

**Annual Report**  
of the Anti-Doping Unit of the Irish Sports Council for **2009**



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Annual Report of the Anti-Doping Unit  
of the Irish Sports Council for 2009

## Staff

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Ms Ailish Keaveney	Head of Education and Research
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# INTRODUCTION

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For over 10 years, the Irish Sports Council has operated the Irish Sport Anti-Doping Programme. 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.

The national effort is shared with National Governing Bodies of sport, athletes, coaches and medical support personnel. The Council enjoys and appreciates a very high level of support and collaboration in the fight against doping in sport.

Internationally the Council continues to have 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, 2009 marked a significant development with the introduction of blood testing in Ireland and initial commencement of testing for gene doping as part of the National Programme. In addition, technological developments included the full implementation of SIMON (an Anti-Doping Data Management System) and a new improved whereabouts system and SMS service.

Thanks to the efforts of our colleagues in the Anti-Doping Unit and the collaboration of our partners in sport the new Irish Anti Doping Rules were successfully introduced and the Council also celebrated hosting the Association of National Anti Doping Organisations Conference in early 2009.

The testing programme continued to expand in 2009, carrying out 829 tests under the National Programme, with 58% of tests taking place out of competition. 126 tests under the User Pays programme brought to 955 the total number of tests carried out in 36 sports in 2009.

As we look towards 2010, there will be many challenges in the area of Anti-Doping, however 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**

## FOREWORD

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The issue of performance enhancing substances in sport continues to be a worldwide problem. For over 10 years, the Government has entrusted the Irish Sports Council to combat doping in Ireland and we are relentless that our fight against doping is constant, determined and ultimately successful.

The members of the Anti-Doping Committee, its supporting committees and the executive of the Anti-Doping Unit have worked for ten years on combating doping in sport because we value its contribution to the well-being of the nation. 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.

During 2009 the Irish Sport Anti-Doping Programme continued to make substantial progress in the operational areas of testing, education, administration and research. This report, the tenth Annual Report of the Programme, details those activities.

A significant improvement which merits highlighting is the movement towards intelligence based testing with the commencement of testing for gene doping and the introduction of blood testing to Ireland. This changing emphasis highlights the future advancements and we look forward to developing further these initiatives.

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.

The continued 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.

We would also like to acknowledge the unanimous support within Irish sport for the Irish Sport Anti-Doping Programme. The National Governing Bodies of sports continue to commit considerable work and dedication to their Anti-Doping programmes and are support for us.

Most of our activity is conducted with amateur sports people and 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 continue to try to learn from them.

The executive of the Irish Sports Council's Anti-Doping Unit are recognised nationally and internationally, as an outstanding team who deliver a top class programme. They work to a very high professional standard to protect Irish sport and sports people. Their contribution over the past ten years has been outstanding.

Finally, I would like to 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 be part of this important and essential work. I look forward to further developing the excellence of the programme in 2011.

A handwritten signature in black ink, appearing to read "Brendan Buckley".

Professor Brendan Buckley  
Chairman

## LIST OF ABBREVIATIONS

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<b>ADO</b>	Anti-Doping Officer
<b>ADU</b>	Anti-Doping Unit
<b>AAF</b>	Adverse Analytical Findings
<b>ANADO</b>	Association of National Anti-Doping Organisations
<b>CoE</b>	Council of Europe
<b>IADR</b>	Irish Anti-Doping Rules
<b>IF</b>	International Federation
<b>IMB</b>	Irish Medicines Board
<b>ISADDP</b>	Irish Sport Anti-Doping Disciplinary Panel
<b>ISC</b>	Irish Sports Council
<b>ISTUE</b>	International Standard for Therapeutic Use Exemptions
<b>MIMS</b>	Monthly Index of Medical Specialities
<b>NADO</b>	National Anti-Doping Organisation
<b>NGB</b>	National Governing Body
<b>RCSI</b>	Royal College of Surgeons in Ireland
<b>RTP</b>	Registered Testing Pool
<b>SCP</b>	Sample Collection Personnel
<b>TUE</b>	Therapeutic Use Exemption
<b>TUEC</b>	Therapeutic Use Exemption Committee
<b>UCD</b>	University College Dublin
<b>UKAD</b>	United Kingdom Anti-Doping
<b>WADA</b>	World Anti-Doping Agency

