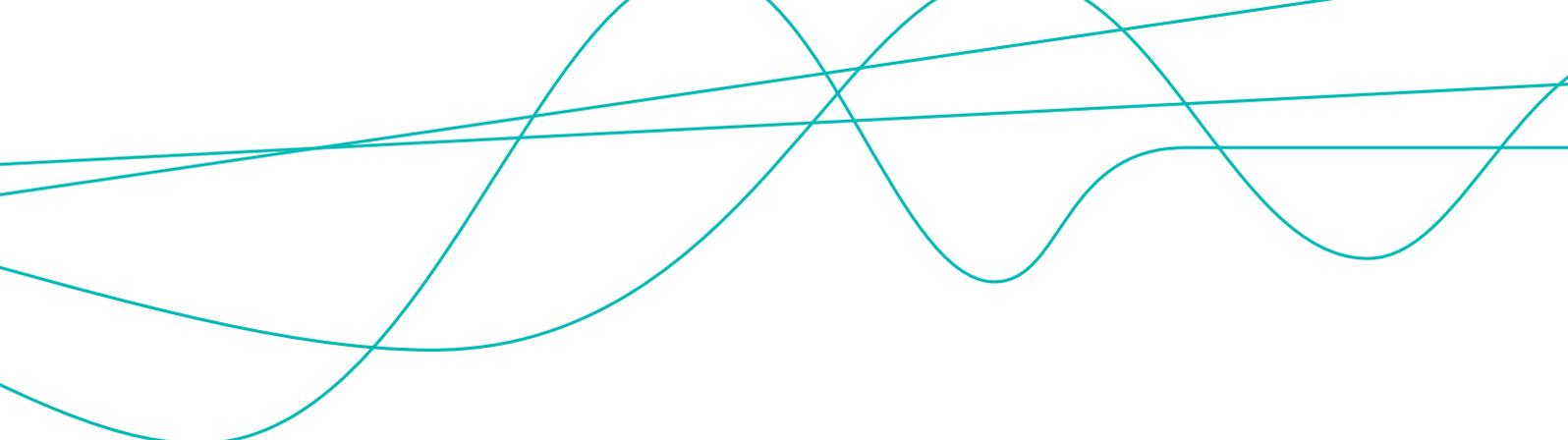


Annual Report 2012

The Anti-Doping Unit of
the Irish Sports Council

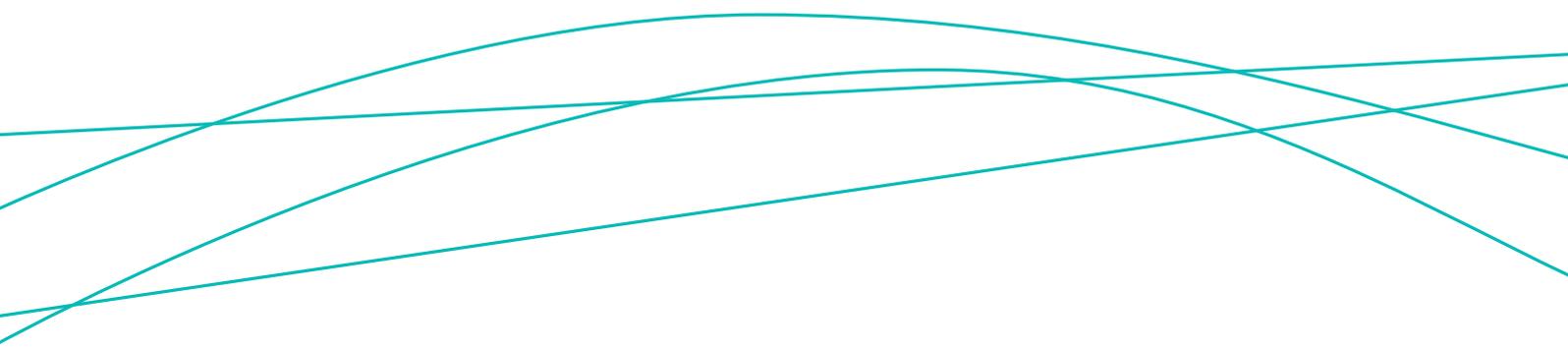




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Staff

Dr. Una May	Director of Anti-Doping
Ms. Siobhan Leonard	Head of Doping Control and Quality
Ms. Erika Murphy	Anti-Doping Executive
Ms. Bee O'Callaghan	Anti-Doping Officer
Ms. Ailish Keaveney	Head of Education and Research (January – July 2012)
Mr. Troy Reneker	Anti-Doping Education and Research Executive (September – December 2012)

