycling	Comp	Stimulants & Anabolic agents	Salbutamol	Retroactive TUE given by relevant NADO
Athletics	OOCT	Peptide Hormones	Erythropoietin	2 year Suspension
Motorcycling	Comp	Alcohol	Alcohol	30 day suspension
Motorsport	Comp	Alcohol	Alcohol	3 month suspension
Outcomes pending from 2003				
Athletics	Comp	Stimulants & Anabolic agents	Salbutamol	Investigation by International Federation still underway
Judo	OOCT	Refusal	N/A	Case dismissed on legal grounds
Swimming	Comp	Stimulants & Anabolic agents	Salbutamol	Medical Notification Provided

APPENDIX 3 RESEARCH SUMMARY

"Why Do Athletes Cheat? An Investigation of Irish Athletes' Understanding of, and Attitudes to, Cheating Behaviour (including Doping), in Sport" (1 September 2002-31 January 2004)

Research team

Prof. Aidan Moran (Dept of Psychology, University College, Dublin)

Dr Suzanne Guerin (Dept of Psychology, University College, Dublin)

Mr Tadhg MacIntyre (Dept of Psychology, University College, Dublin)

Dr Noel McCaffrey (Centre for Sports Science and Health, Dublin City University)

Athletes' use of prohibited ergogenic substances for the purpose of performance enhancement is not only a form of cheating behaviour but is also a growing problem in contemporary sport internationally. As yet, however, little progress has been made in understanding why athletes jeopardise their careers by engaging in such behaviour. More generally, few studies have investigated athletes' understanding of, and/or attitudes towards, cheating behaviour. This neglect is regrettable because unless sport is regulated according to a spirit of fair play, it is of little benefit to its participants. Therefore, in an effort to overcome this problem, the present study attempted to answer three overlooked but crucial questions in this field using qualitative methods ("in depth" interviews and focus groups) with a sample (n=42) of Irish athletes from different sports who were currently competing at a relatively high level. First, what does "cheating" and "cheating behaviour in sport" actually mean to athletes? Second, what psychological factors influence Irish athletes to consider engaging in "doping" or other forms of cheating behaviour in sport?

Three main conclusions were evident. First, Irish athletes appear to have a sophisticated understanding of "cheating" in sport because they perceived it as a continuum of behavioural activities (including doping) which give certain performers an unfair advantage over their rivals. Athletes who are found to be guilty of doping were viewed very negatively by those who were interviewed. When discussing cheating as "rule-breaking", the athletes identified three levels of such behaviour - doping, cheating as a tactical ploy to secure a victory (e.g., fouling opponents), and cheating as "gamesmanship" where the behaviour in question is against the spirit if not the letter of the laws of the game (e.g., distracting opponents). Interestingly, the athletes identified behaviours such as "shirt pulling" or "stealing yards" on a free kick as being at the less serious end of the continuum of cheating.

Second, a number of potential influences on cheating behaviour were explored by the athletes. Of these factors, the type of sport played was seen as especially important, with doping believed to be more likely to occur in individual sports (particularly track-and-field) than in team activities. Conversely, "smart play" was perceived to be more common among competitors in team, contact sports rather than in individual, non-contact activities. Interestingly, the athletes' beliefs that in some sports, doping did not lead to performance enhancement appears to be contrary to available scientific evidence in sport science and needs to be investigated further in future research. Another perceived influence on cheating behaviour was the nature of the rules in a particular sport. In particular, many of the athletes interviewed felt that unclear rules in team contact sports were associated with the occurrence of "smart play"/gamesmanship. In this regard also, the role of the official was also considered - with some groups attributing cheating to inconsistent application of the rules during competitive matches.

Finally, with regard to issue of counteracting cheating in sport, the athletes in our sample suggested that doping could not be removed entirely from competitive sport due to the pressure to win and the rewards of athletic success. In addition, they proposed that existing sanctions/punishments against athletes who were guilty of doping offences were

neither severe enough nor applied sufficiently consistently to deter some sports performers from engaging in drug cheating. The importance of educational programmes and more comprehensive testing sessions were also endorsed by the athletes in our sample.

Papers presented at conferences

Moran, A., Guerin, S., MacIntyre, T., and McCaffrey, N (2004). "Why do athletes cheat?" Paper presented at Continuing Professional Development (CPD) Programme, Faculty of Sports and Exercise Medicine, Royal College of Surgeons in Ireland, 27 November

Guerin, S., Moran, A., MacIntyre, T., and McCaffrey, N. (2004). "Understanding definitions of cheating behaviour in sport: A study of Irish athletes". Paper presented at 35th Annual Conference of The Psychological Society of Ireland, The Rochestown Park Hotel, 18 November

Guerin, S., Moran, A., MacIntyre, T., and McCaffrey, N. (2004). "Exploring Irish athletes' definitions of cheating: A focus group study". Paper presented at First International Congress on Qualitative Research in Sport Psychology, Liverpool John Moores University, Liverpool, 19 May

“ THE MAIN FOCUS OF THE EDUCATION PROGRAMME DURING 2005 WILL BE TO DEVELOP AN EDUCATIONAL STRATEGY FOR THE NEXT THREE YEARS SO THE UNIT CAN BUILD ON THE ASPECTS OF THE PROGRAMME ALREADY IN PLACE. THIS STRATEGY WILL REVIEW THE CURRENT POSITION, BUILD UPON THIS AND ALSO CONCENTRATE ON NEW AREAS TO BE DEVELOPED. ”

APPENDIX 4 RESEARCH SUMMARY

Carbohydrate, but not caffeine or other stimulants improves intermittent exercise performance in elite male cyclists.