# VISIONS OF THE PROGRAMME

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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 complements 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

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### Context 2009

In January 2009, a revised World Anti-Doping Code came into force. Alongside this new Code many of the WADA International Standards were also revised. With the release of the new Code in October '08 there was an intensive period of change in late '08 and early '09 to harmonise the National Anti-Doping Programme with the requirements of the 2009 World Anti-Doping Code. This involved changes to internal and external procedures, changes to all published materials – both educational and basic documentation (e.g. forms etc.). A new version of the Irish Anti-Doping Rules (2009 version) was released in tandem with the new World Anti-Doping Code and continues to be the cornerstone of the National Programme.

# ANTI-DOPING COMMITTEE 2009

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The Irish Sports Council's Anti-Doping Committee is an advisory committee established under the Irish Sports Council Act of 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 three occasions throughout 2009; January, May and September. Many critical subject areas were discussed with the key findings reported back to the ISC. In 2009 the committee welcomed two new members; Ms Wendy Henderson from Sport Northern Ireland in May and Ms Susan Ahern from the International Rugby Board in September.

The Anti-Doping Committee comprises;

**Prof. Brendan Buckley (Chairperson)**

Consultant Physician, Cork Regional Hospital

**Mr. Mel Christle**

Senior Counsel

**Dr. Geraldine Barniville**

Anti-Doping Committee Member, World Squash Federation

**Ms. Noreen Roche**

Dietician, Member of Sports Nutrition Interest Group

**Dr. Joan Gilvarry**

Medical Director, Irish Medicines Board

**Dr. Gary O'Toole**

Former Irish Olympic Athlete, Orthopaedic Surgeon

**Prof. Patrick Guiry**

Chemist, University College Dublin

**Ms. Wendy Henderson**

Anti-Doping Officer, Sport Northern Ireland

**Dr. Bill Cuddihy**

Former Medical Officer to Athletics Association of Ireland

**Ms. Susan Ahern**

Head of Legal Affairs, International Rugby Board

**Dr. Anthony McCarthy**

Psychiatry, St Vincent's Hospital

**Mr. John Treacy**

Chief Executive Officer, Irish Sports Council

**Dr Úna May (Secretariat)**

Programme Manager, Anti-Doping Unit

## IRISH SPORT ANTI-DOPING DISCIPLINARY PANEL

From January 2009, what had been known as the Irish Sport Anti-Doping Disciplinary and Appeal Panels were merged to form one single Irish Sport Anti-Doping Disciplinary Panel (ISADDP). This panel has the power to hear cases brought under the Irish Anti-Doping Rules (IADR).

The ISADDP is comprised of: (a) A Chair and four (4) Vice-Chairs, each of whom is a registered solicitor or barrister not less than ten (10) years qualified or a retired Supreme Court or High Court judge; and (b) Five (5) members each of whom is a registered medical practitioner not less than ten (10) years qualified; and (c) Five (5) members each of whom is or was a sports administrator or an Athlete. There are currently two vacancies on the panel.

The Chair of the panel appoints three members to hear and determine each case. In the event of an appeal being made the Chair shall appoint three members of the panel who have had no previous involvement with the case.

The ISADDP includes the following members:

**Mr Michael Collins**, Senior Counsel, Chairperson

**Mr David Barniville**  
Legal

**Prof. Denis Cusack**  
Medical

**Mr Philip Browne**  
Sports Administrator

**Mr Adrian Colton**  
Legal

**Dr Pat O'Neill**  
Medical

**Mr Bill O'Hara**  
Sports Administrator

**Ms. Helen Kilroy**  
Legal

**Dr Mick Molloy**  
Medical

**Mr Paddy Boyd**  
Sports Administrator

**Mr Rory McCabe**  
Legal

**Dr Martin G Walsh**  
Medical

**Mr Sean McCague**  
Sports Administrator



Chapter 1

## TESTING

## HIGHLIGHTS:

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- » Blood testing took place in Ireland for the first time during 2009.
- » The ISC commenced testing for gene doping as part of the National Programme.
- » New improved on-line whereabouts system introduced in Spring 2009.