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Introduction

The Irish Sports Council believes that the values and life lessons learned through participation in sport play a central role in the development of a happier, healthier and safer society. Values such as ethics, fair play, honesty and respect for rules and laws are all embodied in sport and are the reasons why sport captures the hearts and minds of the Irish people. For this reason the Council remains committed to preserving the integrity of sport in Ireland and its Anti-Doping Programme is a fundamental element of this.

We are pleased to present the thirteenth annual report of the Anti-Doping Unit of the Irish Sports Council. It provides details of the activities of the Programme in 2012, including the financial cost of the programme. In 2012 the Programme cost €1,211,411. A total of 937 blood and urine tests were conducted in Ireland and overseas. This incorporates both the National Testing Programme as well as User-Pays services.

2012 was another successful year for the Irish Sports Council's with its Anti-Doping Programme evolving to become more intelligence-led. This was highlighted by the signing of a Memorandum of Understanding with the Irish Medicines Board along with the development of relationships with new partners. The Council will continue to develop our work with our international colleagues and intelligence agencies on doping activities and trends so that we can ensure that our Programme continues to be one of the best anti-doping programmes in the world.

The Irish Sports Council knows how important it is for the global anti-doping community to be united in the fight against doping in sport. As such the Council continues to contribute to this action by working with the World Anti-Doping Agency and by

actively taking part in the various international associations that it belongs to.

The Council would like to express its appreciation for the efforts and long-term support of the National Governing Bodies (NGBs) and athletes. It is through their good will and co-operation that the Anti-Doping Programme continues to reassure the Irish Sports Community that Ireland's athletes complete clean.

The Council would like to acknowledge the outstanding service that Dr. Una May and her team in the Anti-Doping Unit continue to provide to Irish sport. Not only do they provide a robust testing programme but also continue to work closely with the NGBs to help with the education of Irish athletes. This was highlighted in 2012 by the hosting of an Anti-Doping Practical Workshop for NGBs and athlete support personnel in Croke Park.

Finally we would also like to express our appreciation to the distinguished individuals who provide dedicated service on various Committees. Prof. Brendan Buckley, as Chairman of the Anti-Doping Committee, continues to provide outstanding leadership. 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

In 2012 the Irish Anti-Doping Programme continued to make substantial progress in the areas of testing, education and administration. This Annual Report, the thirteenth of the Programme, details those activities.

The Irish Sports Council is rigorous in applying the Irish Anti-Doping Programme, as we seek to enhance Ireland's sporting integrity and protect the reputations of our athletes who compete clean. We are determined to continue this fight. We are now evolving a more complex approach to the prevention and detection of doping cheats and we are becoming more intelligence-led in focusing our testing. In this, we collaborate actively with the Irish Medicines Board, Revenue Customs and other law enforcement agencies.

The support amongst the sports community for the Irish Anti-Doping Programme is as strong as ever and shows that the Irish public takes a strong stance against the use of performance enhancing substances in sport. The National Governing Bodies of sport in Ireland dedicate considerable time each year to the running of their respective sports and we are pleased that anti-doping has such an importance with them. We thank them for their co-operation as without this, the necessary functions of the Programme would be much more difficult.

Ireland remains a strong supporter of the World Anti-Doping Agency (WADA) and its global approach. We actively contribute to the international anti-doping effort, being active in the development of policy, of international standards and in the

revision of the World Anti-Doping Code. We take pride that Ireland's Anti-Doping Programme is respected as one of the best in the world.

Again we would like to express our appreciation for the unstinting support in difficult times of the Irish Government and its officials at the Department of Transport, Tourism and Sport.

I again acknowledge the Council's Anti-Doping Unit, whose staff members continue to deliver a world class programme. Their efforts in both testing and education reinforce Ireland's international reputation at the forefront of anti-doping.

Finally, I again express my gratitude to my colleagues on both the Anti-Doping Committee and the Therapeutic Use Exemption Committee, who have continue to give their time and energy generously to serve our Anti-Doping Programme. Their expertise is a major contributor to the success of the Council and we are privileged to be able to draw on their resources each year to strengthen our work.



