

Annual Report
of the Anti-Doping Unit of the Irish Sports Council for 2008

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INTRODUCTION

The Irish Sports Council has operated the Irish Sport Anti-Doping Programme since its establishment in 1999. It is an essential ethical foundation to Irish sport and a central pillar of the Council's work which is committed to developing healthy, fair, and enjoyable sport.

In accordance with that guiding philosophy, sport must be drugs free and played within the spirit and letter of the rules. This philosophy comes under intense public scrutiny in an Olympic and Paralympic year. The Council made a public commitment on the testing of athletes in advance of the Beijing Games and met that commitment in full.

The Council has a strong working relationship with the World Anti-Doping Agency (WADA) and endeavours to be at the forefront of all WADA initiatives. It believes that the multi-lateral approach to combating doping, as promoted by WADA, is the best way to ensure long term success.

This commitment brings with it many new and increasing responsibilities. For example, in 2008 the Anti-Doping Unit had to prepare for the introduction of new Irish Anti-Doping Rules for January 2009. This was a burden of work for the entire community of people engaged in anti-doping projects in Ireland. Thanks to the efforts of our colleagues in the Anti-Doping Unit and the collaboration of our partners in sport the project went to plan and the new Rules were ready for 2009.

The testing programme continued to expand in 2008, carrying out 982 tests under the National Programme, with 60% of tests taking place out of competition. 132 tests under the User Pays programme brought to 1,114 the total number of tests carried out in 37 sports in 2008.

2009 will bring renewed challenges in the area of Anti-Doping, notably the smooth introduction of the new Rules and all of the associated administrative procedures and educational obligations. The Anti-Doping Committee, under the excellent leadership of Chairperson Prof Brendan Buckley, and the executive led by Dr Una May, provides an outstanding service to the Irish Sports Council and the wider sports community and will meet each new challenge in its customary professional manner.

The Council owes Prof Buckley and his Committee a sincere debt of gratitude for the dedicated service they have offered the Irish Sport Anti-Doping Programme. They are supported by many distinguished individuals who serve on various disciplinary, appeals and TUE committees. We appreciate their voluntary service and commitment to the Programme and to the wider interest of Irish sport.



Ossie Kilkenny
Chairperson
Irish Sports Council



John Treacy
Chief Executive
Irish Sports Council

FOREWORD

The use of performance enhancing substances continues to be a worldwide problem for sport. The Government has entrusted the Irish Sports Council to combat doping in this country and we are determined that our fight against doping is constant, unrelenting and ultimately successful.

During 2008 the Irish Sport Anti-Doping Programme continued to make substantial progress in its three operational areas: testing, education and research. This report, the ninth Annual Report of the Programme, details those activities.

As in previous years, there has been considerable public interest in 2008 in the issue of doping in sport. There continues to be a strong consensus that the use of performance enhancing substances is wrong, that doping devalues sport and that it destroys the achievements of those who engage in it.

The staff of the Anti-Doping Unit and the members of the Anti-Doping Committee and its supporting committees all do our work because we love sport and we value its contribution to the well-being of the nation. The scrutiny of our work which this brings is very welcome as it further encourages our continuous attempts to improve.

Public censure and media exposure act as powerful deterrents to the use of drugs in sport and we welcome the continued exposure of this issue as an essential part of the collective effort to rid sport of drugs. Simply put, without the spotlight of public scrutiny, the use of drugs in sport would be much less restrained. However, we owe athletes their right of confidentiality while due process continues and we will always protect this so that the innocent are not unjustly tainted.

The World Anti-Doping Agency (WADA) continues to lead internationally in the fight for fairness in sport. Ireland is a strong supporter of WADA's multi-national, multi-agency approach as the only way to win the global battle against doping. If our own athletes are to compete internationally against those from other countries, they must be able to rely on their rivals being 'clean' and the World Anti-Doping Code is increasingly helping to assure this. We contribute very actively to WADA in the formation of policy, in the development of standards and in the practical implementation of the World Anti-Doping Code. Just as the achievements of Irish people are world class across a wide spectrum of sports, we aspire to no less in the Irish Sports Council.

WADA sets the global standards and the new Irish Anti-Doping Rules provide the framework for all activity in this area in Ireland. The changing nature of doping means that the Rules need to be constantly reviewed and updated. A great deal of work was completed in this area throughout 2008 so that the new Rules could be introduced and implemented smoothly and on time.

The support of national governments is central to the success of WADA. The Anti-Doping Committee acknowledges and is deeply appreciative of the support of the Irish Government through the Minister for Arts, Sport and Tourism, Mr Martin Cullen TD and the officials at the Department of Arts, Sport and Tourism.

Importantly, we acknowledge the unanimous support within Irish sport for the Irish Sport Anti-Doping Programme. The National Governing Bodies of sports here continue to commit considerable work and dedication to their Anti-Doping programmes and are unfailing helpful to us.

Most of our activity, from testing to education and research, is conducted with amateur sports people. We are conscious that, for these athletes in particular, what we do may sometimes be inconvenient and intrusive. We thank them for their co-operation and we try to learn from them.

The executive staff of the Anti-Doping Unit deliver a world class programme to a world-class standard, always working professionally to protect Irish sport and sports people. We are proud that this is widely acknowledged internationally.

I also express my gratitude to my colleagues all of whom volunteer their enthusiasm, experience and wisdom. We are privileged to be able to draw on the energy, time and expertise of the members of the Anti-Doping Committee. Similarly, the Therapeutic Use Exemption Sub-Committee continues to make an outstanding commitment of medical expertise. All have made a major contribution to the work of the Council. It is my privilege to work with them.

I am honoured to have played a part in this important endeavour in 2008 and I look forward to another productive year in 2009.



Prof Brendan Buckley
Chairperson
Anti-Doping Committee

LIST OF ABBREVIATIONS

ADO	Anti-Doping Officer
ADU	Anti-Doping Unit
ANADO	Association of National Anti-Doping Organisations
DCO	Doping Control Officer
ISC	Irish Sports Council
ISTUE	International Standard for Therapeutic Use Exemptions
NGB	National Governing Body
OCI	Olympic Council of Ireland
PCI	Paralympic Council of Ireland
RTP	Registered Testing Pool
SCP	Sample Collection Personnel
TUE	Therapeutic Use Exemption
TUEC	Therapeutic Use Exemption Committee
UNESCO	United Nations Educational, Scientific and Cultural Organisation
WADA	World Anti-Doping Agency

VISIONS OF THE PROGRAMME

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

BACKGROUND TO THE IRISH SPORT ANTI-DOPING PROGRAMME

The Irish Sports Council has three key objectives:

1. To break down barriers to 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.

With particular attention to the third objective, the Council has a dedicated Anti-Doping Unit, which serves as Ireland's National Anti-Doping Organisation. The remit of the Unit is based on the Irish Sports Council Act 1999 (Section 6(1)d), which states that the Council is "to take what action it considers appropriate, including testing, to combat doping in sport".

