

# Annual Report

of the Anti-Doping Unit of the Irish Sports Council for 2010



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of the Anti-Doping Unit  
of the Irish Sports Council  
for **2010**

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## Staff

Dr Úna May	Director of Anti-Doping
Ms Siobhán Leonard	Head of Doping Control and Quality (June - December)
Ms Ailish Keaveney	Head of Education and Research
Ms Gillian Costelloe	Anti-Doping Executive (January – September)
Mr Stephen McGuinn	Anti-Doping Officer

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# INTRODUCTION

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This is the eleventh annual report of the Anti-Doping Unit of the Irish Sports Council. The reports, including the 2010 version, represent a significant body of work in combating the use of performance-enhancing drugs in sport.

The Irish Sport Anti-Doping Programme is an essential ethical foundation to Irish sport. The Council is committed to developing healthy, fair and enjoyable sport. No investment in high performance sport would be possible without a credible programme in place.

The Council believes that the only way to ensure long term success in the battle against doping is through an international and multi-lateral approach. It is through the World Anti-Doping Agency (WADA) and its partnerships with international federations and national governments that cheating will be eliminated from elite sport. The Council continues to have a strong working relationship with WADA and supports its major initiatives. Notably in 2010 Dr Una May was recognised by the IOC for her contribution to the international efforts against doping.

Anti-doping is a dynamic and challenging area. WADA and all associate agencies must continue to invest in new techniques and strategies to combat doping. The policies and programmes of a decade ago would not be sufficient in the current environment. There are constant advances in the scientific, medical and legal arenas. These are mirrored in the areas of education, technology and administration. Notably in 2010 blood testing, both in- and out-of competition, was introduced.

This requires substantial efforts by our colleagues in the Anti-Doping Unit. It also relies on the good will and cooperation of National Governing Bodies and athletes. We sincerely appreciate all of those efforts and note the long-term and ongoing support of the community of Irish sport for our efforts in this policy area.

The testing programme continued to expand in 2010, carrying out 979 tests, an increase from 955 in 2009. The 2010 total comprised 755 urine tests and 65 blood tests under the National Programme and 159 urine tests under the User Pays Programme. Out-of-competition testing comprised 59% of the national programme. Doping control took place in 39 sports. In addition 47 out-of-competition tests were completed overseas on our behalf.

The Irish Sports Council is delighted that Prof Brendan Buckley has been reappointed as Chairman of the Anti-Doping Committee. He has provided outstanding leadership to the programme and his contribution is sincerely appreciated. Prof Buckley and his Committee provide dedicated service to the Council. 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.

## FOREWORD

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For more than 10 years, the Government has entrusted the Irish Sports Council to combat doping in sport in Ireland. Inevitably the issue of performance enhancing substances in sport continues to be a worldwide problem and, in all likelihood, will remain an issue. We must be relentless in our fight against doping and be determined to be involved for the long term.

It is always at the forefront of our minds that there is a strong consensus against the use of performance enhancing substances. There is broad agreement that doping devalues sport and that it destroys the achievements of those who engage in it. Our mandate, through the establishing Act, arises from this consensus. The staff of the Anti-Doping Unit and the members of the Anti-Doping Committee, and its supporting committees, fulfil that mandate as we value the contribution of sport to the well-being of the nation.

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. 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. We do this to ensure, as far as possible, that Irish athletes compete internationally against 'clean' athletes.

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 and the officials at the Department of Sport.

During 2010 the Irish Sport Anti-Doping Programme continued to make substantial progress in the operational areas of testing, education, administration and research. This report, the eleventh Annual Report of the Programme, details those activities.

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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.

Most of our activity is conducted with amateur sports people. We are very aware for athletes in particular, that what we do may sometimes be inconvenient and intrusive. We thank them for their ongoing patience and co-operation.

The executive of the Irish Sports Council's Anti-Doping Unit deliver a world class programme. Their work is acknowledged internationally as being of the highest standard.

I would like to express my gratitude to my colleagues on the Committee all of whom volunteer their time and expertise. 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 was greatly honoured to be asked to extend my tenure as Chairman and proud to do so. I look forward to further developing the excellence of the National Doping programme in 2011.