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 Sports 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
OOB	Out-of-Competition
OTC	Over the Counter
RCSI	Royal College of surgeons in Ireland
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.

A number of small changes to the Irish Anti-Doping Rules have been passed over the years.

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 2012. 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 Ireland
- Dr. Anthony McCarthy Psychiatry, St Vincent's Hospital
- Mr. Mel Christie 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. Una May Director of Anti-Doping, Irish Sports Council

Irish Sport Anti-Doping Disciplinary Panel

The Irish Sport Anti-Doping Disciplinary Panel continued to operate in 2012 as a 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:

Mr. Michael Collins
 Mr. David Barniville
 Ms. Helen Kilroy
 Mr. David Casserly
 Mr. Adrian Colton
 Mr. Seamus Woulfe
 Mr. Rory MacCabe
 Mr. Hugh O'Neill

Sports Administrators

Ms. Margaret Corcoran
 Mr. Warren Deutrom

Mr. Pat Duffy
 Mr. Liam Harbison
 Ms. Liz Howard
 Mr. Bill O'Hara
 Mr. Sean McCague
 Ms. Sarah Keane
 Mr. Philip Browne
 Mr. Damian McDonald

Medical

Dr. Mary O'Flynn Flannery
 Dr. Colm O'Morain
 Dr. Pat O'Neill
 Dr. Martin Walsh
 Prof. Denis Cusack
 Dr. Alan Byrne
 Dr. Mick Molloy
 Dr. Rachel Cullivan-Elliot

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
- Prof Sean Gaine, Respiratory Disease
- Dr Sinead 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 654 urine tests were conducted – 223 in competition and 431 out of competition under the National Testing Programme.
- The blood testing programme increased to 133 tests which was an increase of 204%.

The main focus for the testing programme in 2012 was to further re-enforce and develop a quality and targeted blood testing programme during Olympic and Paralympic year. WADA issued a recommendation that all Anti-Doping Organisations (ADOs) should ensure that not less than 10% of all samples collected are blood specimens. In 2012, 16% of samples collected were blood samples.

National Testing Programme

Under the Irish Sports Council testing programme, the majority of testing is undertaken as part of the National Testing Programme. The main objective of the testing programme is 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. An athlete's use of doping substances or methods can be identified by analysing his/her biological parameters and comparing a number of samples over a period of time. The Athlete Biological Passport is currently only being applied to certain sports in Ireland.

Indirect detection is more effective than direct detection because the effects on the body of using prohibited 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). The Anti-Doping Unit has increased the number of tests for indirect detection.

Table 1 shows a breakdown of testing figures for 2012 for the National Programme

	Urine	Blood	Total
National Programme	654	133	787
In-Competition	223	0	223
Out-of-Competition	431	133	564

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

Urine Testing

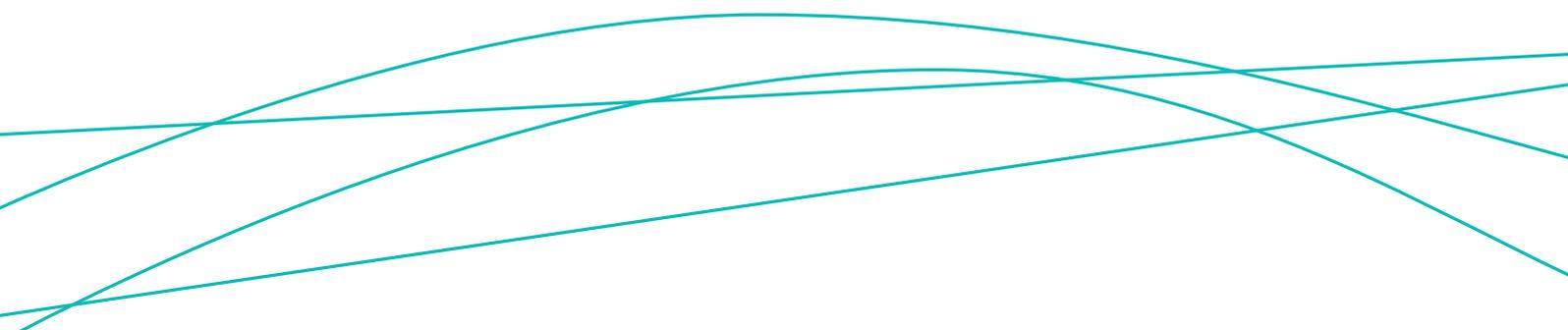
654 urine tests were conducted during 2012 under the National Programme, 223 in competition and 431 out-of-competition tests. Testing took place across 31 sports. All out-of-competition tests were conducted with no advance notice. 75 missions were completed overseas by our contracted service providers the United States Anti-Doping Agency (USADA) and International Doping Tests & Management (IDTM) and also UK Anti-Doping (UKAD).

