

Annual Report 2011

The Anti-Doping Unit of the
Irish Sports Council

**THE
IRISH SPORTS
COUNCIL**



AN CHOMHAIRLE SPÓIRT

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Introduction

The Irish Sports Council is committed to developing healthy, fair and enjoyable sport. Its Anti-Doping Programme is an essential ethical foundation to Irish sport. Specifically in an Olympic and Paralympic year it is important that everyone in sport and the wider community can have confidence that Ireland has one of the best anti-doping programmes in the world and that this fact enhances the reputations of Irish teams competing abroad.

This is the twelfth annual report of the Anti-Doping Unit of the Irish Sports Council. It provides details of the activities of the Programme in 2011 including on the financial cost of the programme.

In 2011 the Programme cost €1,215,347 which includes the salaries of the four full time members of staff. Tribute should be paid to the staff for keeping the cost of this essential programme which is operated to a very high standard of efficiency and effectiveness.

It is the Council's long standing belief that the only way to ensure a 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.

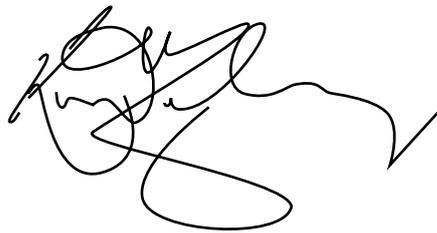
We welcome the appointment of Kenneth Egan as an Observer to WADA's Athlete Committee, another notable recognition for Ireland in the international arena of anti-doping.

Our colleagues in the Anti-Doping Unit continue to introduce new initiatives to ensure the Irish Programme remains as one of the best in the world. In 2011 it was notable for the extensive work in the area of education. Significant new resources in technology as well as more traditional media were offered in 2011 and reached a very wide audience.

It is worth noting that the interest of the national media in anti-doping ensures that the issues get well debated in the public. This is very welcome as it ensures that in Ireland there is a very high degree of public awareness and knowledge of anti-doping matters.

The Council 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 important policy area.

The executive led by Dr May, provides an outstanding service to Irish sport. Prof Brendan Buckley, as Chairman of the Anti-Doping Committee, continues to provide 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 service and commitment to the Programme and to the wider interest of Irish sport.



Kieran Mulvey
Chairman



John Treacy
Chief Executive

Foreword

During 2011 the Irish Sport Anti-Doping Programme continued to make substantial progress in the operational areas of testing, education, administration and research. This report, the twelfth Annual Report of the Programme, details those activities.

As this report indicates the Irish Sports Council is relentless in its campaign against the use of performance enhancing substances in sport. We are determined to continue the fight and recognise that it will be a long term battle. We are sustained in the battle by the knowledge that the vast majority of athletes compete clean and it is their reputations that we seek to protect.

In Ireland there is a strong consensus against the use of drugs in sport and an 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. It is reinforced each year by the support we receive from within the sports community as we carry out the necessary functions of the Programme.

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 best 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.

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. In addition most of our activity is conducted directly with sports people and we thank them for their ongoing support 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. Also, 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 continues to be my privilege to work with them.

A handwritten signature in black ink, appearing to read 'B. Buckley', with a long horizontal stroke underneath.

Professor Brendan Buckley
Chairman
Anti-Doping Committee

Background

List of Abbreviations

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
UCD	University College Dublin
WADA	World Anti-Doping Agency

Visions of the Programme

The visions of the Irish Sport Anti-Doping Programme are:

Testing

To provide an effective, quality-driven testing programme.

Education

To facilitate the development and delivery of quality education programmes for all major stakeholders.

Research

To establish a long-term research programme which compliments and progresses anti-doping research nationally and internationally.

International

To keep abreast of international best practice and to collaborate with relevant international initiatives.

Administration

To develop and maintain quality standards to ensure correct and transparent administrative procedures.

Background to the Irish Sport Anti-Doping Programme

The Irish Sports Council is mandated by legislation (the Irish Sports Council Act, 1999) to take appropriate actions 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

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

The Anti-Doping Committee met on four occasions throughout 2011, in January, May, September and December. Various discussions took place on many critical subject areas with the key findings reported back to the Irish Sports Council.

The Anti-Doping Committee members are:

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

The following members retired from the committee in 2011:

- > Dr. Geraldine Barniville ADO Irish Squash and World Squash Federation

Irish Sport Anti-Doping Disciplinary Panel

The Irish Sport Anti-Doping Disciplinary Panel continued to operate in 2011 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.

The Irish Sport Anti-Doping Disciplinary Panel members are:

Legal

- > Mr Michael Collins, Chairperson
- > Mr David Barniville
- > Mr Adrian Colton
- > Ms. Helen Kilroy
- > Mr Rory McCabe

Sports Administrators

- > Mr Philip Browne
- > Mr Paddy Boyd
- > Mr Bill O'Hara
- > Mr Sean McCague
- > Mr Warren Deutrom
- > Mr Pat Duffy (FAI)

Medical

- > Prof. Denis Cusack
- > Dr Pat O'Neill
- > Dr Mick Molloy
- > Dr Martin G Walsh
- > Prof Colm Ó'Móráin (AMCH)
- > Dr Rachel Cullivan-Elliott

Therapeutic Use Exemption (TUE) Committee

In line with the World Anti-Doping Agency International Standard for Therapeutic Use Exemptions, the Irish Sports Council TUE Committee considers TUE applications for Irish athletes.