**Professor Brendan Buckley**  
Chairman  
Anti-Doping Committee

## LIST OF ABBREVIATIONS

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AAF	Adverse Analytical Finding
ADO	Anti-Doping Officer
ADU	Anti-Doping Unit
ANADO	Association of National Anti-Doping Organisations
ERC	European Rugby Cup
IADR	Irish Anti-Doping Rules
IF	International Federation
IC	In-Competition
IMB	Irish Medicines Board
ISADDP	Irish Sport Anti-Doping Disciplinary Panel
ISC	Irish Sports Council
ISTUE	International Standard for Therapeutic Use Exemptions
MIMS	Monthly Index of Medical Specialities
NADO	National Anti-Doping Organisation
NGB	National Governing Body
OOC	Out-of-Competition
OTC	Over the Counter
RCSI	Royal College of Surgeons in Ireland
RTP	Registered Testing Pool
SCP	Sample Collection Personnel
TUE	Therapeutic Use Exemption
TUEC	Therapeutic Use Exemption Committee
UCD	University College Dublin
WADA	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 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

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The Irish Sports Council is mandated by legislation (the Irish Sports Council Act, 1999) to take appropriate actions to combat doping in sport.

*“The functions of the Council shall be:..... (d) to take such action as it considers appropriate, including testing, to combat doping in sport”*

What is ‘appropriate’ is determined by the Country’s ratification of the UNESCO Convention Against Doping in Sport which effectively binds the government to the implementation of a fully functioning National Anti-Doping Programme which complies with all of the relevant articles of the World Anti-Doping Code. The World Anti-Doping Code continues to be the cornerstone of the world-wide fight against doping in sport. In Ireland this Code is reflected in, and consequently implemented through the Irish Anti-Doping Rules. After a year of significant change in 2009 (a revised Code was released in late 2008), 2010 was a year of consolidation where the changes to the Code and Rules had a chance to settle down. The impacts of some of those changes were also better understood by 2010 and as a result some further changes were made to the Rules during the year. After consultation with NGBs a significant change was made in how Therapeutic Use Exemptions are dealt with at the national level. The necessary resolution amending the Rules was passed by the members of the Board of the Irish Sports Council in June 2010.

A second amendment to the Irish Anti-Doping Rules was passed in December 2010 which facilitates an expansion of the number of panel members on the Irish Sport Anti-Doping Disciplinary Panel. Once the additional places are filled there will be greater flexibility in the preparation of hearings ensuring less delay in the hearing of cases.

# ANTI-DOPING COMMITTEE

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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 2010, in January, May and September. Various discussions took place on many critical subject areas with the key findings reported back to the Sports Council.

The Anti-Doping Committee members are:

<b>Prof. Brendan Buckley</b>	(Chairman) Consultant Physician, Cork Regional Hospital, Bon Secours
<b>Dr. Geraldine Barniville</b>	ADO Irish Squash and World Squash Federation
<b>Dr. Joan Gilvarry</b>	Medical Director, Irish Medicines Board
<b>Prof. Patrick Guiry</b>	Chemist, UCD
<b>Dr. Bill Cuddihy</b>	Former Medical Officer to Athletics Association of Ireland
<b>Dr. Anthony McCarthy</b>	Psychiatrist, St Vincent's Hospital
<b>Mr. Mel Christle</b>	Senior Council
<b>Ms. Noreen Roche</b>	Dietician, Member of Sports Nutrition Interest Group
<b>Dr. Gary O'Toole</b>	Former Irish Olympic Athlete, Orthopaedic Surgeon
<b>Ms. Wendy Henderson</b>	Anti-Doping Education Officer, Sport Northern Ireland
<b>Ms. Susan Ahern</b>	Head of Legal Affairs, International Rugby Board
<b>John Treacy</b>	CEO, Irish Sports Council
<b>Dr Úna May (Secretariat)</b>	Director of Anti-Doping, Irish Sports Council

## IRISH SPORT ANTI-DOPING DISCIPLINARY PANEL

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The Irish Sport Anti-Doping Disciplinary Panel (ISADDP) continued to operate in 2010 as a fully merged panel of appropriate experts who were available to hear and determine a case or appeal arising out of the Irish Anti-Doping Rules. The Panel has the power to determine whether an anti-doping rule violation has been committed and/or the consequences to be imposed pursuant to the Rules for an anti-doping rule violation found to have been committed.