Since 2004, the Council has implemented the National Anti-Doping Programme in a harmonised approach across all sports under the Irish Anti-Doping Rules. These Rules are the basis of the Programme and ensure compliance with the World Anti-Doping Code and the Council of Europe Anti-Doping Convention. Since 2008, Ireland is also a party to the UNESCO Anti-Doping Convention. All National Governing Bodies (NGBs) in receipt of public funding in Ireland are bound by these Rules.

In line with the revision of the World Anti-Doping Code, the Irish Anti-Doping Rules were revised and launched on 22 November 2008 as the Irish Anti-Doping Rules 2009, to become active on 01 January 2009.

ANTI-DOPING COMMITTEE 2008

The Irish Sports Council's Anti-Doping Committee is an advisory committee established under the Irish Sports Council Act 1999. Each member provides specialist guidance and all have their own wide ranging areas of expertise to support the Anti-Doping unit.

The Anti-Doping Committee met on two occasions throughout 2008; April and September. Many critical subject areas were discussed with the key findings reported back to the Sports Council.

The Anti-Doping Committee Comprises;

Prof Brendan Buckley (Chairperson)

Consultant Physician, Cork Regional Hospital

Dr Geraldine Barniville

ADO, Irish Squash and World Squash Federation

Dr Joan Gilvarry

Medical Director, Irish Medicines Board

Prof Patrick Guiry

Professor of Synthetic Organic Chemistry, UCD

Dr Bill Cuddihy

Medical Officer to Athletics Association of Ireland

Dr Anthony McCarthy

Psychiatry, St Vincent's Hospital

Mr. Mel Christle

Senior Council

Ms Noreen Roche

Dietician, Member of Sports Nutrition Interest Group

Dr Gary O'Toole

Former Irish Olympic Athlete, Orthopaedic Surgeon

Mr Eamon McCartan

CEO, Sports Council Northern Ireland

Mr Ronnie Smyth

(Observer on behalf of Eamonn McCartan)

Mr John Treacy

CEO, Irish Sports Council

Dr Úna May (Secretariat)

Programme Manager, Anti-Doping Unit

IRISH SPORT ANTI-DOPING DISCIPLINARY PANEL

At the inception of the Programme in 1999, National Governing Bodies (NGBs) were responsible for appointing members to a Disciplinary Panel when an anti-doping rule violation occurred. However in 2004, as required by the Irish Sport 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 any Anti-Doping Rule violation.

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

The Disciplinary Panel included the following members during 2008:

Mr David Barniville
Legal

Ms Helen Kilroy
Legal

Mr Philip Browne
Sport Administrator

Mr Paddy Boyd
Sport Administrator

Dr Derek McGrath
Medical

Mr Jack Watson
Sport Administrator

Dr Martin G Walsh
Medical

Dr Pat O'Neill
Medical

Mr Sean Mac Thaidhg
Sport Administrator

During 2008, Dr Derek McGrath and Mr Jack Watson both retired from the Disciplinary Panel. The Irish Sports Council would like to acknowledge their valuable contribution to the Irish Anti-Doping Programme and wish them well for the future.

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, the NGB concerned, the Irish Sports Council, the relevant International Federation, any other Anti-Doping Organisation, the International Olympic/Paralympic Committee where the decision may have an effect in relation to the Olympic/Paralympic Games and World Anti-Doping Agency (WADA).

This Appeal Panel consists of two experts from each of a legal, medical and sports administration/former athlete background.

The Appeals Panel included the following members during 2008:

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

Again, during 2008, no appeals were brought to this panel.

Chapter 1

TESTING



TESTING PROGRAMME

The Council carried out 1,114 tests in 2008. 982 tests were completed under the National Programme, which is the highest number of tests carried out since the establishment of the Anti-Doping Programme. The Council also completed 132 tests under the *User Pays* Programme. Thirty seven sports were tested during 2008 and 60% of the tests completed were out of competition tests.

Eleven organisations requested testing under the User Pays Programme and in total 132 tests were conducted under the User Pays Programme. There were a number of new organisations that requested testing under the User Pays programme including European Rugby Cup and Irish Water Safety. A number of National Governing Bodies of Sport also availed of the User Pays Programme to conduct extra tests over and above the National Programme tests. These included Racquetball Association of Ireland, Triathlon Ireland, the Irish Hockey Association, the Irish Rugby Football Union, Cycling Ireland and Athletics Ireland.

Pre-Olympic and Paralympic Testing

2008 was an Olympic and Paralympic year. The majority of the Olympic and Paralympic team members (with the exception of late qualifiers) were tested three times in the lead up to both the Olympic and Paralympic Games.

The Anti-Doping Unit worked closely with the Olympic Council of Ireland (OCI) and Paralympic Council of Ireland (PCI) in the preparation of the Olympic team for Beijing, in particular in relation to education and the provision of whereabouts during the Games period. The unit also provided WADA with details of any missed tests which had arisen in the previous 18 months on any of the athletes on the Irish Olympic Team.

Unavailable for Testing

Article 5.4.5 of the Irish Anti-Doping Rules (2004 version) states:

“Any Athlete in the Irish Sports Council Registered Testing Pool who is unavailable for Testing on three attempts during any period of eighteen (18) consecutive months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4 (Whereabouts Violations). Notice shall be sent to the Athlete in respect of each unavailability.”

Five athletes in two sports received their first formal warning in 2008 due to unavailability for testing. One athlete received a second formal warning for unavailability for testing.

Sport	No of First Warnings	No of Second Warnings
Athletics	4	1
Bobsleigh & Skeleton	1	0
Total	5	1

Whereabouts

Article 5.4.4 of the Irish Anti-Doping Rules states:

"Any Athlete in the *Irish Sports Council Registered Testing Pool* who fails to timely submit a required quarterly whereabouts report after receipt of two formal written warnings from the *Irish Sports Council* to do so, in the preceding eighteen (18) months, shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4 (Whereabouts Violations)."

Twelve athletes received their first formal warning, as they did not return their whereabouts details by the requested deadline. One athlete received a second formal warning.

Sport	No. of First Warning	No. of Second Warning
Athletics	5	0
Boxing	2	0
Cycling	2	1
Sailing	1	0
Swimming	1	0
Tennis	1	0
Total	12	1

Sample Collection Personnel (SCP)

The Unit held an accreditation workshop for new sample collection personnel on April 26/27 2008 to meet the demands of the testing programme. A total of 14 new personnel attended the training. Of the 14 attendees at the workshop, 11 were accredited.