The Therapeutic Use Exemption Committee Members 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 |

Full details regarding Therapeutic Use Exemptions in 2012 are addressed in the Education section.

Testing

Highlights

- > A total of 802 urine tests were conducted - 342 in-competition and 460 out-of-competition
- > Blood testing programme further developed with 65 blood tests completed

In 2011, the Irish Sports Council strengthened and expanded its deterrence and detection function through the National Testing Programme focusing on the management of a comprehensive doping control programme, and the development of its intelligence capabilities.

National Testing Programme

Under the Irish Sports Council testing programme, the majority of testing is undertaken as part of the National Testing Programme whilst the Council is also contracted to undertake User Pays testing on behalf of clients. Testing using two methods of detection: Direct Detection and Indirect Detection.

Direct Detection:

A urine or blood sample is analysed to detect prohibited substances or the use of prohibited methods (such as a blood transfusion). If the threshold of a prohibited substance is exceeded, or any illegal manipulation detected, sanctions are imposed.

Indirect Detection:

The Athlete Biological Passport is an indirect method of detection. The focus is on the effect of prohibited substances/methods on the body. It can now be proved if an athlete has used doping substances or methods by analysing his/her biological parameters and comparing a number of samples over a period of time. Indirect detection is more effective than direct detection because the effects on the body of using banned substances, as measured through the biological parameters, remain for a lot longer than the period during which it is possible to discover traces of the substances in the body, (i.e. after the substance is no longer in your body, the effect will still be seen on the biological profile).

Table 1 shows a breakdown of testing figures for 2011 for the National Testing Programme.

Table 1 National Programme Testing Statistics, with IC and OOC Breakdown

	Urine	Blood	Total
National Programme	802	65	867
In-Competition	342	3	345
Out-of-Competition	460	62	522

Table 2 National Programme Testing Statistics – sport by sport analysis

	Urine		Blood		
National Governing Body	IC	OOC	IC	OOC	Total
Athletics Ireland	24	72	3	19	118
Badminton Ireland	8	0	0	0	8
Basketball Ireland	8	12	0	0	20
Canoeing Ireland	0	11	0	1	12
Cerebral Palsy Sport Ireland	0	10	0	2	12
Cricket Ireland	4	0	0	0	4
Cumann Camogaiochta Na Gael	4	4	0	0	8
Cumann Peile Gael Na mBan	8	0	0	0	8
Cycling Ireland	42	61	0	12	115
Football Association of Ireland	32	24	0	0	56
Gaelic Athletic Association	42	51	0	0	93
Golfing Union of Ireland	4	0	0	0	4
Horse Sport Ireland	9	2	0	0	11
Irish Amateur Archery Association	4	0	0	0	4
Irish Amateur Boxing Association	8	55	0	0	63
Irish Blind Sports	2	3	0	1	6
Irish Clay Pigeon Shooting Association	3	0	0	0	3
Irish Fencing Federation	2	0	0	0	2
Irish Hockey Association	8	9	0	0	17
Irish Judo Association	4	2	0	0	6
Irish Ladies Golf Union	4	0	0	0	4
Irish Martial Arts Commission	4	0	0	0	4
Irish Rugby Football Union	0	66	0	18	84
Irish Sailing Association	0	4	0	0	4
Irish Squash	4	2	0	0	6
Irish Surfing Association	4	0	0	0	4
Irish Taekwondo Union	0	2	0	0	2
Irish Tug of War Association	4	0	0	0	4
Irish Wheelchair Association	4	5	0	0	9
Motorcycling Union of Ireland	20	0	0	0	20
Motor Sport Ireland	28	0	0	0	28
Rowing Ireland	18	20	0	0	38
Swim Ireland	12	31	0	7	50
Tennis Ireland	4	1	0	0	5
Triathlon Ireland	12	13	0	2	27
Weightlifting Ireland	8	0	0	0	8
	342	460	3	62	867

Urine Testing

802 urine tests were conducted during 2011 under the National Programme, 342 in-competition and 460 out-of-competition. This was an increase of 47 urine tests from 2010. Testing took place across 36 sports.

All out-of-competition tests were conducted with no advance notice by the Irish Sports Council to athletes.

54 out-of-competition tests were completed overseas by our contracted service providers the United States Anti-Doping Agency (USADA) and International Doping Tests & Management (IDTM) and also South African Institute for Drug Free Sport (SAIDS).

Blood Testing

The Irish Sports Council expanded the number of sports in its blood testing programme in 2011, with a total of 65 blood tests being completed for eight different National Governing Bodies. The blood was analysed to detect prohibited substances and methods but also to build up athlete biological passports on individual athletes.

Biological Passport Software

WADA has made its biological profiling software available to the Council and all athlete biological data has now been entered into this. This software will flag abnormal profiles which in turn will trigger some further follow up on an athlete in consultation with an expert group (currently being established).

Users Pays Programme Statistics

The Council conducted 188 tests for 13 organisations under the Users Pays Programme. 105 tests were completed for National Governing Bodies including Athletics Ireland, IMAC, Irish Amateur Boxing Association, Triathlon Ireland, Cycling Ireland and Irish Hockey Association. A collaborative blood and urine testing project took place between the ISC and the IRB in the lead up to the Rugby World Cup.