In December 2010, the Council agreed to the expansion of the number of panellists serving on this Panel. Under the Revised Rules the number of panel members has expanded from five (5) legal, five (5) administrative and five (5) medical experts to a total of 10 of each category of expert.

The Irish Sports Anti-Doping Disciplinary Panel members are:

<b>Mr Michael Collins, Chairperson</b>	Legal
<b>Mr David Barniville</b>	Legal
<b>Mr Adrian Colton</b>	Legal
<b>Ms. Helen Kilroy</b>	Legal
<b>Mr Rory McCabe</b>	Legal
<b>Prof. Denis Cusack</b>	Medical
<b>Dr Pat O'Neill</b>	Medical
<b>Dr Mick Molloy</b>	Medical
<b>Dr Martin G Walsh</b>	Medical
<b>Dr Rachel Cullivan-Elliot</b>	Medical
<b>Mr Philip Browne</b>	Sports Administrator
<b>Mr Paddy Boyd</b>	Sports Administrator
<b>Mr Bill O'Hara</b>	Sports Administrator
<b>Mr Sean McCague</b>	Sports Administrator
<b>Mr Warren Deutrom</b>	Sports Administrator

Chapter 1

# TESTING



## HIGHLIGHTS

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- » Introduction of out-of-competition blood testing in a number of sports
- » Continuation of biological profiling of athletes
- » Review of the Registered Testing Pool to ensure that it is more streamlined and focussed on high risk sports/athletes.

## **Doping Controls**

The ISC conducted 979 tests in 2010, 755 urine tests and 65 blood tests were completed under the National Programme and 159 urine tests were conducted under the User Pays Programme.

## **National Programme- Urine**

In total 755 urine tests were conducted under the National Programme, 434 (597%) tests were No-Advance Notice Out-of-competition tests and 321 (413%) tests were completed In Competition. Overall doping control took place in 39 sports. 47 tests out-of-competition tests were completed overseas through our contracted service provider, the Association of National Ant-Doping Organisations (ANADO).

## **National Programme- Blood Testing**

The Council completed its first out-of-competition blood testing in 2010 and also conducted testing in competition. In total 65 blood tests were completed in five sports: athletics, swimming, rugby, cycling and paralympic athletics.

## **Biological Profiling**

With the introduction of blood testing the Council has further developed the biological profiling of athletes by profiling both urine and blood samples.

**Table One National Programme Testing – (Urine Only)**

<b>National Governing Body</b>	<b>In-Competition</b>	<b>Out-of-Competition</b>	<b>Total</b>
Athletics Ireland	20	58	78
Badminton Ireland	4	2	6
Basketball Ireland	8	12	20
Cerebral Palsy Sport Ireland	0	18	18
Cricket Ireland	4	0	4
Cumann Camogaíochta Na Gael	4	0	4
Cumann Peile Gael Na mBan	8	0	8
Cycling Ireland	40	54	94
Football Association of Ireland	32	21	53
GAA	44	48	92
Golfing Union of Ireland	4	0	4
Horse Sport Ireland	9	1	10
Irish Amateur Archery Association	4	0	4
Irish Amateur Boxing Association	6	39	45
Irish Amateur Weightlifting Association	8	0	8
Irish Blind Sports	0	6	6
Irish Canoe Union	0	12	12
Irish Clay Pigeon Shooting Association	0	1	1
Irish Fencing Federation	2	0	2
Irish Gymnastics	3	0	3
Irish Hockey Association	8	8	16
Irish Judo Association	4	2	6
Irish Ladies Golf Union	4	0	4
Irish Martial Arts Commission	4	0	4
Irish Rugby Football Union	0	60	60
Irish Sailing Association	0	8	8
Irish Squash	4	1	5
Irish Surfing Association	4	0	4
Irish TaeKwondo Union	0	1	1
Irish Tug of War Association	4	0	4
Irish Wheelchair Association	2	16	18
Motorcycling Union of Ireland	19	0	19
Motorsport Ireland	19	0	19
ROI Snooker & Billiards Association	3	0	3
Rowing Ireland	22	12	34
Snow Sports Association of Ireland	0	4	4
Swim Ireland	12	33	45
Tennis Ireland	4	8	12
Triathlon Ireland	8	9	17
	<b>321</b>	<b>434</b>	<b>755</b>