The Unit held its first re-accreditation workshop for SCP on the weekend of November 29/30 2008. All current SCP were obliged to undergo training and re-accreditation (including the requirement to successfully complete a written theory test). The Unit also agreed to accredit a DCO through our training and accreditation system, on behalf of ANADO (the first DCO to be employed by ANADO directly). At the end of 2008, 16 DCOs and 30 chaperones were accredited and available to carry out testing under contract. Seven of the previous SCP have not been re-accredited for various reasons (including availability and geographical location, etc.).

The Sample Collection Manual (standard operating procedures) was also revised during 2008, in line with the amendments to the International Standard for Testing which will be introduced on January 1st 2009.

REGISTERED TESTING POOL (RTP)

The Anti-Doping Unit revised the criteria for the Registered Testing Pool (RTP) in line with the International Standard for Testing, which will be introduced on January 1st 2009. The RTP is a selection of players/athletes who are on the carding scheme or fall within an eligible category agreed between the NGB and the Irish Sports Council. For players/athletes in the RTP, testing can take place at the athletes home or training grounds. As this type of testing may occur at any time, it is important that the Irish Sports Council is kept up to date on the whereabouts of the players/athletes. Hence the Irish Sports Council has a Whereabouts System in place to allow athletes to update the Anti-Doping Unit with their whereabouts information.

Criteria for Registered Testing Pool

One or more of the following criteria will be used to select an athlete to be part of the Registered Testing Pool:

- » Athletes on the carding scheme in the Contract, World Class and International categories;
- » Athletes in the developmental category from high-risk sports listed in the Council's Test Distribution Plan and other sports targeted by the Council;
- » Athletes who are included in an International Federation RTP;
- » Olympic or Paralympic Qualifiers;
- » Any athlete currently serving a period of Ineligibility;
- » Any athlete who wishes to return from retirement and was previously in the Registered Testing Pool;
- » Any other athlete that is required to be target tested under Clause 4.4.2 of the International Standard for Testing.

All of these RTP athletes will be required to:

- » Comply with Section 11 Whereabouts of the International Standard of Testing and Article 5.4 of the Irish Anti-Doping Rules (2004 Version)
- » In addition to regular Therapeutic Use Exemption (TUE) requirements, RTP athletes must apply for a Therapeutic Use Exemption for glucocorticosteroids and beta2 agonists, (i.e. a retroactive TUE will not be accepted).

Chapter 2

INTERNATIONAL



UNESCO CONVENTION

The UNESCO Convention is the first global treaty formalising the commitment of Governments to the fight against doping in sport. In July 2008, Minister for Arts, Sport and Tourism, Martin Cullen TD, approved Ireland's ratification. Ireland joined over 80 other countries who have ratified the Convention since it came into force on February 1st 2007.

CONFERENCES AND MEETINGS

ANADO – Workshop and Annual General Assembly – Spring 2008

The 2008 Annual General Assembly of the Association of National Anti-Doping Organisations took place in Lausanne on March 30 and was attended by Dr Una May and Mr Troy Reneker. This meeting was then followed by a two day workshop entitled *Advancement in Doping Control, Preparing for the New Doping Control Program and ANADO Priorities in 2008*. The workshop was highly successful, with the largest attendance to date and covered some very interesting topics including a review of the Biological Passport Program and also an overview of the Australian Sports Anti-Doping Authority Investigative program.

ANADO Workshop – Autumn 2008

Dr Una May attended the Autumn workshop of ANADO, held in Vancouver and made a presentation on Ireland's approach to pre-Olympic testing and education. The meeting was an opportunity, as always, to make useful contacts and the relationship with a number of International Federations was developed (e.g. the International Triathlon Union are now prepared to accept our whereabouts and TUE forms on behalf of Irish athletes who are on the RTP of the Federation). WADA attended the workshop and presented further guidelines on the implementation of some of the new International Standards.

WADA – NADO/IF Joint Meeting

In conjunction with the above ANADO meeting in Lausanne, WADA organised a parallel International Federation meeting which culminated in a joint session. Here changes to the International Standards were reviewed, in addition to updates on WADA's activities (e.g. Development of Regional Anti-Doping Organisations etc.).

Irish Sports Council's Participation on WADA Programme in Beijing

The Beijing Olympic Games was the fifth time WADA played a role in the Olympic Games and the fourth time its programmes were on hand at the Paralympic Games. Two of the Anti-Doping Unit staff participated on the WADA programs at the games, Siobhan Leonard and Ailish Keaveney.

Siobhan Leonard worked as a member of the Independent Observer Team at the Olympics. The purpose of the Independent Observer program is to randomly monitor and report on all phases of the doping control and results management processes in a neutral and unbiased manner.

Ailish Keaveney worked as a member of the Athlete Outreach Team at the Paralympic Games. The purpose of Athlete Outreach is to educate athletes and their support personnel about the dangers and consequences of doping, as well as the rules and regulations in place for athletes with regard to Anti-Doping.

WADA

Within the context of the revised World Anti-Doping Code which was launched late in 2007, WADA continued its work on a number of revised International Standards during 2008. Final feedback was provided by the Council in relation to the latest version of the International Standard for Testing and a new International Standard for the protection of privacy early in the year with final versions, issued in the Summer of 2008. The main challenge for the Council on receipt of each of those was to ensure that they were adequately and appropriately incorporated into the new Irish Anti-Doping Rules and into all Council procedures. The delay in the finalisation of the International Standard for TUEs (mid October) resulted in a very tight timeframe for this particular aspect of the programme. The Irish Anti-Doping Rules were launched in November 2008 and the Council held training for its sample collection personnel at the end of November. WADA then issued *Guidelines for Implementing an Effective Athlete Whereabouts Programme*. Where possible these were incorporated into procedures but their delayed release also created considerable difficulty. All educational materials were also updated to incorporate all the revised standards. This was a challenge in itself in order to ensure that the information was provided to athletes, where necessary, before the changes were implemented.

The Council also, as with previous years, provided WADA with feedback on the list of prohibited substances for 2009. The key recommendations made in our feedback were: the removal of Beta₂ Agonists from the list, not to re-introduce pseudoephedrine to the list and the removal of cannabinoids from the list.

Chapter 3

EDUCATION



EDUCATIONAL RESOURCES

The Council continued to deliver on its objective of providing up to date, accurate information to all athletes who are likely to be tested in 2008.