# TESTING PROGRAMME

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## Doping Controls

In 2009, the ISC conducted 955 tests; of this total 829 urine tests were conducted under the National Programme, and 126 urine tests under the User-Pays Programme in addition to 76 blood tests. All tests were conducted on a no advance notice basis in line with international best practice.

## Advances in analytical science

A major enhanced component of the ISC's anti-doping programme is the introduction of testing for gene doping in late 2009. The scientists behind the development of the drug GW 1516 worked closely with WADA during the development stages of the drug to ensure that by the time the product became available for therapeutic use a test to detect its presence in urine would be available. This test has recently been made available and is now being routinely applied to samples from the Irish Anti-Doping Programme.

As part of the continuous development of analytical techniques the laboratory in Cologne has also been able to introduce a test for Selective Androgen Receptor Modulators. These substances are not yet approved for therapeutic use and yet they appear to be gaining popularity in the sports doping community because they are believed to provide the benefits of traditional anabolic/androgenic steroids such as testosterone with fewer unwanted side effects.

## Biological profiling

The ISC has worked with the scientists at the Lab in Cologne to commence work on steroid profiling of athletes. This has been carried out on a number of athletes in 2009 and the programme will be expanded in 2010.

## National Programme

The National Programme was comprised of 346 In-Competition tests (41.7%) and 483 Out-of-Competition tests (58.3%). These doping controls were conducted across 36 sports as outlined in Table 1.

The ISC contracts the Association of National Anti-Doping Organisations (ANADO) to conduct testing for the Council outside of Ireland, where athletes on the RTP are living or training outside of Ireland. In 2009, ANADO conducted 25 tests on behalf of the Council.

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**Table 1 National Programme Testing**

Sport	IC	OOC	Total
Athletics Ireland	27	81	108
Badminton Ireland	8	4	12
Basketball Ireland	4	0	4
Cerebral Palsy Sport Ireland	0	12	12
Cumann Camógaíochta Na nGael	4	0	4
Cumann Peile Gael Na mBan	8	0	8
Cycling Ireland	38	55	93
Football Association of Ireland	32	27	59
Gaelic Athletic Association	48	39	87
Golfing Union Of Ireland	4	0	4
Horse Sport Ireland	8	5	13
Irish Bobsleigh and Skeleton Association	0	8	8
Irish Amateur Boxing Association	8	43	51
Irish Amateur Rowing Union	22	23	45
Irish Amateur Weightlifting Association	4	2	6
Irish Blind Sports	1	7	8
Irish Canoe Union	0	13	13
Irish Clay Pigeon Shooting Association	0	2	2
Irish Amateur Fencing Federation	2	3	5
Irish Hockey Association	18	8	26
Irish Judo Association	4	0	4
Irish Ladies Golf Union	4	0	4
Irish Martial Arts Commission	0	2	2
Irish Rugby Football Union	0	76	76
Irish Sailing Association	4	6	10
Irish Squash	4	4	8
Irish Surfing Association	4	0	4
Irish Tug Of War Association	4	0	4
Irish Wheelchair Association	8	21	29
Motor Cycling Union Of Ireland	28	0	28
Motorsport Ireland	19	0	19
Shooting Sports Association Of Ireland	4	0	4
Snow Sports Association of Ireland	0	10	10
Swim Ireland	11	19	30
Tennis Ireland	4	6	10
Triathlon Ireland	12	7	19
<b>TOTAL</b>	<b>346</b>	<b>483</b>	<b>829</b>

## User-Pays Programme

As per table 2 below, 10 organisations requested testing under the User Pays Programme and in total 202 tests were conducted under the User Pays Programme; 55 user-pays urine tests were conducted for National Governing Bodies of Sport namely Athletics Ireland, Cycling Ireland, Irish Rugby Football Union, Irish Water Safety and the Boxing Union of Ireland availed of the User-Pays Programme to conduct extra tests over and above the National Programme tests; in addition 71 user-pays tests were conducted via ANADO for the Six Nations, European Rugby Cup and the International Rugby Board, USADA and European Athletics.