## Users Pays Programme

The Council conducted 159 tests for 10 organisations under the Users Pays Programme. 63 tests were completed for National Governing Bodies including Athletics Ireland, Cycling Ireland, Triathlon Ireland and the IRFU. 42 tests were conducted on behalf of ANADO for three International Federations. Anti-Doping Switzerland also requested an out-of-competition test on one athlete. The Council also continued to test matches in the Six Nations and Autumn Internationals on behalf of the Six Nations Committee.

The Council also assisted UK Anti-Doping with out-of-competition doping controls on members of the Northern Ireland team in advance of the Commonwealth Games in India.

**Table Two** **User Pays Programme Testing**

Organisation	In-Competition	Out-of-Competition	Total
Athletics Ireland	16	0	16
Boxing Union of Ireland	8	0	8
Cycling Ireland	7	0	7
UK Anti-Doping	0	5	5
ANADO -ADS	0	42	42
ERC	12	0	12
Six Nations	28	0	28
Triathlon Ireland	8	0	8
IRFU	32	0	32
Anti-Doping Switzerland	0	1	1
	<b>111</b>	<b>48</b>	<b>159</b>

## Registered Testing Pool

The Anti-Doping Unit carried out a significant review of the RTP early in 2010 and has now reduced the number of athletes on the RTP from 230 to 100. This allowed the Unit to focus its attention more closely on those athletes who are deemed to be at a relatively higher risk of doping. The accuracy and quality of whereabouts information was more actively monitored in these athletes and NGBs were in a better position to assist these athletes. Athletes removed from the RTP will continue to be tested but testing will be focused primarily (though not entirely) at a squad level, with NGBs taking responsibility for the provision of whereabouts.

## Criteria for the Registered Testing Pool (RTP)

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 International Carding Scheme in the Contract, World Class and International categories in certain sports.
- » 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; (RTP)
- » Any other athlete that is required to be target tested under Clause 4.4.2 of the International Standard for Testing.

## Whereabouts Failures System

Each athlete on the Registered Testing Pool (RTP) must return a Quarterly Whereabouts Filing every quarter. This information is critical for the successful implementation of an unannounced out-of-competition testing programme and failure to comply with the requirement has serious consequences for an athlete.

The Irish Anti-Doping Rules state:

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.

At present there are 2 athletes, one in Athletics and Swimming, who have two whereabouts failures.

## Filing Failure

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

In 2010 there were 13 Filing Failures across 7 sports.

## Missed Test

“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 2010 there were 3 Missed Tests across 2 sports.

At the end of 2010 there were 2 athletes (in 2 different sports) who had accumulated two whereabouts failures.

## Unsuccessful Attempts

There were 109 unsuccessful attempts on individual athletes on the Registered Testing Pool in 2010. 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.

In total there were 19 unsuccessful attempts on team sports, 9 in the GAA, 8 in soccer and 2 in rugby. This was due to the teams not training at the grounds stated on the team whereabouts form.

## Sample Collection Personnel (SCP)

The Council held its bi-annual SCP re-accreditation workshop on the weekend of 27/28th November 2010. All contracted sample collection personnel were required to undergo training and a written theory test to be re-accredited. At present the Council has contracts with 48 accredited sample collection personnel.



Chapter 2

# INTERNATIONAL



## HIGHLIGHTS

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- » Receipt of IOC award for Fight Against Doping in Sport recognising the contribution made to the International (and National) fight against Doping in Sport.
- » Appointment of Una May to ANADO Board of Directors.

The Irish Sports Council has always recognised the importance of not only implementing a state of the art National Anti-Doping Programme to prevent doping at a national level, but also in contributing to the International effort to combat doping in sport. The adherence of Irish athletes to the highest level of integrity should not disadvantage them on an international stage. The Council continues to ensure that the national programme incorporates the latest advancements in detection and deterrence methodologies and keeps abreast of all such developments by attendance at appropriate international meetings and through involvement in appropriate networks. The Council also strives to provide feedback to WADA on all developments and amendments to the World Anti-Doping Program. This involves annual contributions to the evolution of the WADA list of prohibited substances and feedback on various other International Standards and Guidelines. During 2010 feedback was also provided on the implementation of the International Standard for Testing and on a new International Standard for the Protection of Privacy and Personal Information.