Educational material sent out to various stakeholders in 2008:

	2000	2001	2002	2003	2004	2005	2006	2007	2008
Wallet Cards	5,340	9,150	13,559	7,559	5,052	8,454	22,323	23,702	18,629
Sample Collection Leaflets	3,530	8,500	7,516	2,045	1,086	922	7,574	2,062	3,011
Irish Anti-Doping Rules	-	-	-	-	5,399	781	363	136	335
Guide to the Irish Anti-doping Rules	-	-	-	-	5,264	894	338	5	24
Irish Anti-Doping Rules Handbook for Athletes	-	-	-	-	7,150	1,441	470	320	-
Anti-Doping Officer Handbooks	-	-	128	40	328	23	-	-	-
Fact Sheets	-	-	-	-	-	74	161	560	2,120
'Food for Sport'	-	-	-	-	-	-	-	850	
What is Doping?	-	-	-	-	-	-	-	-	2,450
TUEs and Medicines	-	-	-	-	-	-	-	-	2,510

During 2008, all leaflets were edited for re-publication in January 2009, reflecting changes in the Irish Anti-Doping Rules 2009.

DRUG ENQUIRIES DIRECTLY TO THE ADU

The Anti-Doping Unit (ADU) responds to direct enquiries (phone calls and e-mail enquiries) from the public on the status of specific drugs.

	2000	2001	2002	2003	2004	2005	2006	2007	2008
Drug Inquiries	45	92	206	173	199	236	195	159	161

EIRPHARM

Eirpharm.com, the Irish Pharmacy website, has been endorsed by the Irish Sports Council since 2001 as an online source of information on drugs in sport. The Eirpharm.com medicines and sport database provides information on the status in sport of almost 3000 medicinal products marketed in Ireland. Each successful search result is logged with a unique search number, recording actual time and date of search, computer IP number and result of search. Unsuccessful searches are not counted. The database is updated as new products become available or are discontinued and as the WADA Prohibited List is updated.

The Eirpharm.com medicines and sport database had 6,306 successful searches during 2008; a 15% increase on 2007. Covering both prescription and non-prescription medicines, these searches related to 947 unique products, the majority of which were non-prescription items.

The highest number of searches was for the Nurofen range (329), for Benylin, 'cough, cold and flu' range (270) and for the Lemsip range (260). Berocca, a multi-vitamin food supplement, which is no longer marketed as a medicine, had the highest number of product queries reported (171), followed by Nurofen Plus tablets (151). Of the multi-vitamin products which carry a product authorisation (PA) number, Pharmaton Capsules and the Rubex range accounted for 99 and 115 searches respectively. For prescription products, the more popular queries were for the non-steroidal anti-inflammatory Diclofenac-containing products, particularly the Difene brand (94) and for beta-2-agonist inhaled products especially Ventolin (138). As in 2007, the most commonly queried medication classes were 'cold & flu' remedies, anti-histamines, headache treatments, anti-inflammatories and inhaler products.

For 2008, the Eirpharm.com/sports section, which includes the medicines and sport database, health tips on the use of medicines in sport, information on supplements, drugs abused in sport etc, received 23,398 page views. The most popular months were March, April and August, while January was the least popular.

During 2008, there were 55 queries to the Eirpharm.com *Ask the Pharmacist* query email service.

There was no identifiable trend as queries came from athletes, coaches and medical professionals on a broad range of product and athlete health related queries.

EDUCATION SEMINARS

In total 17 Seminars were held in 2008 across National Governing Bodies including, FAI, Athletics Association of Ireland, Motorcycling Ireland, U18 6 Nations Rugby Tournament, Irish Deaf Sports Association, Swim Ireland, Horse Sport Ireland, Triathlon Ireland and ONAKAI. The Anti-Doping Unit made presentations to stakeholders for Local Sports Partnerships - Waterford and Kilkenny, the Dublin City University Sports Scholarship students, and also the OCI. These seminars addressed areas such as Sample Collection Procedures, the Therapeutic Use Exemption process, the *Whereabouts System*, Team/Squad testing along with a Questions and Answers session.

In light of the Irish Anti-Doping Rules 2009 coming into effect on 01 January 2009, an open-invitation seminar was held in Dublin on 21st December 2008. This was the first in a series of nationwide seminars which continued into January 2009.

'EZ-WIN – DON'T THROW IT ALL AWAY'

Launched in June 2008, **'Ez-Win - Don't throw it all away'** is an Anti-Doping Education Campaign run in partnership with the World Anti-Doping Agency (WADA). It is a proactive programme that aims to reach out to the next generation of young Irish athletes to educate them about the dangers and consequences of doping in sport.

Athletes learn about Anti-Doping via the WADA Anti-Doping Quiz. A series of invaluable information leaflets are provided on various elements associated with doping including supplements in sport, stimulants, diuretics and masking agents, hormones, beta-blockers and more. It is a unique chance for athletes and their support personnel to interact with staff from the Council's Anti-Doping Unit about all aspects of doping in sport.

In 2008, the campaign was visible at the FAI Kennedy Cup, Athletics Association of Ireland Junior and U23 Championships, Triathlon Ireland Tri-Athlone, and Swim Ireland Irish Age Groups and Irish Open Youths Championships.

Chapter 4

RESEARCH



RESEARCH SUB-COMMITTEE

The Anti-Doping Committee formed a research sub-committee during 2005, composed of the following members:

Prof Brendan Buckley, Dr Joan Gilvarry, Prof Patrick Guiry and Dr Una May.

SOCIAL BEHAVIOURAL STUDY/UCD

An anti-doping project, co-funded by the Irish Sports Council and WADA, is currently underway in the School of Psychology in UCD. The research team, headed by Prof Aidan Moran and including Dr Suzanne Guerin, Dr Tadhg MacIntyre and Ms Kate Kirby have been investigating doping in sport from a psychological perspective. Phase 1 of the project examined the relationship between attitudes to performance enhancement and psychological variables like motivation, perfectionism, coaching climate and confidence. Over 330 high performance athletes from 14 different nations and across 28 sports have already been surveyed, and analysis of the resultant data shows that both individual personality characteristics and coach behaviour may influence doping attitudes.

Data collection is ongoing for phase 2, which involves one-on-one interviews with athletes who have been involved in doping, with the intention of expanding on the relevant variables identified in phase 1 and identifying other contextual factors that might influence athletes' doping decisions.

In an effort to move away from the individualistic assumptions underpinning policy and research in this area, the final phase of the study is targeting high performance coaches and sports physicians in order to gain a better understanding of the complex network of relationships in which athletes are involved and how these relationships might influence doping attitudes and behaviours.

ATHLETE SURVEY

The Council undertook a stakeholder survey of athletes. This was in follow up to the Athlete Surveys completed in 2002 and 2005. The Council thanks all 153 athletes who responded. The results of the survey are available in Appendix 1.