**Table 2 User-Pays Programme**

	<b>IC</b>	<b>OOC</b>	<b>TOTAL</b>
Athletics Ireland	6	0	6
Cycling Ireland	12	0	12
Irish Rugby Football Union	32	0	32
Irish Water Safety	1	0	1
Boxing Union of Ireland	4	0	4
ANADO - Six Nations	12	0	12
ANADO - European Rugby Cup	21	0	21
ANADO – International Rugby Board	0	15	15
United States Anti-Doping Agency	0	1	1
European Athletics	22	0	22
<b>TOTAL</b>	<b>110</b>	<b>16</b>	<b>126</b>

## Blood Testing

In 2009 the ISC undertook its first blood tests on a user-pays basis on behalf of European Athletics. In conjunction with the European Cross Country Championships, 76 blood passport tests were conducted.

## Registered Testing Pool

The Registered Testing Pool (RTP) comprises a selection of athletes who are in direct receipt of funding from the ISC or fall within an eligible category agreed between the NGB and the ISC. For athletes in the RTP, testing can take place at the athlete's home or training venue. As this type of testing may occur at any time, it is important that the ISC is kept up to date on the whereabouts of the athlete. Hence the ISC has a Whereabouts System in place to allow athletes to update the ADU with their whereabouts information.

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The revised World Anti-Doping Code (2009) came into effect on 1st January 2009 which changed some of the whereabouts requirements. A significant change is the requirement for RTP athletes to provide one 60-minute time slot per day where they will be available and accessible for testing at a specific location.

The ISC introduced a new on-line whereabouts system for athletes which facilitated the revised whereabouts requirements for 2009. As part of this enhanced system the ISC also upgraded its software capacity to allow for automated acknowledgement of receipt of text messages from athletes – this continues to be one of the preferred means of providing whereabouts updates.

### Criteria for Registered Testing Pool

One or more of the following criteria is used to select an athlete to be part of the RTP:

- » 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 ISC's Test Distribution Plan and other sports targeted by the ISC;
- » Athletes who are included in an IF 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 RTP;
- » 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 'Athlete Whereabouts Requirements' of the International Standard for Testing and Article 5.10 of the IADR (2009 Version)

### Whereabouts Failures

Significant changes were made in the revised World Anti-Doping Code 2009, to the area of management of whereabouts information. Athletes are held accountable for the timeliness and accuracy of the information they provide to anti-doping authorities. Article 2.4.1 of the IADR (2009 version) states:

An *Athlete* shall be deemed to have committed an anti-doping rule violation under Article 2.4 if he or she commits a total of three (3) *Whereabouts Failures*, which may be any combination of *Filing Failures* and/or *Missed Tests* adding up to three (3) in total, within any eighteen (18) month period, irrespective of which *Anti-Doping Organisation* has declared each of the *Whereabouts Failures* in question.

## Missed Tests

“A failure by the *Athlete* to be available for *Testing* at the location and time specified in the sixty (60) minute time slot identified in his or her *Whereabouts Filing* for the day in question.”

In 2009 there were 16 Missed Tests across 9 sports.

## Filing Failures

“A failure by an *Athlete* to make a *Whereabouts Filing* in accordance with these Rules.”

In 2009 there were 36 Filing Failures across 16 sports.

There are 6 athletes who have 2 whereabouts failures, consisting of a combination of Missed Tests and/or Filing Failures in the sports of Boxing (2), Tennis, Canoeing, Martial Arts and Cycling.

## Unsuccessful Attempts

Attempted doping controls were not completed in 44 cases in 2009. This was due to the athlete not being present at the location, either home address or training venue, as stated on their whereabouts form. When an attempt is made outside of the “time specified in the sixty (60) minute time slot identified in his or her *Whereabouts Filing* for the day in question” then the athlete is not charged with a missed test.

Attempted doping controls were not completed on four teams in the GAA and four teams in the League of Ireland in 2009. This was due to the teams not training at the grounds stated on the team whereabouts form.

## Sample Collection Personnel (SCP)

The ADU held an accreditation workshop for new sample collection personnel on the 6<sup>th</sup> & 8<sup>th</sup> April 2009 to meet the demands of the testing programme. A total of 7 new personnel attended the training. Of the 7 attendees at the workshop, 6 were fully trained.

The ADU held its third annual training workshops for SCP on the 19th & 28th September 2009. These meetings focused mainly on improvements to procedures based on feedback from the SCP.