### **International Olympic Council (IOC) award**

In November 2010 Pat Hickey, President of the Olympic Council of Ireland presented Dr Una May with the IOC award for Fight Against Doping in Sport recognising her contribution made to the International (and National) fight against Doping in Sport.

### **Scientific literacy in Doping and Anti-Doping**

Two members of the unit attended a course entitled “Scientific Literacy in Doping/Anti-Doping Sciences” in Switzerland in December. This course provided an insight into the physiology and biochemistry of doping and also anti-doping laboratory analytical methods. As doping methods evolve Anti-Doping Organisations need to be able to manage new approaches to detecting doping in sport and must be fully educated as to how cheating athletes are evading the anti-doping system.

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

The Spring 2010 ANADO workshop was held in Bucharest, Romania in April. This workshop focussed heavily on the development of the ANADO quality programme. This programme was intended to improve the capacity building work of ANADO.

The workshop was followed by the Annual General Assembly of ANADO which took place in Lausanne, Switzerland. Whilst the report was positive in terms of the work being carried out on the quality programme and also in terms of the number of contracts etc. for the ANADO Anti-Doping Services (a sample collection service provided by members of ANADO) there was concern over the financial situation of the organisation. A revised financial model was accepted and the control of the finances was passed over to the Finance Unit of the Canadian Centre for Ethics in Sport which had greater resources and expertise in this area.

The Council was represented at the Autumn workshop of ANADO in Colorado Springs. This was a very informative and useful workshop which focussed much attention on intelligent testing approaches.

A separate session also took place to deal with high level issues facing CEOs and directors of NADOs. In conjunction with this workshop, at a general meeting of members, Una May was appointed to the Board of Directors of ANADO.

### **World Anti-Doping Agency (WADA)**

In April WADA hosted its annual symposium aimed at bringing together NADOs and International Federations to network and to identify common areas of interest, concern and co-operation. In particular both groups shared experiences of the revised International Standards which were introduced in 2009.

### **Council of Europe**

Ailish Keaveney was invited by the Council of Europe to work on the Working Group of the Council of Europe Education Advisory Committee to review the joint WADA and Council of Europe 'Model Guidelines for Core Information/ Education Programs to Prevent Doping in Sport'.

Chapter 3

# EDUCATION AND RESEARCH



## HIGHLIGHTS

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- » 20,904 educational resources distributed by the Anti-Doping Unit in 2010
- » Increased emphasis on website as main source of information
- » Sports section of [www.eirpharm.com](http://www.eirpharm.com) viewed over 33,000 times in 2010
- » 8,605 successful database searches checking status of medicines in sport on [www.eirpharm.com](http://www.eirpharm.com) in 2010

## Educational Resources

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 20,904 educational resources were distributed by the ADU in 2010.

### Educational material sent out to various stakeholders in 2010

Irish Anti-Doping Rules	1162
Wallet Card	16378
What is Doping? Leaflet	1662
Sample Collection Procedures leaflet	1702

## Medicines Information

The ADU continues to respond to direct enquiries from the public in relation to medications, with over 400 queries in 2010. The main source of information continues to be the Eirpharm website.

### Eirpharm

www.eirpharm.com, the Irish Pharmacy website has been endorsed by the ISC for over ten years as an online resource providing accurate anti-doping information. Users can check the status in sport of over 3000 authorised prescription and non-prescription medications marketed in the Republic of Ireland. The database is regularly updated as new medications are introduced to the Irish market and as changes occur to the WADA Prohibited List.

There were 8605 successful database searches in 2010. The most commonly queried individual product was Nurofen Plus Tablets (254 searches), a very popularly used ibuprofen/codeine combined product taken for its analgesic and anti-inflammatory properties. The Nurofen range of products, which contains Ibuprofen as the common ingredient accounted for 565 of successful searches.