Chapter 5

ADMINISTRATION



SAMPLE ANALYSIS SERVICE

Following standard European procurement regulations, the Council re-tendered for the service of sample analysis, reporting and storage in 2007. This resulted in a change of laboratory for the Council in 2008. The Council had worked with the laboratory in Kings College London since the inception of the programme in 1999. This was a very successful and effective relationship which worked well and the Council wishes to acknowledge the support and co-operation of Kings College throughout the years in which we worked together, particularly in the early years of the programme when we received very good support from the scientists at Kings College.

The Council entered a contract with the WADA accredited laboratory in Cologne in January 2008. An equally supportive relationship has now developed with the personnel in the Institut für Biochemie at the Deutsche Sporthochschule, Cologne. Considerable progress has been achieved in the development of Council policies in relation to the follow up of atypical findings during 2008, with the assistance of the scientists at the Laboratory. The Lab also provided an expert witness for a disciplinary hearing during 2008.

THERAPEUTIC USE EXEMPTIONS (TUE)

The Irish Sports Council follows the WADA International Standard for TUE (ISTUE) in the process of granting the therapeutic use exemptions for Athletes who require the use of a substance or method that is on the WADA Prohibited List. Athletes can obtain a TUE from the Irish Sports Council or from their International Federation (in the case of International Level Athletes), to protect themselves in the event of therapeutically necessary substances or methods being detected in the course of routine doping controls.

TUE COMMITTEE

As per ISTUE requirements, the Irish Sports Council has appointed a TUE Committee (TUEC) to consider requests for TUEs. The members of the TUE Committee are:

Prof John Horgan, (Chairperson)

Cardiology

Dr James Gibney

Endocrinology

Prof Stephen Lane

Respiratory Disease

Dr Philip Murphy

Haematology

Prof John O'Byrne

Orthopaedics

The role of the TUEC is to review requests for medical exemptions and consider the granting or denial of using the otherwise prohibited substance or method, based on the criteria set out in the WADA Standard.

Due to significant changes in the WADA Standard, valid from 1 January 2009, an increased number of TUE applications are expected. Bearing that in mind, the Irish Sports Council has considered appointing additional TUEC members with different areas of expertise for 2009.

The TUE Committee met once in 2008 and discussed a range of issues including:

- » WADA 2009 Prohibited List
- » WADA 2009 International Standard for TUEs and its implementation
- » WADA Medical Information to Support the Decisions of TUEC's
- » The practicalities in the process of reviewing requests for TUE's

The ADU also organised a meeting with respiratory specialists and the Chair of the TUE Committee to discuss the implementation of the WADA 2009 Standard, with the specific focus on TUE Applications for the inhaled Beta-2 Agonists.

The ADU met with the Chairman of the TUE Committee on several occasions, discussing various TUE matters.

Applications for Therapeutic Use Exemptions

	2004	2005	2006	2007	2008
Abbreviated TUE Applications	395	509	422	526	667
Standard TUE Applications	59	94	105	115	111

One Standard TUE application was rejected in 2008 due to fact that medication was not indicated for the purpose for which it was prescribed.

Ten Standard TUE applications were put on file due to the fact that applicants did not pursue applications after being asked for more information to support their applications.

WADA 2009 INTERNATIONAL STANDARD FOR TUES

In Autumn 2008, WADA drafted a new International Standard for TUEs (ISTUE) which would come into effect on 1 January 2009. The 2009 WADA Standard introduced more stringent requirements for the proof of Asthma and its clinical variants in case of inhaled Beta-2 Agonists. The ADU spent a considerable amount of time on development of procedures for the implementation of the new Standard. The TUE education material along with TUE Forms and Anti-Doping section of the ISC web-page were up-dated to be compliant with new requirements.

'SIMON' AND THE ATHLETE WHEREABOUTS ONLINE SYSTEM

Extensive research was carried out in 2008 into the benefits of implementing a computerised data management system. Consequent to this research and benefits experienced by Drug Free Sport New Zealand who implemented 'Simon' in 2007, the 'Simon' system was chosen with a view to reducing administrative workload to improve quality and create capacity to further develop the Irish Anti-Doping programme.

'Simon' is a secure data management system, developed by the United States Anti-Doping Agency (USADA), tailored to the operational requirements of a National Anti Doping Organisation. The system can be further customised to the specific requirements of the ISC Anti-Doping Unit and offers day-to-day automation in otherwise time-consuming and inefficient tasks.

The 'Simon' modules implemented in 2008 were Contact Management, Doping Control, Missed Tests, Results Management, Inventory Management, Education and Conferences.

In order to improve the aging online whereabouts facility, the *Athlete Whereabouts Online* System was also commissioned. This secure website integrates with the *Simon* system so that whereabouts are updated automatically to the athletes' records on the data management system on submission via the website, thereby cutting administration time. It is also more user-friendly and facilitates the athlete to submit their whereabouts more quickly, including the new 60-minute time slots.

The project commenced on October 6th 2008 and *Simon* will go 'live' in 2009 with a new *Athlete Whereabouts Online* system to follow.

FOOD AND FOOD SUPPLEMENTS SUB-COMMITTEE

The Food and Food Supplements Sub-Committee drafted a Supplements and Sports Foods Policy for the Irish Sports Council, which will be published in 2009 in conjunction with the Annual Report Launch. Further plans were put in place for the drafting of supplements factsheets for distribution to athletes and athlete support personnel.

ISC WEBSITE

The Irish Sports Council website was upgraded in Summer 2008. Consequently the Anti-Doping section of the website www.irishsportsCouncil.ie/Anti-Doping is more user-friendly.

THE YEAR AHEAD

Testing

The Council will focus on a number of areas in the testing programme including the development of a team whereabouts policy with a number of NGBs. The Council will introduce blood testing at a selected event during 2009, and pilot testing for steroid profiling of athletes. In addition, the Council will be re-tendering for sample analysis, reporting and storage of samples during 2009.

Administration

The Council will continue the implementation of the 'SIMON' data system, whilst ensuring the Unit's internal procedures are updated to reflect this implementation.

Education

Education and information materials reflecting the Irish Anti-Doping Rules 2009 will be revised and available for dissemination to all stakeholders.

The Council will continue to provide seminars and workshops to key persons identified by the NGBs, as well as the continued roll-out of the 'Ez-Win – Don't throw it all away' education campaign at events nationwide.

International

The key event for the Council in 2009 will be the hosting of the Spring ANADO workshop in Dublin in April. The Council will host in the region of 100 international anti-doping experts from all over the world. The workshop will take place in the historical Royal Hospital, Kilmainham.

During 2009, the Council will continue to work with WADA in providing feedback wherever appropriate on all aspects of the World Anti-Doping Programme. Particular attention will be given to the continued development of the List of prohibited substances.