Table 3 User Pays Programme Testing

	Urine	Urine	Blood	
Organisation	IC	OOC	OOC	Total
Irish Martial Arts Commission	5	5	0	10
Irish Amateur Boxing Association	12	0	0	12
Irish Surfing Association	7	0	0	7
Triathlon Ireland	8	0	0	8
Irish Rugby Football Union	32	0	0	32
Athletics Ireland	20	0	0	20
Cycling Ireland	8	0	0	8
Irish Hockey Association	16	0	0	16
Boxing Union of Ireland	6	0	0	6
Six Nations	12	0	0	12
International Rugby Board	0	24	7	31
European Rugby Cup	24	0	0	24
Coiste Siamsa Garda Siochana	2	0	0	2
	152	29	7	188

Registered Testing Pool (RTP)

Following a significant review of the RTP in 2010, the number of athletes on the RTP on 31 December 2011 was 131.

Table 4 Breakdown of Registered Testing Pool at 31 December 2011

National Governing Body	Number of Athletes in the Registered Testing Pool
Athletics Ireland	30
Cycling Ireland	26
Irish Amateur Boxing Association	23
Rowing Ireland	13
Swim Ireland	11
Irish Wheelchair Association	7
Canoeing Ireland	4
Badminton Ireland	3
Irish Sailing Association	3
Triathlon Ireland	3
Cerebral Palsy Sport Ireland	2
Horse Sport Ireland	1
Irish Blind Sports	1
Irish Judo Association	1
Irish Squash	1
Irish Taekwondo Union	1
Tennis Ireland	1

The number on the Registered Testing Pool (RTP) slightly increased in 2011 due to a number of Olympic/Paralympic Qualifiers and possible Olympic/ Paralympics Qualifiers being added to the RTP.

Criteria for 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.

Registered Testing Pool Whereabouts Compliance

Each athlete on the Registered Testing Pool (RTP) must return a Whereabouts Filing every quarter. This information is critical for the successful implementation of a no advance notice 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.

Filing Failure

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

Missed Test

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

An ‘unsuccessful attempt’ is where an attempt is made to locate an athlete for testing, but they are not at the location specified on their whereabouts filing. Where the attempt is made outside of the specified 60 minute timeslot, it is recorded as an unsuccessful attempt, rather than a missed test.

Table 5 Whereabouts Failures by Quarter

	Filing Failures	Missed Tests	Unsuccessful Attempts
Quarter 1 Jan-March	Number: 3 NGBs: Athletics, 1 Rowing 1	Number: 0	Number: 18 NGBs: Athletics, 5 Boxing, 5 Canoeing / Kayaking, 1 Cycling, 4 Swimming, 1 Triathlon, 2
Quarter 2 April – June	Number: 3 NGBs: Athletics, 1 Boxing, 1 Canoeing / Kayaking, 1	Number: 0	Number: 25 NGBs: Athletics, 8 Boxing, 12 Cycling, 1 Rowing, 1 Rugby, 1 Swimming, 2
Quarter 3 July – Sept	Number: 3 NGBs: Boxing, 1 Canoeing / Kayaking, 1 Taekwondo, 1	Number: 2 NGBs: Boxing, 1 Swimming, 1	Number: 32 NGBs: Athletics, 4 Boxing, 8 Cycling , 9 Irish Wheelchair Association, 2 Cerebral Sport Ireland, 1 Swimming, 7 Triathlon, 1
Quarter 4 Oct - Dec	Number: 0	Number: 1 NGBs: Tennis, 1	Number: 33 NGBs: Athletics, 11 Boxing, 7 Canoeing / Kayaking, 2 Cycling , 5 Irish Wheelchair Association, 1 Rowing, 3 Swimming, 2 Tennis, 2
TOTAL	9	3	108

Where an athlete accumulates three whereabouts failures within an 18-month period, from either the Irish Sports Council or other Anti-Doping Authorities, they could face a two-year ban from sport. At 31 December 2011, there were 2 athletes from canoeing and tennis with two whereabouts failures accumulated.

National Testing Pool (NTP)

In total there were 17 unsuccessful attempts on team sports where teams were not training at the location stated on the team whereabouts form. The sports were as follows:

	Unsuccessful Attempts
Gaelic Athletic Association	8
Football Association of Ireland	1
Irish Rugby Football Union	4
Basketball Ireland	1
Hockey	3

National Governing Body Clearinghouse

16 National Governing Bodies have access to Registered Testing Pool Compliance Information via the Irish Sports Council Anti-Doping Clearinghouse. The Clearinghouse is intended to assist National Governing Bodies in their responsibility to support Registered Testing Pool athletes in complying with the Therapeutic Use Exemption and Whereabouts Requirements of the Irish Sports Council.

Sample Collection Personnel

2011 was the fifth year that the Irish Sports Council trains and accredits Sample Collection Personnel for the testing programme. 44 Sample Collection Personnel attended the Annual Training Day in 2011 and were re-accredited for 2012.