The Over the Counter (OTC) cough, cold and flu' brands Lemsip (541), Benylin (310) and Sudafed (256) were associated with the greatest number of brand searches. The increased interest in these OTC brands is most probably due to the fact that some of the products in their product range contain the stimulant pseudoephedrine. The 2010 WADA Prohibited List changed the status of pseudoephedrine, used in many OTC medicines for its decongestant properties, from permitted to is prohibited in-competition at urine levels in excess of 150 micrograms per millilitre.

Beta-2-Agonists accounted for the most queried class of prescription products of which salbutamol containing products accounting for 458 successful database searches, with the most commonly dispensed brand Ventolin inhaler/evohaler associated with 252 searches. 273 successful searches

were generated for the other beta-2-agonists; terbutaline (58), salmeterol (130) and formoterol (85). Inhalers and nasal sprays of glucocorticosteroids were associated with 429 individual searches.

Prescription anti-inflammatories accounted for a significant percentage of queries, of which diclofenac generated 265 queries, primarily as the brand Difene.

Of the search results obtained, 70% stated that the product was permitted and required no further action, while 12% stated that the product was prohibited only during competition. The remainder were prohibited or had some other course of action associated with their usage. The busiest months for queries were May (999) and June (997) while October (392) was the quietest, the trend probably reflecting the sporting calendar.

The database was updated in 2010 in order to support the development of an I-phone application and is the most visited Eirpharm.com/sports section of the site. Other features of the eirpharm.com/sports section include health tips on the use of medicines in sport, information on supplements and drugs abused in sport. This section was viewed over 33,000 thousand times over the year, with 58% coming from Ireland, 10% UK and 10% USA. 40 queries were generated through the Eirpharm.com Ask the Pharmacist Service mainly from athletes and health professionals on a range of topics.

Eirpharm also provide drugs in sport information to the monthly medical publication MIMS Ireland, where medications are classified as to their status in sport. The publication has a circulation of 7,300 per month, primarily to GPs.

## Real Winner

The Council launched a new education initiative in 2010. Real Winner is an interactive e-learning programme which is available to all stakeholders through the Council's website. The Council also encouraged National Governing Bodies (NGBs) to link directly into Real Winner from their own websites.

## Education Seminars

### Seminars

In total 12 Seminars were held in 2010 for NGBs including Rowing Ireland, the Irish Amateur Weightlifting Association and Cycling Ireland. 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. ADU staff also presented for the Royal College of Surgeons, the International Triathlon Union and the European Elite Athletes Association.

### **Anti-Doping Officer Seminar**

The ADU hosted a seminar on 23 March for NGB Anti-Doping Officers in Sport HQ. Items covered included the 2010 Prohibited List, the new TUE Policy, Whereabouts, Clearinghouse Website and some general anti-doping information.

### **Outreach**

An 'Ez-Win' outreach event was hosted in conjunction with Swim Ireland at the Long Course Championships at the National Aquatic Centre. 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**

[www.irishsportsCouncil.ie/Anti-Doping](http://www.irishsportsCouncil.ie/Anti-Doping) is a dedicated part of the Irish Sports Council'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**

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 Úna May.

### **Social Behavioural Study/UCD**

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 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 375 high performance athletes from 14 different nations and across 28 sports were surveyed, and analysis of the resultant data showed that a combination of socio-demographic, cultural and personal factors accounted for 20% of the variability in athletes' doping attitudes. Specifically, the factors that significantly predicted permissive attitudes to doping were: being a highly ego-oriented male athlete who personally knew other doping athletes and trained in a non-team sport under a coach who was critical of mistakes.

Although these factors were helpful in identifying what might shape athletes' attitudes to doping,

80% of the variability in responses remained unexplained by our model. For this reason, in Phase 2 of the study, one-on-one interviews with athletes who had admitted an involvement in doping were performed. The aim of these interviews was the expansion of the relevant variables identified in Phase 1 and the identification of other contextual factors that might influence athletes' doping decisions. In total, five such athletes were recruited from Ireland, the US and Scandinavia, representing the sports of road cycling, mountain biking and weightlifting. The results of this study indicated that as well as individual personality factors, the culture of the sport in which these athletes were involved and the peers and support staff surrounding them were very strong influences in their decisions to engage in doping. An academic paper detailing this phase of the study entitled "A qualitative analysis of the experiences of athletes who have admitted to doping for performance enhancement" has been accepted for publication in the peer-reviewed "International Journal of Sport Policy", and will be available from July 2011.