APPENDICES



APPENDIX 1 ATHLETE ANTI-DOPING SURVEY 2008 RESULTS

This survey was conducted using www.surveymonkey.com. All responses were anonymous. All questions were optional to answer. A link to the survey was emailed and posted to all athletes on the Registered Testing Pool. A hard copy of the survey was also posted to all athletes on the Registered Testing Pool. Details of the survey were emailed to the Anti-Doping Officers of each National Governing Body who in turn distributed them to athletes in their NGB. The survey was also made available on www.irishsportsCouncil.ie. The deadline for completion of the survey was the 31 May 2008.

There were 153 responses to the survey compared to 82 responses to the 2005 survey. The Irish Sports Council wishes to thank all those who participated in, and distributed, the survey.

Classification Questions

Gender	
Female	38%
Male	62%
<i>didn't answer</i>	1

Age Group	
Under 18 yrs	26%
18 - 24	37%
25 - 29	13%
30 - 34	10%
35 yrs +	13%
<i>didn't answer</i>	2

Sport(s) you participate in			
Alpine skiing	2	Ladies Football	3
Archery	1	Gymnastics	1
Athletics	18	Mountain biking	1
Badminton	6	Para Equestrian	1
Boccia	3	Para-Dressage & Able Bodied	1
Bodyboarding	1	Rowing	4
Boxing	1	Sailing	9
Motorcycling	1	Skeleton	1
Cycling	9	Ski-ing	1
Equestrian	2	Squash	2
Eventing	2	Surfing	20
Fencing	1	Swimming	23
Gaelic Football	6	Table Tennis	3
Karate	2	Taekwondo	4
Kayak Slalom	1	Triathlon	1
Kickboxing	2	Wakeboarding	1
Kitesurf, surf	1	<i>didn't answer</i>	16

Level you compete at	
International	120
National	8
Inter County	13
<i>didn't answer</i>	11

How effective do you think the Irish Sports Council's Anti-Doping Programme has been in reducing doping in Irish Sport?	
Very effective	18%
Effective	62%
Made no difference	11%
Not very effective	3%
Not at all effective	0%
Sport in Ireland is clean already so it didn't have an effect	6%
<i>didn't answer</i>	12

The number of respondents who rate the Anti-Doping Programme as very effective or effective has dropped by 8%, from 88% to 80% since 2005.

Do you think there is a problem with drug taking in your sport in Ireland?	
Yes	11%
No	89%
<i>didn't answer</i>	10

Education

Who is your main source of information on Anti-Doping? (multiple response answer)	
Anti-Doping Unit of the Irish Sports Council	55%
Coach	24%
Team Doctor/Medical Officer	16%
Internet	16%
Parent	16%
NGB	15%
Manager	11%
General Practitioner	9%
Pharmacist	9%
Anti-Doping Officer in NGB	7%
Other (please specify)	7%
<i>didn't answer</i>	7

Other responses included: Other Athletes, Team Mates, www.eirpharm.com

In 2005 the Athlete Survey revealed that 32% of athletes regarded the Anti-Doping Unit as their main source of information on Anti-Doping – a figure that has risen to 55% in 2008. Athletes and their support personnel are always welcome to contact the Anti-Doping Unit directly to seek advice and assistance. The percentage of athletes who consult the Anti-Doping Officer of their NGB as their main source of information on Anti-Doping has dropped from 30% to 7%. NGBs are reminded of the importance of ensuring their Anti-Doping Officer fulfills their role with regard to Anti-doping – both in the administration of testing, and also proactively ensuring athletes in the NGB are educated with regard to Anti-Doping. Any NGBs who wish their Anti-Doping Officer to receive training on their role and responsibilities should contact the Anti-Doping Unit.

The ISC have produced some information material on the Anti-Doping Programme - which, if any, of the following have you seen?	
Wallet Card	67%
Irish Anti-Doping Rules	62%
Athlete's Handbook	61%
Guide to the Irish Anti-Doping Rules	53%
Testing Procedures Leaflet	50%
Fact Sheets on Prohibited Substances and Methods	42%
Standard Therapeutic Exemption Form	38%
Abbreviated Therapeutic Use Exemption Form	28%
Guidelines for Therapeutic Use Exemption Form	21%
Annual Report	15%
<i>didn't answer</i>	18

The wallet card which is a concise guide to anti-doping including recommended precautions, treatment guidelines, and information on prohibited substances and methods is the most widely recognised education material. As a minimum, the Irish Sports Council recommends that athletes read and are familiar with the contents of this leaflet. The Irish Anti-Doping Rules and related education leaflets contain more detailed information on Anti-Doping. For athletes subject to testing, the Sample Collection Procedures Leaflet is important to outline the procedures that must be adhered to as well as the athletes rights and responsibilities. The use of this leaflet has increased from 24% in 2005 to 50% in 2008. Use of factsheets has decreased by 20% and use of the Guidelines for Therapeutic Use Exemption Forms has decreased by 24% since 2005. All of the listed education and information materials are available on request from the Irish Sports Council, or can be downloaded from www.irishsportscouncil.ie/Anti-Doping/.

How would you rate the educational material that you have seen?	
Very good	29%
Good	62%
Not very good	8%
Not at all good	1%
<i>didn't answer</i>	16

91% of respondents rated the materials as 'very good' or 'good' compared to 82% in 2005.

Have you ever looked at the Anti-Doping section of the ISC website?	
Yes	42%
No	58%
<i>didn't answer</i>	11

In the 2005 athlete survey, 45% of respondents had accessed www.irishsportsCouncil.ie, with a similar figure in 2008 - 42%. www.irishsportsCouncil.ie has been re-launched in July 2008. Users will find education and information leaflets available to download from this website.

If Yes, how would you rate the quality of information available on the web site?	
Very Good	30%
Good	52%
Not very good	15%
Not at all good	3%
<i>didn't answer</i>	0

If you wanted to check if it is permitted to use a particular 'over-the-counter' product e.g. Lemsip, which of the following would you consult?	
www.eirpharm.com	44%
G.P.	30%
Team Doctor/Medical Officer	30%
Pharmacist	26%
Coach	20%
Anti-Doping Unit of Irish Sports Council	19%
Anti-Doping Officer in NGB	13%
Parent	11%
Manager	9%
NGB	4%
Other (please specify)	
<i>didn't answer</i>	13

Other responses included: www.didglobal.com, read the label to know exactly what is in the medication, other athletes, internet searches, friends

Similar to the 2005 survey results, www.eirpharm.com remained the predominant resource for checking if over-the-counter and prescribed medications are permitted for use. The percentage of athletes who consulted their G.P. rose from 11% to 30%. GPs can use the publication 'MIMS Ireland' and also www.eirpharm.com to check the status of medications. The percentage of respondents who would consult the Anti-Doping Unit dropped from 38% to 19%. Athletes are reminded that the Anti-Doping Unit can be contacted to check a medication.