Intelligence

The Irish Sports Council continues to expand and develop its intelligence programme through developments such as the Athlete Biological Profile in its testing programme, but also through collaboration with other stakeholders such as law enforcement agencies and regulatory bodies who may contribute to combating doping in sport, including trafficking of doping substances.

Irish Medicines Board

The Irish Sports Council 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 2011 with this agency.

Education & Research

Highlights:

- > Launch of Anti-Doping specific microsite in May 2011
– www.irishsportsCouncil.ie/antidoping
- > Launch of 'Medication Checker' App for iPhone and Android
- > 26,430 successful searches on the Eirpharm Drugs in Sport Database
- > 37,500 education materials distributed in 2011

The Irish Sports Council continues to work in partnership with its stakeholders to facilitate the development and delivery of quality education programmes for all major stakeholders. We aim to provide up-to-date information to all athletes who are likely to be tested, as well as their support personnel, with particular focus on their responsibilities with regard to the Anti-Doping Programme. The services we provide to stakeholders for use in their education programmes are wide-ranging from our website, e-learning programmes, smartphone applications to more traditional channels such as leaflets and posters.

Digital Initiatives

The Irish Sports Council made significant progress in 2011 in its roll out of digital services in the education of its stakeholders as a way of increasing the reach and effectiveness of anti-doping information.

Website

In May 2011, a micro-site of the Irish Sports Council website was launched at www.irishsportsCouncil.ie/antidoping. It is a dedicated part of the Irish Sports Council's website with a significant amount of information on all aspects of Anti-Doping. The website is updated on a regular basis in line with changes implemented by WADA.

E-Learning Programmes

The Irish Sports Council promotes two e-learning programmes for use by stakeholders.

Real Winner – An Online Education Initiative

Real Winner, an online educational e-learning programme suitable for athletes, coaches and all support personnel to learn about anti-doping. Interactive videos introduces and reinforces athlete responsibilities and facilitates maximum understanding and compliance under the World Anti-Doping Code and the International Standard for Testing.

Coach True – An online education programme for coaches

The World Anti-Doping Agency have developed a free e-learning programme specifically aimed at coaches. The programme covers topics such as health consequences of doping, results management, therapeutic use exemptions, the whereabouts system and decision making.

A number of National Governing Bodies have encouraged their membership to participate in the e-learning programme. The World Anti-Doping Agency provided an annual statistics report for 2011 to the Irish Sports Council showing that 17 users of the WADA Coach True Programmes registered as being from Ireland, with 14 coaches having completed the e-learning programme in the sports of Swimming (9), Athletics (1), Cycling (1), Rowing (2) and Surfing (1).

Services for Checking Medications

There are 3 services for athletes to check the status of their medications for medications purchased in the Republic of Ireland:

	<p>Drugs in Sports Database on www.eirpharm.com</p>
	<p>'Medication Checker' App</p> <p>For immediate access to the Eirpharm database on iPhone and Android</p>
	<p>MIMS Ireland (Monthly Index of Medical Specialities Ireland), is an independently edited publication designed as a prescribing guide for the general practitioner with a circulation of 7000 per month. It is updated monthly by Eirpharm on behalf of the Irish Sports Council with the status of medications for sport in line with the World Anti-Doping Agency Prohibited List.</p>

A useful feature on www.irishsportsCouncil.ie/antidoping introduced in 2011 was a Worldwide Medication Checker map where athletes can check for similar services for checking medications in countries they train or compete in.



www.eirpharm.com the Irish Pharmacy website has been endorsed by the Irish Sports Council 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. 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 primarily from Ireland, UK and USA in 2011. 32 queries were generated through the Eirpharm.com Ask the Pharmacist Service mainly from athletes and health professionals on a range of topics.

Key Statistics:

- Number of successful database searches: 26,430 (compared to 8,605 in 2010)
- Number of products of listed in database : 3,245 products
- Searches performed on 1,870 products

Most commonly searched individual products:

Product Name	No of times searched	What is the product	Legal status
Nurofen Cold and Flu Tablets	553	Combination ibuprofen and pseudoephedrine tablet for symptomatic relief of common colds, influenza etc	Over the counter from pharmacies
Ventolin Inhaler/ Evohaler	544	Inhaled Salbutamol to prevent/ treat asthma and chronic obstructive airways disease	Prescription
Nurofen Plus Tablets	532	Combination ibuprofen and codeine tablet to treat pain	Over the counter from pharmacies
Lemsip Max Sinus and flu hot lemon	386	Combination paracetamol and pseudoephedrine powder for symptomatic relief of common colds, influenza etc	Over the counter

Most commonly searched therapeutic class of products:

Treatments for common cold and influenza were the most commonly searched therapeutic class accounting for 18.5% (4877) of all searches. This was followed by anti-inflammatories which accounted for 10.8% (2,863) of searches.

Most commonly searched class of prescription product:

Prescription products Beta 2 agonists accounted for 1,485 searches (5.6%) followed by prescription anti-inflammatories 1,185 searches (4.5%)

Most commonly searched brands:

1. Nurofen range (1,952 searches)
2. Lemsip range of products for symptomatic relief of colds, influenza, coughs (1,251 searches)
3. Benylin, for symptomatic relief of colds, influenza, coughs (879 searches)
4. Ventolin, (primarily inhaled products (731 searches)
5. Panadol, paracetamol based product for pain, colds and influenza relief (644 searches)

Trends in Data:

The launch of the 'Medications Checker' iPhone App was very successful immediately generating a high number of queries as evidenced by the May summary of successful queries. From the 5th to 12th of May, shortly after the launch there were 3,955 successful queries in that seven day period alone. In the previous seven day period, 28 th April to 4th May which utilised the online facility only there were 410 successful searches. Comparing the two periods for the frequency of multiple queries, it would appear that users of the Medications Checker App tended to check out 10 to 20 medicines per session while in general online users of the database just check one or two items in one session.