There are currently 50 certified SCP available to carry out doping controls in Ireland.

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Chapter 2

## INTERNATIONAL



## HIGHLIGHTS:

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Irish Sports Council hosted ANADO 12th workshop in Dublin – Spring 2009

Úna May (Irish Sports Council) chaired WADA's independent observer mission to the 8th World Games in Taiwan - July 2009

Siobhán Leonard (Irish Sports Council) appointed to ANADO Quality Assurance Panel

# **CONFERENCES AND MEETINGS**

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## **Association of National Anti-Doping Organisations (ANADO)**

The ISC works closely with ANADO which coordinates the global cooperation of national anti-doping organisations and represents their interests to WADA.

### **ANADO – Workshop and Annual General Assembly – Spring 2009 - Dublin**

The ISC hosted the Spring workshop of ANADO in Dublin in April 2009. The workshop, held at the Royal Hospital Kilmainham, was highly successful with over 100 delegates from 41 countries in attendance. The main focus of the workshop was the interpretation and implementation of the revised International Standard for TUEs and the new International Standard for Testing.

### **ANADO Blood Testing Workshop – Lausanne**

The Spring ANADO workshop was followed immediately by a blood testing workshop held in Lausanne, Switzerland. This workshop was attended by two members of the ADU in preparation for the launch of the Irish blood testing programme. The workshop provided details and guidance on all aspects of blood collection from sample collection to transport of samples, and finally interpretation of analytical results.

### **ANADO Workshop – Autumn 2009 – New Zealand**

A member of the ADU attended the Autumn workshop of ANADO, held in Auckland. The emphasis of this meeting was on education in Anti-Doping; as ever the meeting was an opportunity to make useful contacts and gave an insight into the developments in education in other NADOs. WADA attended the workshop and presented further guidelines on the implementation of some of the International Standards as well as addressing WADA education developments.

### **ANADO Quality Assurance Programme**

Siobhán Leonard has been appointed to the ANADO Quality Assurance Panel who will review compliance to quality standards in other National Anti-Doping Organisations. This will assist in the overall competency development of NADOs throughout the world, while also increasing confidence for users in the services provided by NADOs.

## **Irish Sports Council's Participation on WADA Programme at the World Games**

WADA's Independent Observer (IO) programme helps enhance athlete and public confidence at major events by randomly monitoring and reporting on all phases of the doping control and results management processes in a neutral and unbiased manner. Dr Una May chaired WADA's independent observer mission to the 8th World Games in Taiwan in July 2009.

### **WADA Conference - Lausanne**

WADA hosted a joint meeting of NADOs and International Federations (IFs) which served as a very successful opportunity to meet with many of the IFs. Although the meeting deliberately did not provide a formal forum for debating issues surrounding the revised Code, this was referred to in many of the presentations and was the main topic of conversation throughout the two day conference.

### **Council of Europe Education Advisory Meeting – 4th & 5th June 2009**

A member of the ADU attended this meeting, having been actively involved with the Council of Europe (CoE) in setting the agenda for the meeting. The meeting focused on developing joint efforts in education with other NADOs.



Chapter 3

## EDUCATION AND RESEARCH

## HIGHLIGHTS:

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48,748 educational resources distributed by the Anti-Doping Unit in 2009

Sports section of [www.eirpharm.com](http://www.eirpharm.com) viewed 33,000 times in 2009

30% more medicine searches on [www.eirpharm.com](http://www.eirpharm.com) in 2009 than in previous year

## EDUCATIONAL RESOURCES

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The ISC continued to deliver on its objective of providing up to date, accurate information to all athletes who are likely to be tested. A total of **48,748** educational resources were distributed by the ADU in 2009.

Educational material sent out to various stakeholders in 2009:

Irish Anti-Doping Rules	4778
Wallet Card	11518
What is Doping leaflet	5090
Sample Collection Procedures leaflet	5414
Use of Medicines leaflet	5428
Asthma TUE leaflet	5028
Therapeutic Use Exemption Form	5368
Declaration of Use Form	5138
Education Packs	986

## MEDICINES INFORMATION

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The ADU continues to respond to direct enquiries from the public in relation to medications; however the main source of information continues to be the Eirpharm website. The use of Eirpharm's online information resource continues to rise annually (there were 30% more medicine searches in 2009 than in the previous year).