Beades Mary, Donne Bernard, Warmington Stuart, Mahony Nick.

Human Performance Laboratory, Departments of Anatomy and Physiology, Trinity College Dublin, Dublin 2, Ireland

Introduction

It is generally accepted that carbohydrate drinks consumed during exercise are beneficial when the duration of low intensity exercise exceeds 2hr. The effect of carbohydrate ingestion during high intensity exercise of shorter duration has also been investigated (Jeukendrup, 2004). However, data on the effect of carbohydrate ingestion during intermittent exercise are limited. Nicholas et al. (1995) observed a 33% improvement in running time to exhaustion after a shuttle running test following ingestion of Lucozade Sport pre- and during exercise compared to placebo. Therefore, the aim of this study was to investigate the effect of ingestion of commercially available sports drinks on intermittent cycling performance.

Methods

Following local ethics approval, 9 elite male cyclists (age 26 ± 3.8 yr, mass 75 ± 6.6 kg, VO_{2max} 68.9 ± 6.5 mL.kg⁻¹.min⁻¹, mean \pm SD) volunteered. Subjects performed a maximal incremental cycling test to volitional exhaustion to assess VO_{2max} and workloads equivalent to 60 and 90% VO_{2max} . The drinks investigated in subsequent trials, in randomised order, were Lucozade Sport (LS); Red Bull (isoRB) made isocaloric to LS by a 60-40 dilution with water and Water (W) as placebo. Volumes of test drink ingested were 4.29mL.kg⁻¹ and 1.43mL.kg⁻¹ pre- and every 10min during exercise, equivalent to 2.5 and 1.7mg.kg⁻¹.hr⁻¹ of caffeine in isoRB trials, respectively). Volumes ingested pre-exercise were equivalent in all trials, however, total volumes ingested were dependent on time to failure (TTF). Post-ingestion, a 20min warm up and stretching period was allowed followed by the intermittent exercise protocol consisting of alternate bouts at loads (% VO_{2max}) equivalent to 60% for 3min and 90% for 2min, until failure. Blood samples were collected throughout the trial from an indwelling forearm catheter for analysis of blood glucose and lactate, and plasma non-esterified fatty acids (NEFA), osmolality and volume (V_P). Heart rate (by radio telemetry, Cardiosport Ltd.) and breath-by-breath metabolic data (VO_2 , RER, Quark B2, Cosmed Ltd.) were recorded at regular intervals during exercise. A two way repeated measures ANOVA and pairwise Tukey HSD post-hoc test were used to infer significant differences across time and drink, values of $P < 0.05$ were considered statistically significant.

Results

A significant difference was observed in TTF following isoRB (76.7 ± 9.4 min, $P < 0.01$) and LS (72.8 ± 6.4 min, $P < 0.05$) ingestion, equating to a 29 and 26% increase in performance time relative to W. There were no significant differences in mean blood lactate data (mmol.L⁻¹) across drinks, however, pre-exercise blood glucose was significantly higher for LS ($P < 0.001$) and isoRB ($P < 0.05$) compared to W. Pre-exercise blood glucose (6.01 ± 0.4 mmol.L⁻¹) was significantly higher compared with data recorded at 20min (3.62 ± 0.3 mmol.L⁻¹), 30min (4.29 ± 0.3 mmol.L⁻¹) and 40min (5.04 ± 0.3 mmol.L⁻¹) in the LS trial, however this was not observed in the isoRB trial despite matched carbohydrate

intake. No significant differences were observed in plasma osmolality across drinks, however, in the LS trial mean plasma osmolality (mOsm.L⁻¹) was significantly higher at exhaustion (297±3) compared with pre-exercise (289±2, P<0.01) and pre-test (290±3, P<0.05). Plasma NEFA (mmol.L⁻¹) were significantly higher at exhaustion following ingestion of isoRB compared with LS (0.38±0.07 and 0.24±0.05, respectively, P<0.01). Mean RER data were similar at exhaustion across all three trials at both exercise intensities and subjects dehydrated to the same extent (ΔPV from -5.5 to -6%).

Discussion

The results of this study indicate that ingestion of LS or iosRB pre- and during intermittent exercise significantly improve performance relative to a placebo. No difference was observed in TTF between LS and iosRB despite the presence of caffeine in iosRB and the previously reported ergogenicity associated with a caffeine load of 3mg.kg⁻¹ (Graham and Spriet, 1995). Transient hypoglycaemia was observed early in exercise, however blood glucose returned towards pre-test data with no significant differences across drinks at exhaustion. Fluid ingestion occurred 20min prior to exercise and previously Coogan and Swanson (1992) reported that commencement of exercise 30-60min post carbohydrate ingestion may result in a hypoglycaemic response similar to that observed in this study. iosRB, matched calorically to LS, was slightly hypertonic to body fluids suggesting a possible dehydrating effect, but plasma volume changes were similar across drinks. Plasma NEFA were significantly higher at exhaustion in the iosRB trial compared with LS, although analysis of plasma caffeine pharmacokinetics may attribute a role for caffeine in this observation. In conclusion, these data suggest that the improvement in exercise performance time following the ingestion of LS and iosRB is primarily determined by the presence of carbohydrate in both drinks.

References

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