National Governing Body Education Strategy

Support

To meet their obligations under the Irish Anti-Doping Rules, all National Governing Bodies should develop their own internal strategies and annual plans for the role out of education initiatives to their members on an annual basis. The Irish Sports Council is available to mentor and support National Governing Bodies in their education efforts.

The Irish Sports Council worked in partnership with Sport Northern Ireland to support four National Governing Bodies to develop an education strategy for their sport. In 2011 Triathlon Ireland, Swim Ireland, Rowing Ireland and Cycling Ireland developed education strategies for implementation in their sport.

The establishment of education strategies for a National Governing Body facilitates better annual planning of education efforts and ensures that a sport will make best use of services provided by the Irish Sports Council and Sport Northern Ireland.

Drug Enquiries

The Irish Sports Council supports National Governing Bodies in dealing with their members queries on the status of medications in sport in addition to responding to direct enquiries from the public. A total of 135 queries were dealt with in 2011. Drug Enquiries are checked against www.eirpharm.com, MIMs Ireland or www.globaldro.com as appropriate. Queries regarding the use of supplements in sport are dealt with in line with the Irish Sports Council 'Supplements and Sports Food Policy'.

Seminars

The Irish Sports Council provides seminars to groups of athletes and athlete support personnel on a regular basis. The intent of the seminars is to provide direct and necessary information to those subject to the testing programme as well as raise the level of awareness of anti-doping work to a wider group.

Priority groups are those athletes and individuals most likely to be subject to testing currently or in the foreseeable future and those who provide advice/services to them (e.g. coaches and doctors).

In total 6 Seminars were held in 2011 for National Governing Bodies including the Irish Amateur Boxing Association (athletes and coaches), Cumann Camogaiochta Na Gael, the Irish Rugby Football Union, University College Dublin and Royal College of Physicians. 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.

Increasingly National Governing Bodies upskill their staff and volunteers to deliver seminars and workshops to their members, with the Irish Sports Council providing support.

Athlete Outreach Events

The Irish Sports Council assisted one National Governing Body (Swim Ireland) to run an athletes outreach event in 2011. A number of National Governing Bodies use resources from the Irish Sports Council to run their own anti-doping awareness initiatives at their national events.

Other Stakeholder Support

Coaching Ireland

Sport Northern Ireland, the Irish Sports Council and Coaching Ireland developed a working plan for the roll out of awareness and education programmes to coaches. Resources already in existence for coaches include access to all general education materials, a coaches zone on the Irish Sports Council website and the WADA Coach True e-learning programme.

Irish Pharmaceutical Union

Pharmacists in interacting with athletes in their pharmacies are a key source of information for athletes who seek to check the status of medications, hence the Irish Sports Council are always willing to work with groups to raise awareness of the anti-doping rules with this stakeholder group. The role of the Pharmacist was featured in the August edition of the Irish Pharmaceutical Union Review publication, the official journal of the Irish Pharmacy Union that is issued to their members.

Therapeutic Use Exemptions (TUEs)

Athletes may have illnesses or conditions that require them to take particular medications. If the medication an athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a Therapeutic Use Exemption (TUE) may give that athlete the authorisation to take the necessary medicine. Athletes must adhere to the TUE Policy which outlines the requirements for athletes who need to apply for a TUE before using the substance (a Pre-Test TUE) or in some cases, as long as you have a medical file in place for a TUE, the substance can be used, and if required apply for a Post-Test TUE. Athletes who compete at International Level should check, and comply with, the TUE requirements of their International Federation. Full details of the policy are available at www.irishsportsCouncil.ie/tue.

TUE Committee

As per the WADA International Standard for Therapeutic Use Exemption the Irish Sports Council has appointed a TUE Committee to assess TUE applications and issue a Certificate of Approval or Notification of Refusal as deemed appropriate. Applications are based on the criteria set out in the WADA International Standard for Therapeutic Use Exemptions. 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
Prof Seán Gaine	Respiratory Disease
Dr Sinéad Harney	Rheumatology
Prof Michael Fitzgerald	Psychiatry

TUE Committee Meeting

The TUE committee met on the 26th October 2011.

Range of Issues discussed included:

- > WADA 2011 and 2012 Prohibited List
- > GCS and the treatment of hayfever and injuries
- > ADHD and its treatment-new WADA guideline document
- > Procedures for processing of TUE applications
- > Summary of TUE applications 2011

Applications for Therapeutic Use Exemptions 2011

The administration of the TUE Process continued to be outsourced in 2011. 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 Irish Sports Council follows the WADA International Standard for TUE (ISTUE) in the process of granting Therapeutic Use Exemptions. Table 6 outlines the TUE applications to the Irish Sports Council in 2011.