Is your G.P. aware that you are an athlete subject to drugs testing?	
Yes	73%
No	27%
<i>didn't answer</i>	12

Does your G.P. check each medication on your prescription?	
Yes	83%
No	17%
<i>didn't answer</i>	45

Your G.P. receives a book called 'MIMS Ireland' every month. This book contains a list of all medications available in Ireland. It states if a medication is permitted or prohibited. Have you ever seen your G.P. refer to this book when writing a prescription for you?	
Yes	43%
No	57%
<i>didn't answer</i>	19

Athletes are reminded that each time a prescribing doctor prescribes you a medication or method of treatment, remind them that you are subject to drug testing in sport, and confirm if what they are prescribing is permitted for use by athletes. Otherwise you may need to apply for a Therapeutic Use Exemption. Bearing in mind the principle of 'Strict Liability' with regard to drug testing, it is good practice for the athlete to double-check their prescriptions on www.eirpharm.com.

Testing

Have you been tested by the Irish Sports Council Anti-Doping Programme since January 2007?	
Yes	58%
No	42%
<i>didn't answer</i>	9

Thinking of the last occasion you were tested by the Irish Sports Council, how would you rate the following aspects:				
Answer Options	Very Good	Good	Not Very Good	Did not answer
Notifying you of your selection for testing	42%	38%	20%	5
The facilities for sample collection	54%	44%	3%	4
The sensitivity of the Doping Control Officer	75%	25%	0%	3
The overall sample collection procedure	63%	35%	2%	3
Mobile Unit (if applicable)	65%	26%	9%	61

How would you describe the Testers?	
Professional	89%
Friendly	85%
Informative	64%
Helpful	65%
Unprofessional	0%
Unfriendly	0%
Uninformative	0%
Unhelpful	0%
<i>didn't answer</i>	4

Have you received a results letter from your NGB for all drugs test completed on you?	
Yes	44%
No	56%
<i>didn't answer</i>	5

It is the responsibility of the National Governing Body of sport to forward the results letter to the athlete. The Irish Sports Council advises athletes who have not received a results letter to contact their National Governing Body of sport directly. Results letters should normally be received within 6 weeks of the test being completed.

Which of these following rights and entitlements are you aware of in relation to the Irish Sports Council Testing Programme? The right to:	
Request to see the tester's ID Card	66%
Receive copies of all signed documentation	54%
Request information regarding the sample collection procedure	51%
Nominate a representative of your choice to accompany you during the sample collection	50%
Be provided with a selection of sample collection equipment including sample collection vessels and kits	46%
With consent of the tester, and at all times in their full view, attend a victory ceremony, finish a training session, compete in further events and do anything else that is reasonable before providing a sample including fulfilling media commitments and receiving medical treatment. Not withstanding the above you must report to the Doping Control Station within 60 minutes.	44%
Request to see the Letter of Authority from relevant testing authority i.e. the Irish Sports Council or your International Federation	39%
Not aware of any rights	23%
Request to have an interpreter (if necessary)	22%
Request modifications to the sample collection procedure on the doping control form	20%
<i>didn't answer</i>	17

It is of concern that 23% of athletes are not aware of their rights with regard to Anti-Doping. Athletes are strongly recommended to read the education material and be aware of their rights and responsibilities with regard to testing. A key leaflet is 'Sample Collection Procedures' which is available on www.irishsportsCouncil.ie/Anti-Doping.

Supplements

Do you use sports or health supplements?	
Yes	50%
No	50%

Athletes who answered No, that they do not use supplements were asked 'why do you not use supplements?'	
Don't think I need them	80%
For fear of inadvertently testing positive	34%
For fear of adverse health side effects	16%
My National Governing Body of sport advised me not to use supplements	14%
Dietician/Nutritionist advised me not to	4%
Team Doctor advised me not to	4%
The Irish Sports Council advised me not to use supplements	4%
<i>didn't answer</i>	83

Athletes who answered Yes, that they do use supplements were asked 'where do you buy your supplements?'	
Health Food Shops	57%
Supermarkets	33%
Internet	29%
From another person	9%
In a gym	7%
Sports Magazines	2%
<i>didn't answer</i>	95

Other responses included: pharmacy, supplied by team, supplied by nutritionist/sports scientist

Athletes are reminded of the risks associated with the use of supplements. Studies have indicated that there is a risk of contamination of supplements with substances that are prohibited for use in sport. Bearing this in mind, athletes are advised to be extremely cautious of the source from which they buy their supplement products. The Irish Sports Council have reviewed their Food and Food Supplements Policy which is available on www.irishsportsCouncil.ie. Athletes are advised to seek advice from a qualified Sports Dietician regarding the use of supplements.

Athletes who answered Yes, that they do use supplements were asked 'please tick the 3 main reasons why you use supplements?'	
To prevent sickness	74%
To overcome injury	30%
To increase strength	23%
To enhance endurance	19%
Convenience/No time to prepare meals	15%
To train longer	15%
To increase stamina	13%
To increase speed	11%
To change your physical appearance	11%
To increase muscle mass	9%
Because other athletes use it	9%
<i>didn't answer</i>	100

Responses included: to recover quicker, better quality of training & recovery, improve concentration, to prevent dehydration

Have you had nutritional/ dietary advice in the past?	
Yes	71%
No	29%
<i>didn't answer</i>	20

If Yes, please state where you got your advice?	
Team talk from dietician/nutritionist	68%
Self-education (i.e. books, science journals etc.)	39%
Internet (please state any particular website in the 'Other' box at end of question)	16%
Personal consultation with a dietician/nutritionist	48%

Athletes are advised to seek advice from a qualified Sports Dietician regarding the use of supplements. If accessing information on the internet, ensure that your source of information is a credible scientific source.

Who/What is your main source of knowledge about supplement use?	
Own Research - Internet, books etc.	52%
Dietician/Nutritionist	37%
Coach	35%
Another Athlete	19%
Personal Trainer	10%
Manager	9%
Shop Assistant	3%
<i>didn't answer</i>	38

Responses included: Irish Sports Council, doctor, NGB Anti-Doping Officer, teacher in college, family, sports scientist

Please indicate if you agree or disagree with the following statements about supplements:		
	Agree	Disagree
Athletes need to take supplements to compete at the highest level	25%	75%
Taking supplements can be a risk to your health	68%	32%
Athletes can innocently fail a drug test due to hidden ingredients in supplements	93%	7%

Please refer to www.irishsportsCouncil.ie/Anti-Doping/Information_and_Education/Food_and_Food_Supplements_Policy to read the Irish Sports Council policy on supplements.