In an effort to move away from the individualistic assumptions underpinning policy and research in this area, Phase 3 of the study targeted 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 athletes' doping attitudes and behaviours. In total, 150 (primarily Irish) doctors and coaches involved in elite sport participated in the research. The questionnaires examined attitudes to performance enhancement and drug testing, and behavioural intentions with regard to promoting anti-doping in sport. The results of this final phase of the study will be available in 2011.

### **Survey of Sample Collection Personnel**

Doping Control Contractors who act in the capacity of Chaperone (those individuals who deal with notification and chaperoning of athletes during doping control) were surveyed in 2010. The purpose of this survey was to review general procedures, communications and opportunities for improvement in the anti-doping programme, from the perspective of the Chaperone. As a result of this survey the ADU will develop a new doping control form in 2011 to incorporate identified improvements. A number of the units' standard operating procedures will also be amended in 2011 to clarify issues and reduce potential for error.

### **Teagasc Research**

In 2010 the Anti-Doping Unit liaised with Teagasc who are carrying out a research study entitled: **The detection of hormonal contaminants in health food supplements**. The research group agreed to accept samples of supplements from NGBs of Sport to test products for hormone contamination (including androgens, oestrogens and progestagens). This was part of a larger study testing health foods and dietary supplements for various hormone contaminants (androgens, oestrogens and progestagens). The research is ongoing.

Chapter 4

# ADMINISTRATION



## HIGHLIGHTS

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- » SIMON (Anti-Doping Management System) further developed with integration of the Clearinghouse Websites for NGB and IF use
- » Signing of a Data Sharing Memorandum of Understanding with UK Anti-Doping
- » Introduction of a retroactive TUE process at a National Level

## **SIMON – Anti-Doping Management System**

SIMON (a customised anti-doping management system) was further developed and expanded to work in conjunction with a Clearinghouse website for NGBs and IF use.

The athlete on-line whereabouts system, which was initially introduced in Quarter 2 2009, was further developed in Autumn 2010 with a revised version launched for Q1 2011.

### **SIMON Clearinghouse**

A web-site where controlled access to some of the Council's anti-doping information can be obtained by third parties has been developed. This site is password protected and will provide NGBs and IFs with access to general testing information such as negative results, status of whereabouts failures and status of TUE applications relevant to their own sport. This will help NGBs to follow up on compliance with whereabouts deadlines etc for their RTP athletes.

### **Food and Food Supplements Sub-Committee**

Forty factsheets on supplements that were developed under the remit of the Food and Food Supplements Sub-Committee were made available to the Irish Institute of Sport for distribution to athletes and athlete support personnel.

### **Laboratory contract**

In the spring of 2010 the Director of the ADU, Dr Una May, visited the Council's contracted laboratory (the WADA accredited laboratory at the German Sports University, Cologne) to meet with relevant staff at the laboratory. The list of new analyses recently introduced by the lab was outlined including the analysis of samples for the presence of 'new' substances. This included a test for substances not yet available on the market, having not yet completed the final phase of clinical trials, but already being abused by some athletes. Other items discussed were: intelligence sharing, methods used by athletes to mask doping, gene doping, steroid profiling and blood testing. The relationship with the staff at the laboratory in Cologne is productive and provides considerable support to the Council in the interpretation of results and the sharing of knowledge.

## **Sample Collection Personnel Contract**

The Council held its bi-annual SCP re-accreditation workshop on the weekend of 27/28th November 2010. 48 sample collection personnel were accredited and all have signed contracts of services for 2011. All sample collection personnel are independent contractors.

## Intelligence and Investigations

The ISC continues to work with the Irish Medicines Board in monitoring the importation of doping substances into Ireland. Information sharing is key to the success of the co-operation between the two agencies. The ISC shares information about doping trends in sport while the IMB shares information regarding seizures by customs of likely doping substances. Three meetings took place in 2010 between the two agencies.

In October 2010, the Council signed a Data Sharing Memorandum of Understanding with UK Anti-Doping to provide a framework for the relationship between the two agencies. This will enhance the management of intelligence between the two organisations.

## ISO certification

The ADU successfully passed its annual review audit carried out by EQA in 2010 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 previous year.