Table 6 Breakdown of TUE Applications

Application Outcome	Number	Sports
Fully processed with Certificate of Approval issued	51	Rugby, Motorsport, Swimming, Rowing, Gaelic Football, Equestrian, Athletics, Paralympic Cycling, Hockey, Golf, Cycling, Paralympic Athletics, Archery, Ten Pin Bowling, Paralympic Boccia
Fully processed with Notice of Rejection issued	1	Boxing
Unnecessary Applications for Permitted Medications	42	Martial Arts, Athletics, Alpine skiing, Triathlon, Hurling, Rugby, Ladies Gaelic Football, Motorcycling, Camogie, Cycling, Boxing, Eventing/Equestrian, Lawn bowls, Orienteering, Swimming, Basketball, Hurling, Motorsport Swimming, Rugby, Tug-of-War
Application forwarded to the relevant International Federation for international level athletes	6	Tug-of-War, Swimming, Equestrian, Lawn Bowls
No of Applications not pursued where the application had an incomplete medical file or the athlete is entitled to a post-test TUE	14	Athletics, Motorsport, Triathlon, Rugby, Motorcycling, Eventing, Shooting, Hurling, Cycling
Applications in process at 31 December 2011	2	Swimming, Blind Sports
International Federation Certificates of Approval notified to the ISC	8	Field hockey, Equestrian, Soccer, Rugby, Swimming

Research

Social Behavioural Study/UCD

An anti-doping project, co-funded by the ISC and WADA was completed in 2011 in the School of Psychology in UCD. The research team, headed by Prof. Aidan Moran and including Dr. Suzanne Guerin, Dr. Tadhg MacIntyre and Dr. Kate Kirby, investigated empirically the various psychological, social and contextual factors that are associated with doping in sport. Existing research in this field suffers from two main flaws. First, traditional explanations of doping have typically been simplistic and have tended to focus on individual characteristics of athletes without taking into account the influence of the environment in which athletes train and compete. Second, there has been a lack of good quality empirical research on high performance athletes, and a complete absence of research on athletes who have actual experience of engagement in doping practices. In view of these problems, very little is known about the various predictors of athletes' attitudes to doping, the factors that contribute to the decision to engage in doping and the process by which such a decision is reached.

The UCD project involved four studies which sought to fill such gaps in knowledge. 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.

Phase 2 qualitatively explored the experiences of five elite athletes who had admitted to performance enhancing doping during their sporting career. The athletes' perception of the widespread nature of doping was the mechanism by which they justified their own drug use. Personal morality emerged as a particularly important factor in their decision making, and the influence of peer pressure was found to be an important consideration for these athletes. It emerged that these athletes tended not to focus on the legal or health consequences of doping. This finding suggests that on its own, the anti-doping system of drug testing and sanctioning is an ineffective deterrent for some athletes.

Threat-based deterrents should also be supplemented by preventative measures which emphasise the development of self-control & willpower to resist the temptation to cheat

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” was accepted for publication in the peer-reviewed “International Journal of Sport Policy & Politics” in 2011.

In an effort to move away from the individualistic assumptions underpinning policy and research in this area, Phases 3 and 4 of the research 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. Using the Theory of Planned Behaviour (Ajzen, 1991) as the guiding model, the attitudes and behavioural intentions of high performance coaches (n=45) and sports physicians (n=110) were examined by means of an online questionnaire. Coaches’ perceived pressure to promote anti-doping, their perceptions of the extent of the problem of doping in sport and their beliefs about the efficacy of anti-doping education programmes all predicted their intentions to promote anti-doping. Sports medics were similarly influenced by their perception of pressure to promote anti-doping as part of their role. Personal contact with doping athletes also predicted more lenient attitudes to doping among coaches and doctors.

Finally, the integration of these four studies allowed for the presentation of empirically-derived doping frameworks which identify factors associated with doping attitudes, intentions and behaviours. These frameworks were published as part of Dr. Kate Kirby’s PhD thesis and were also presented at the 3rd International Social Science Conference on Doping, which was held in Tunisia in February 2012.

International

Highlights:

- > Irish Athlete Kenny Egan appointed as an observer to the WADA Athlete Committee
- > Representation at international meetings and conferences

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 2011 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.

Association of National Anti-Doping Organisations (ANADO)

At the Annual General Assembly of ANADO, in March, the financial position of the organisation was discussed in detail. As a result of the very challenging financial situation, the final outcome of the meeting was that the members of the organisation agreed to wind it up once a debt repayment process was completed.

A separate meeting was held in Paris in October at which a proposal was put to NADOs regarding a potential new organization to be named INADO – the Institute of National Anti-Doping Organisations. There was unanimous support for the establishment of such an organization as it is clear that there is enormous benefit to be had from networking amongst other NADOs.

World Anti-Doping Agency (WADA)

WADA Independent Observer Programme Review

At WADA's invitation Una May attended a meeting of the Chairs of recent Independent Observer missions in Montreal early in 2011 to discuss the way forward with this concept. The programme has been well received over the years and WADA carries out periodic reviews to ensure that maximum benefit is achieved through the process.