## EIRPHARM

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Endorsed by the ISC since 2001, the Irish Pharmacy website, [www.eirpharm.com](http://www.eirpharm.com), is an online resource to check the status in sport of all medications marketed in Ireland. Covering both prescription and non-prescription medications, the medicines and sport database is routinely updated in accordance with changes to the WADA Prohibited List, as new products become available or are discontinued. The same information is provided by Eirpharm to the monthly MIMS publication which is circulated to over 7000 subscribers, primarily doctors.

While the database covers approximately 3,000 medications; searches pertained to 575 unique products, with **over eight thousand (8211)** recorded pageviews of the search results page. The therapeutic classes associated with searches were primarily inhaled Beta-2-agonists, inhaled glucocorticosteroids, cold and flu' remedies, anti-inflammatories, analgesics and vitamin and mineral supplements.

The Ventolin range accounted for the most commonly searched brand (297) of which the prescription Ventolin Evohaler/Inhaler was associated with 245 searches. Second to this was the Nurofen range for which 275 searches were generated of which Nurofen Plus accounted for 175 specific searches. The Benylin cough, cold and flu' range was associated with 165 queries, Sudafed Tablets and Elixir accounted for 76 queries, while the inhaled glucocorticosteroid Becotide and Beclazone generated a combined 98 searches. The most popularly searched product is Berocca Plus Effervescent & Film-coated Tablets accounting for 240 searches. January and December were the busiest months for queries, with 405 and 401 database queries respectively.

For 2009, the Eirpharm.com/sports section of the Eirpharm website, which includes the medicines and sport database, health tips on the use of medicines in sport, information on supplements, drugs abused in sport, etc was viewed **thirty three thousand times** indicating significant interest in sport related health topics. The most popular section was information on supplements while January was the most popular month..

In terms of brand recognition and use of the Eirpharm/sport section, 713 people visited the website more than 10 times during the year. Significantly 422 of these people visited the website more than 201 times, suggesting a core user group using the site as a trusted source of information on drugs in sport online.

The Eirpharm.com "Ask the Pharmacist" query email service received 59 queries in 2009 from athletes, coaches and medical professionals on a broad range of product and athlete health related queries.

# EDUCATION SEMINARS

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## General Open-Invitation Athlete Seminars

In light of the IADR 2009 coming into effect on 01 January 2009, several open-invitation seminars were held nationwide in Galway, Cork, Dublin and Belfast. All NGBs were offered seminars to meet with their athletes to explain changes introduced by WADA in 2009.

## Sport Specific Seminars

In total 15 Seminars were held in 2009 across National Governing Bodies including the Football Association of Ireland, Swim Ireland Team Managers, the Paralympic Council of Ireland, the Council of University Sports Administrators in Ireland, the Irish Martial Arts Commission, Tipperary Local Sports Partnerships and Provincial Gaelic Athletic Association Medical Personnel. 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.

## Anti-Doping Officer and NGB Staff Seminar

Two seminars were held in Sport HQ, Dublin on the 14th and 21st January for ADOs and NGB staff addressing the basics of Anti-Doping for personnel new to the area, right through to the 2009 changes in procedures.

## Faculty of Sports and Exercise Medicine

The ISC partnered the Faculty of Sports and Exercise Medicine of the RCSI in organising a meeting for medical professionals on the 7th February. The primary focus of this meeting was on the treatment of asthma in sport and the relevant TUE requirements.

## Outreach

An 'Ez-Win' outreach event was held over 2 days for Swim Ireland at the Dave McCullagh Gala at the University of Limerick. Athletes were guided through the use of [www.eirpharm.com](http://www.eirpharm.com) along with question and answer sessions on anti-doping rules and regulations.

## WEBSITE AND INFORMATION MATERIALS

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[www.irishsports council.ie/Anti-Doping](http://www.irishsports council.ie/Anti-Doping) is a dedicated part of the ISC's website which hosts information on all aspects of Anti-Doping. Stakeholders are advised to link their websites to the ISC's website to ensure that information accessed is up to date. The ISC updates its website on a regular basis in line with changes implemented by WADA. Information materials are based on the information available on the website, always urging the reader to revert to the website for comprehensive information.