## Therapeutic Use Exemptions (TUEs)

Two significant changes were made to the TUE system during 2010. At the beginning of the year the Council outsourced the administration of the TUE Process. This means that while the contact details for TUEs remain within the Council an external company processes all applications and works with the TUE committee to co-ordinate the decision making process.

The second and more significant change was made in April 2010 when the Board of the ISC agreed to an amendment of the Irish Anti-Doping Rules (Article 4.5.1.3.), facilitating the introduction of a retroactive TUE policy. The new TUE policy allows any athlete who is not on the Council's RTP or who is not required to obtain a TUE from his/her IF, to obtain a retroactive TUE in the event of an adverse analytical finding. This revision simplified the TUE process for all athletes, while at the same time simplifying the education process for NGBs.

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 justify 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. 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 TUE applications based on the criteria set out in the WADA International Standard for TUEs. The committee then issues either a Certificate of Approval or Notice of Rejection to the athlete for the TUE application.

The TUEC met once in 2010 and discussed a range of issues including:

- » WADA 2010 and 2011 Prohibited Lists
- » 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

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

## **Applications for Therapeutic Use Exemptions**

A total of 174 TUE applications were received by the Council in 2010. Of the 174 applications received 108 were for medicines that did not require a TUE application as the medications were permitted. Of the remaining 66 TUE applications 40 were fully processed with Certificates of Approval. The ISC was notified of 5 TUE Certificates of Approval issued to NGB members by their International Federations.



Chapter 5

# THE YEAR AHEAD



## THE YEAR AHEAD

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### Testing

The ISC will continue to work on the implementation of innovative approaches to the testing programme including in particular the use of intelligence to assist in targeting athletes. The continued development of biological profiling will be facilitated by the identification of a number of appropriate national experts and the establishment of links with experienced international scientists. The roll-out of the blood testing programme will also be continued.

### Administration

The ISC will continue to introduce new developments and increase 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 Clearinghouse will be further developed to provide greater access to NGB Anti-Doping Officers regarding anti-doping information for their sport.

### Education

The ADU section of the ISC website will be developed and expanded. An iPhone Application linked to the Eirpharm Drugs in Sports Database will be developed and launched. The ISC will continue to provide NGBs with support in rolling out their education programmes within their sport via the development of NGB Education Strategies.

### Research

The ISC will investigate opportunities for collaborative research initiatives with the WADA accredited laboratory in Cologne and with other International Anti-Doping and Government Agencies concerned with the fight against doping.

### 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 and involvement with the Council of Europe and ANADO.

## Intelligence

The ADU will establish a network of relevant law enforcement agencies and regulatory bodies which may have a contribution to make in combating doping in sport, including trafficking of doping substances. This group will be established to assist generally in the development of intelligence gathering and in 2010/11 will also take into consideration the potential implications for border controls arising out of the Olympic Games being held in a bordering country.



# APPENDICES



## APPENDIX 1

### Anti-Doping Rule Violations

Athletics	IADR 2.1	In-Competition	S6 Stimulants	Ephedrine	Reprimand, 8 weeks suspension, disqualification of results and forefeiture of medals
Motorsport	IADR 2.1	In-Competition	S1 Anabolic Agents	Boldenone	2 years suspension
Soccer	IADR 2.1	In-Competition	S8 Cannabinoids	Tetrahydrocannabinol	6 months suspension

### Adverse Analytical Findings Forwarded to International Federations for Action

Two AAF in 2010 were dealt with by the relevant International Federation

### Retroactive TUEs

One adverse analytical finding from 2009 was resolved by the athlete receiving a retroactive TUE in 2010

One adverse analytical finding in 2010 was still in process at the end of 2010

One adverse analytical finding from 2009 was still in process at the end of 2010

## APPENDIX 2

### Costs of the Programmes 2010

Expenditure Heading	2010 Cost (€)		2009 Cost (€)
Testing	550,001	(1)	565,026
Education and Research	25,632	(2)	98,492
Salaries	266,534	(3)	277,614
Other Costs	315,554	(4)	446,023
<b>TOTAL</b>	<b>1,157,721</b>		<b>1,387,155</b>
Income from Testing	65,294		67,615

#### 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 ADU.
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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