WADA Symposium for Anti-Doping Organisations, March 22-23,

Lausanne

WADA hosted a large symposium (300+ attendees) for Anti-Doping Organisations in Lausanne in March. Una May attended this meeting. The main focuses of the symposium were blood testing, intelligence and education. These meetings are an annual opportunity for WADA to link in with its key stakeholders from both National Anti-Doping Organisations (NADOs) and International Federations (IFs). It also, very importantly, serves as an opportunity for networking and relationship building between the two groups (i.e. NADOs and IFs).

2012 Prohibited List

The Council provided feedback to WADA on the List of Prohibited substances for 2012. The main feedback related to beta2 agonists and cannabinoids. For many years the Council has advocated the removal of both of these categories of substances from the List.

The List of Prohibited Substances for 2012 was issued at the beginning of October. WADA continued with its policy of not making significant changes in an Olympic year but it has further amended the policy on Beta2Agonists. Over time and as a result of ongoing research WADA is introducing thresholds for many of the commonly used beta2 agonists. This has improved the situation for asthmatic athletes considerably over recent years, permitting them to continue to participate in sport without the cost and administrative demands previously required in obtaining certification for the therapeutic use of these substances.

Code Review

During 2011 an extensive review of the World Anti-Doping Code ("the Code") commenced. This will continue until late 2013, when a revised Code will be presented at a World Conference on Doping in Sport. Alongside this review the Council will also be reviewing the Irish Anti-Doping Rules.

In October 2011 the Council invited submissions from NGBs on proposed areas of improvement to the main Code document. This took the form of an on-line survey, to which 8 NGBs responded. No major concerns were raised regarding the current Code though a number of NGBs suggested that more recognition for the responsibilities of NGBs should be incorporated.

Code Compliance

WADA issued its first Code compliance report in November. The Irish Sports Council was deemed to be compliant. While the majority of International Federations are deemed compliant there remain a significant number of NADOs who are not yet compliant.

WADA Athlete Committee

In November 2011 Kenneth Egan was appointed as an Observer to the WADA Athlete Committee. Kenneth is one of only a small number of current athletes on the Committee who play a significant role in representing athletes views worldwide. The Committee will be responsible for helping WADA to understand the challenges faced by athletes in the implementation of the World Anti-Doping Code and will input into the review of the Code during the current Code Review process.

Council of Europe

Council of Europe – World Anti-Doping Code Review Process

Much of the focus of the Monitoring Group of the Council of Europe Anti-Doping Convention during 2011 was on the forthcoming review of the World Anti-Doping Code. As part of this the Irish Sports Council responded to a preliminary WADA Code Revision questionnaire which was then discussed in detail at subsequent meetings of the various specialist Advisory Groups.

Council of Europe Education Advisory Group Meeting, April 15th, Paris

Ailish Keaveney attended the Council of Europe Education Advisory Group Meeting which focused on the importance of ensuring that education was a key part of the WADA Code Review. There is great commitment in this working group to share resources and work together to increase the emphasis placed on education within the WADA Code.

Council of Europe Legal and Education Advisory Groups, October 12-14th, Paris

Una May attended meetings of the Council of Europe Legal and Education Advisory Groups in October. These meetings involved the discussion of issues arising from the Code Revision questionnaire. A substantial number of recommendations were compiled and presented to the main meeting of the Monitoring Group of the Convention in early November (the Council was not represented at this meeting). This list was then refined and presented to a meeting of the CAHAMA (the Ad hoc European Committee for the World Anti-Doping Agency) at which a decision was made to issue a preliminary notice to WADA of some of the key issues to be raised in relation to the Code Review.

UNESCO

UNESCO Anti-Doping Meeting, November 14-16th, Paris

The third session of the Conference of Parties to the International Convention against Doping in sport took place in November in Paris. Much of the discussion of this meeting was around the Fund for the Elimination of Doping in Sport. This is a fund made up of voluntary contributions which is intended for use by developing countries for anti-doping education projects. The other main topic of the conference was a report of UNESCO's compliance review. The ISC was reported as falling within an 'acceptable overall compliance'. The UNESCO compliance report differed from WADA's report in that it focussed particular attention on aspects of compliance which related specifically and uniquely to governments e.g. legislation in the area of marketing and distribution of nutritional supplements.

Other International Meetings

EU Anti-Doping Expert Group

The formation of this group follows a review during 2011 regarding EU committees etc. Despite a potential overlap in responsibility for anti-doping between the EU and the Council of Europe, it was considered relevant to retain a group within the EU to deal specifically with WADA Code Review issues as they relate to enforceable EU secondary law. These predominantly relate to data protection concerns. The Council was represented at the first meeting of this group in Brussels in October 2011.

USADA

The Chair of the ADC attended the 10th Annual USADA Symposium on Anti-Doping Science hosted by USADA (co-sponsored by UK Anti-Doping) in London on Sept 30th – Oct 2nd. The main purpose of the symposium was to review the current status of testing for human growth hormone (hGH) including detailed discussion of new more sophisticated techniques for the detection of hGH which are due to be implemented in 2012.

Administration

Highlights:

- > New Athlete Online Whereabouts System launched in 2014
- > ISD Certificate maintained
- > New mobile unit for testing purchased in 2011

SIMON – Anti-Doping Management System

The Irish Sports Council continued to expand and enhance our custom database program (SIMON), also used by other national anti-doping organizations such as Switzerland, U.S.A. and New Zealand as an invaluable day-to-day operational tool for managing Doping Control, Results Management, Whereabouts Filings and Failures, as well as Online Doping Control Officer assignments.