## RESEARCH SUB-COMMITTEE

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

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

## SOCIAL BEHAVIOURAL STUDY/UCD

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An anti-doping project, co-funded by the ISC 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. Kate Kirby presented on the study to the ANADO delegates at the Dublin ANADO meeting in April 2009.



Chapter 4

## ADMINISTRATION

## HIGHLIGHTS:

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SIMON (Anti-Doping Management System) fully implemented in the ADU in 2009, including the integration of the athlete on-line whereabouts system and SMS service

Supplements and Sports Foods Policy launched in March 2009

The ISC assisted the Irish Medicines Board in their investigations, which led to the interception of suspicious substances which could otherwise have been used by Irish sportspersons

## **SIMON – ANTI-DOPING MANAGEMENT SYSTEM**

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2009 saw the full implementation of SIMON (a customised anti-doping management system) within the ADU. The ADU continued throughout the year to enhance the basic system with customisations and general improvements.

The athlete on-line whereabouts system went live in time for quarter 2, 2009. This improved system has resulted in a significant increase in the number of athletes submitting their whereabouts electronically. This means that athletes are in a better position to manage and monitor their whereabouts submissions.

The ISC also enhanced the athlete update system by automating the SMS (text messaging) system. Athletes now receive an acknowledgment of receipt for any submissions made by SMS. This acknowledgement is sent to their mobile phone and their e-mail address for additional security.

The centralisation of all the ADU's data in relation to whereabouts and testing facilitated the development of an integrated website for sample collection personnel (SCP). Through this website SCP can access testing assignments and relevant athlete whereabouts, increasing the efficiency of the system significantly and ensuring that the SCP have access at all times to the most recent whereabouts information from athletes even outside office hours.

## **FOOD AND FOOD SUPPLEMENTS SUB-COMMITTEE**

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The Food and Food Supplements Sub-Committee launched a Supplements and Sports Foods Policy for the ISC in March 2009 which is available on the ISC's website. Work continued on the drafting of supplements factsheets for distribution to athletes and athlete support personnel due for publication in 2010.

## SAMPLE ANALYSIS SERVICE

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The ISC carried out its biennial tender for the service of sample analysis during the autumn of 2009. The WADA accredited laboratory at the German Sports University, Cologne was the successful tenderer. The ISC will therefore continue its existing relationship with this Lab and will work with the scientists at the lab to introduce further developments in the national testing programme.

## INTELLIGENCE AND INVESTIGATIONS

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During 2009 the ISC continued to develop its relationship with the Irish Medicines Board (IMB) including mutual co-operation with assistance and advice in relation to substances prohibited in sports and abused by sportspeople. A joint project reviewing some suspicious substances resulted in the seizure of some medications which could otherwise have been used by Irish sportspersons.

Over the course of 2009 a number of potential non-analytical anti-doping rule violations were investigated. No rule violations were established further to these investigations, however, the ISC will continue to carry out and develop its capacity in this area of its work. To date such investigations have involved co-operation with the IMB, NGBs, IFs and relevant scientific experts.

## ISO CERTIFICATION

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The ADU successfully passed its three yearly review audit carried out by EQA in September 2009 and continues to be certified to ISO9001:2008. The auditor commended the progressive approach to continual improvement in the work processes of the ADU over the past three years.

# THERAPEUTIC USE EXEMPTIONS (TUEs)

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The ISC follows the WADA International Standard for TUE (ISTUE) in the process of granting 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 ISC or from their IF (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 the ISTUE requirements, the ISC has appointed a TUE Committee (TUEC) to consider requests for TUEs. A number of new members were appointed in 2009 to assist with the increasing demands on the TUEC. This resulted in particular from an increased number of applications arising from the new requirements in relation to TUEs for asthma. It was also considered appropriate to broaden the expertise base of the committee.

The members of the TUEC are:

Prof John Horgan, (Chairperson)	Cardiology
Dr James Gibney	Endocrinology
Prof Stephen Lane	Respiratory Disease
Dr Philip Murphy	Haematology
Prof John O'Byrne	Orthopaedics
Dr Seán Gaine	Respiratory Disease
Dr Sinéad Harney	Rheumatology
Prof Michael Fitzgerald	Psychiatry

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 ISTUE.