Registered Testing Pool (RTP) and the Whereabouts System

Are you on the Registered Testing Pool, and hence supply whereabouts to the ISC?	
Yes	72%
No	28%
<i>didn't answer</i>	18

Do you use the Online Whereabouts System?	
Yes	39%
No	61%
<i>didn't answer</i>	57

If Yes, do you find it easy to use?	
Yes	78%
No	22%
<i>didn't answer</i>	116

If No, why do you not use the Online Whereabouts System?	
It is difficult to tell if the inputted information is definitely sent	37%
I wasn't aware of it	28%
It is not user-friendly	28%
It is difficult to make changes on it	24%
I need training on how to use it	17%
Lost/Forgot Password	15%
No access to a computer	11%
No access to Internet	11%
<i>didn't answer</i>	107

The Irish Sports Council will be introducing a new Online Whereabouts System early in 2009 and each athlete on the registered testing pool will be offered training on the new system. It is anticipated that the new system will be more intuitive to use. Any athletes who experience difficulty using the current Online Whereabouts System, or who have not previously used it and would like training in its use, please contact the Anti-Doping Unit to seek assistance.

Tip-Off Line

If the Anti-Doping Unit provided an anonymous 'Tip-Off Line' where people could call and give details of an athlete they believed to be cheating, would you use it?	
Not sure/maybe	8%
No	40%
Yes	57%
<i>didn't answer</i>	39

Have you any concerns, comments or suggestions about the set up of such a 'Tip-Off Line'?	
Answered	86
<i>didn't answer</i>	67

Responses included: could be easily abused; I think it would be a very good idea; I think that these persons will eventually get caught anyway; I wouldn't have any concerns as if athletes are cheating they're not giving a true performance; seems like a good idea; the anonymity of such a line; to make sure it is strictly confidential

The Irish Sports Council currently does not run a *tip-off line*. If such a line is launched in the future, the Irish Sports Council will take into account the comments received in this survey. The Irish Sports Council is considering all options to help improve the intelligence behind the anti-doping programme. Internationally other National Anti-Doping Organisations have set up *tip-off lines*. For example, the Australian Sports Anti-Doping Authority run a *Stamp Out Doping* hotline which contributes to investigations of doping in sport. 25% of their doping cases now result from investigations outside of their core testing programme. Currently anyone concerned about the use of drugs in sport can contact the Anti-Doping Programme Manager Dr Una May to discuss your concerns confidentially.

APPENDIX 2 TESTING FIGURES 2008

National Programme

	Sport	Competition	Out-of Competition	Total
1	Archery	7	0	7
2	Athletics	27	94	121
3	Badminton	9	11	20
4	Basketball	15	0	15
5	Blindsports	2	7	9
6	Bobsleigh & Skeleton	0	3	3
7	Boxing	4	35	39
8	Camoige	4	0	4
9	Canoeing	0	18	18
10	Cerebral Palsy Sports	0	49	49
11	Clay Pigeon Shooting	4	8	12
12	Cycling	33	59	92
13	Fencing	2	4	6
14	GAA	48	27	75
15	Golf	4	0	4
16	Hockey	8	0	8
17	Horse Sport	7	17	24
18	IMAC	4	8	12
19	Judo	4	1	5
20	Ladies GAA	8	0	8
21	Motorcycling	24	0	24
22	Motorsport	20	0	20
23	Rowing	19	50	69
24	Rugby	0	69	69
25	Sailing	5	54	59
26	Snow Sports	0	7	7

	Sport	Competition	Out-of Competition	Total
27	Soccer	32	23	55
28	Squash	4	7	11
29	Surfing	7	0	7
30	Swimming	12	17	29
31	Tae Kwondo	0	3	3
32	Tennis	4	6	10
33	Triathlon	12	8	20
34	Tug of War	4	0	4
35	Volleyball	0	3	3
36	Weightlifting	8	1	9
37	Wheelchair Sports	4	48	52
		345	637	982

User Pays

	Organisation	Competition	Out-of Competition	Total
	ANADO	0	12	12
	Athletics Association of Ireland	13	0	13
	Boxing Union of Ireland	4	0	4
	Cycling Ireland	16	0	16
	ERC	8	0	8
	Irish Hockey Association	12	0	12
	IRFU	24	0	24
	Irish Water Safety	1	0	1
	Racquetball Association of Ireland	4	2	6
	Six Nations	28	0	28
	Triathlon Ireland	8	0	8
		118	14	132

APPENDIX 3 COSTS OF THE PROGRAMME 2008

Expenditure Heading	2008 Cost ()		2007 Cost ()
Testing	755,381	(1)	754,810
Education and Research	61,707	(2)	87,063
Salaries	280,280	(3)	279,214
Other Costs	699,246	(4)	625,050
TOTAL	1,796,614		1,746,137
Income from Testing	42,686		45,651

Notes:

1. Includes the cost of sample collection, transportation, laboratory analysis contracts, mobile unit costs and the in-house testing programme.
2. Includes direct education and research costs associated with the programme
3. Gross salary costs, including Employers PRSI of the four staff members of the Anti-Doping Unit.
4. Includes legal advice associated with the programme, consultancy fees, travel and subsistence, advertising, printing, insurance and other related costs in administering the programme.

APPENDIX 4 ANTI-DOPING RULE VIOLATIONS 2008

Sport	Anti-Doping Rule Violation	Comp/OOCT	Category of Drug	Substance detected	Action taken
Rowing	IADR 2.1*	Comp	Cannabinoids	Tetrahydrocannabinol (THC)	Reprimand and 3 weeks suspension
IMAC	IADR 2.3 ~	OOCT		N/A	3 months suspension
Rugby	IADR 2.1*	Comp	Beta 2 Agonists	Terbutaline	Reprimand and warning
GAA	IADR 2.1*	Comp	Beta 2 Agonists	Salbutamol	Reprimand
<p>* IADR 2.1 The presence of a <i>Prohibited Substance</i> or its <i>Metabolites</i> or <i>Markers</i> in an <i>Athlete's</i> bodily <i>Specimen</i></p> <p>~ IADR 2.3 Refusing or failing without compelling justification to submit to sample collection after notification as authorised in applicable anti-doping rules or otherwise evading Sample Collection</p>					

In addition to the above Anti-doping Rule Violations the Council carried out full follow up investigations into 6 cases of elevated Testosterone : Epitestosterone (T:E) ratios during 2008. In all cases the Isotope Ratio Mass Spectrometry (IRMS) result was negative and with follow up tests the Council was able to establish that the findings were consistent with naturally elevated testosterone levels.

The Council also forwarded two cases of elevated T:E ratios to International Federations for follow up during 2008. In both these cases the IRMS was also negative.

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