The new Athlete on-line whereabouts system was launched for Q1 2011 whereabouts. This system was reviewed by a number of athletes prior to its launch and the feedback was generally very positive, however, there are now some teething problems which are being resolved.

ISO certification

ISO certification is a method used by a number of the best performing anti-doping organisations around the world to demonstrate their adherence not only to best business practice but also to the mandatory World Anti-Doping Agency (WADA) International Standards. This process provides for independent and expert verification that the procedures being applied do not vary from those Standards and consequently athletes can be confident that they are being treated properly and consistently.

The ADU has amended the scope of its ISO certification to include sample collection and as a result the ADU had two surveillance visits by our ISO Auditors, EQA. On October 6th, the auditor attended a sample collection session and November 3rd audited the ADU office. No issues were raised on either audit and the feedback from the auditor was extremely positive.

Internal Audit

An internal audit of the unit's work was carried out by the Sports Council's auditors Farrell Grant Sparks. The opinion of the auditors was that the system in place in the anti-doping unit "provides substantial assurance that the operations of the Anti-Doping Unit are consistent with international guidance and established best practice".

IRFU – Age Grade Players

During 2011 the Council entered discussions with the IRFU regarding the possible introduction of a testing programme for age-grade rugby players. It was agreed that these young players were vulnerable and at a potential risk of doping due to the high profile of their sport and the demands on them to perform at the highest level. A broad implementation plan with the primary focus on education was agreed between both bodies and will be further developed in 2012. This matter received substantial media coverage with an overall support for the concept.

Laboratory

The Council has continued a successful relationship with its contracted WADA accredited Lab in Cologne. The Laboratory has been in communication with the unit with a number of alerts over recent months.

- > A warning was issued regarding the potential for contamination of Chinese meat with Clenbuterol. A Chinese response was issued in advance of the World Swimming Championships in Shanghai – the link to this was forwarded to the Council by the lab (this was subsequently forwarded to Swim Ireland).
- > The Lab recommended that the unit notify its SCP of the possibility of unusually red urine samples as a result of a recent trend amongst athlete to consume beetroot juice.
- > An ongoing discussion has been taking place regarding the presence of Phthalates in urine samples.

Late in 2011 the contract with the laboratory was renewed for a further two year period.

MIMS

The contract for the service of categorizing products in MIMS expired at the end of 2011. Prior to the expiry date, a request for quotes for the service was issued to a number of potential service providers. The current providers of the service, Eirpharm.com, were successful in the process and will continue to provide the service under a new contract.

Mobile Unit

The Council purchased a new mobile unit which was specially designed to meet anti-doping requirements. The previous unit had deteriorated over time and it was necessary to replace it. The new unit has the flexibility to be used for purposes other than testing and may be used in the future as a location for education dissemination etc.

The Year Ahead

Testing

The Irish Sports Council 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. WADA has now issued a recommendation that all Anti-Doping Organisations (ADOs) ensure that not less than 10% of all samples collected are blood specimens on the basis that "an ADO cannot purport to have an effective program if there is a loophole in its blood testing

Administration

The Irish Sports Council 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. The Clearinghouse will be further developed to provide greater access to National Governing Bodies Anti-Doping Officers regarding anti-doping information for their sport.

Education and Research

The Irish Sports Council will continue to develop its information and education programmes through both traditional and digital communications channels to direct the attention of athletes and their support personnel to their responsibilities under the Irish Anti-Doping Rules. The focus for 2012 will be on developing solutions in education to assist National Governing Bodies to educate their members. The Irish Sports Council will continue to use research to inform its programme development in 2012, collaborating with National and International Research, 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. The ISC will continue to contribute internationally by participation on the EU Anti-Doping Expert group and EU Representation on the WADA Foundation Board for the EU presidency.

Intelligence

The ADU will continue to develop a network of appropriate partners in the area of intelligence, including working closely with International Anti-Doping colleagues. The Council will also commence work on establishing links with the pharmaceutical industry in Ireland in 2012.

Appendix

Appendix 1

Anti-Doping Rule Violations

Sport	In / OOC	Rule Violated	Substance	Category of Substance	Sanctions
Weightlifting	In comp	IADR 2.1	Stanozolo	S1 Anabolic Agents	two years
Motorcycling	In comp	IADR 2.1	carboxy-THC	S8 Cannabinoids	4 months (on appeal)
Rugby	In comp	IADR 2.1	methylhexaneamine (dimethylpentylamine)	S6b Specified Stimulants	one year
Boxing	In comp	IADR 2.1	Furosemide	S5 Diuretics and Other Masking Agents	nine months
Athletics	Out of Competition	IADR 2.1	Erythropoietin	S2 Peptide Hormes, Growth Factors & Related Substances	Two years

Appendix 2

Costs of the Programmes 2011

Expenditure Heading	2010 Cost (£)		2011 Cost (£)
Testing	550,001	(1)	674,650
Education and Research	25,632	(2)	61,240
Salaries	266,534	(3)	201,928
Other Costs	315,554	(4)	277,529
TOTAL	1,157,721		1,215,347
Income from Testing	65,294		63,717

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 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.

**THE
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