The TUEC met once in 2009 and discussed a range of issues including:

- » WADA 2010 Prohibited List
- » WADA 2010 International Standard for TUEs and its implementation
- » WADA Medical Information to Support the Decisions of TUECs
- » The practicalities in the process of reviewing requests for TUEs

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The ADU also organised a separate meeting with the respiratory specialists and the Chair of the TUEC to discuss the implementation of the WADA 2010 Standard, with specific focus on TUE Applications for inhaled Beta-2 Agonists.

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

Applications for Therapeutic Use Exemptions and Declarations of Use received in 2009:

TUE Applications	331
Declarations of Use	191

## WADA TUEC CHAIR SYMPOSIUM

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On December 11th 2009, WADA, in collaboration with the Monitoring Group of the Anti-Doping Convention of the Council of Europe organized a TUEC Chair Symposium in Strasbourg, France. This followed the previous success of the first Symposium held in 2006 in Bonn, Germany. Professor John Horgan attended on behalf of the Irish Sports Council's TUE Committee.

This Symposium allowed exchange of knowledge between experts in order to establish consistency in the TUE decision-making process and addressed a range of issues related to TUEs, including the revised International Standard for TUE; the introduction of fresh medical information; case studies from selected physicians involved in National Anti-Doping Organizations (NADOs) and International Federations (IFs); as well as legal and ethical aspects of TUEs.

More than 145 experts participated in the Symposium. Sixty NADOs and 43 IFs were represented at the meeting.



Chapter 5

## THE YEAR AHEAD

## Testing

The ISC will introduce blood testing to the national programme in 2010 after the successful implementation of blood testing at the European Cross Country Championships in 2009. A further reduction in the RTP will allow for a more focused approach to the out of competition testing programme. A new Team Whereabouts on-line system will be introduced as more sports will be working with the ISC on a squad basis, with a particular emphasis on developmental athletes in many sports. The ISC will expand on its profiling of athletes and will commence storage of samples for future use in the event of improved analytical techniques in the future.

## Administration

The ISC will continue to introduce new developments and increased functionality through the SIMON data management system. This will further improve efficiencies within the unit to help to compensate for the reduced human resources available to the unit. The ADU will develop an external solution for the processing of TUEs during 2010.

## Education

Revised education and information materials reflecting the changes in the International Standard for TUEs will be published in 2010.

The ISC 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.

An e-learning programme called 'Real Winner' will be launched in 2010.

## Research

A stakeholder survey is completed on a bi-annual basis by the ISC. A survey of NGB Anti-Doping Officers is due to be completed in 2010.

The ISC will investigate opportunities for collaborative research initiatives with the WADA accredited laboratory in Cologne.

## International

The ISC will continue to contribute to the field of anti-doping at an international level. This will include feedback on the implementation of WADA's International Standards.

## APPENDICES



## APPENDIX 1

### ANTI-DOPING RULE VIOLATIONS

<b>Motorcycling</b>	IADR 2.1	Comp	S8 Cannabinoids	Tetrahydrocannabinol	Disqualification of result. 10 weeks suspension, as well as first race of 2010 season
<b>Motorsport</b>	IADR 2.1	Comp	S8 Cannabinoids	Tetrahydrocannabinol	5 weeks suspension
<b>Soccer</b>	IADR 2.1	Comp	S8 Cannabinoids	Tetrahydrocannabinol	3 months suspension

### AAFS FORWARDED TO INTERNATIONAL FEDERATIONS FOR ACTION

Four adverse analytical findings in 2009 were forwarded to International Federations for follow up action.

### RETROACTIVE TUES

Two adverse analytical findings in 2009 were resolved by athletes receiving retroactive TUEs and two further retroactive applications are currently in process.

## APPENDIX 2

### COSTS OF THE PROGRAMME 2009

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Expenditure Heading	2009 Cost (€)		2008 Cost (€)
Testing	565,026	(1)	757,293
Education and Research	98,492	(2)	114,673
Salaries	277,614	(3)	280,280
Other Costs	446,023	(4)	644,368
<b>TOTAL</b>	<b>1,387,155</b>		<b>1,796,614</b>
Income from Testing	67,615		45,366

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 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.

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