Blood Testing

A total of 133 blood tests were completed during 2012, which was 16% of the total tests completed and 20% of out of competition tests for 2012 under the National Testing Programme. This was an increase of 205% on 2011. The blood samples were analysed to detect prohibited substances and methods but also to build up athlete biological passports on individual athletes.

IRFU Under-Age Rugby

In-Competition Testing commenced at an IRFU Provincial age-



Sport	Comp	R-OOC	N-OOC	Blood	Total
Athletics	20	89	0	49	158
Badminton	4	3	0	0	7
Basketball	4	0	0	0	4
Blindsports	0	8	0	4	12
Boxing	8	45	0	0	53
Camoige	4	0	0	0	4
Canoeing	0	12	0	2	14
Cerebral Palsy Sports	0	7	0	3	10
Cycling	41	56	0	33	130
Fencing	2	0	0	0	2
GAA	42	0	45	0	87
Gymnastics	0	2	0	0	2
Hockey	0	0	8	0	8
Horse Sport	9	2	0	0	11
IMAC	2	0	0	0	2
Judo	2	2	0	0	4
Ladies GAA	2	0	0	0	2
Motorsport	16	0	0	0	16
Paralympics	0	2	0	0	2
Rowing	8	14	0	0	22
Rugby	0	0	64	17	81
Sailing	0	3	0	0	3
Soccer	28	0	18	0	46
Squash	2	1	0	0	3
Swimming	8	23		13	44
Tae Kwondo	0	1	0	0	1
Tennis	3	1	0	0	4
Triathlon	6	12	0	12	30
Tug of War	4	0	0	0	4
Weightlifting	8	0	0	0	8
Wheelchair Sports	0	13	0	0	13
Total	223	296	135	133	787

Table 2 National Programme Testing Statistics - sport by sport analysis

Organisation	Urine	Urine	Blood	Total
	IC	OOO	OOO	
Athletics Ireland	12	0	0	12
Cycling Ireland	7	0	0	7
Drug Free Sport New Zealand	0	2	1	3
European Rugby Cup	12	0	0	12
International Cricket Council	0	6	0	6
IRB	0	18	6	24
Irish Hockey Association	18	0	0	18
IRFU	36	0	0	36
International Sailing Federation	8	0	0	8
Six Nations	16	0	0	16
UKAD	0	7	1	8
	109	33	8	150

Table 3 User Pays Programme Testing

grade level (U/18, U/19 and U/20 years) during 2012. As part of this a comprehensive education programme was put in place in the summer of 2012 by the IRFU and the Council ahead of the Provincial Championships in the autumn. The Anti-Doping Unit delivered 11 seminars to under-age provincial squads in preparation for the testing. Representatives of the International Rugby Board attended one of the seminars and were pleased with how it was received.

The programme will be extended to Out-of-Competition Testing in 2013.

Olympic and Paralympic Testing

One of the key focuses of the out of competition testing programme during 2012 was the testing of Olympic and Paralympic athletes that were on the ADU's Registered Testing Pool. The Anti-Doping Unit (ADU) liaised with the Olympic Council of Ireland (OCI) and Paralympic Ireland regarding the Anti-Doping Programme for both Games.

All athletes at the Olympic Games were required to provide whereabouts information to the International Olympic Council (IOC) during the Olympic to ensure that the IOC could conduct no notice out of competition testing. The ADU, the OCI and the IOC

worked closely together to ensure that whereabouts information from athletes which they provided to the ADU were provided to the IOC via the ADU's clearinghouse website. This was the first time that this occurred and proved very successful.

User Pays Programme

The Council also conducts testing under the User Pays Programme. This is where a sporting organisation pays for testing. During 2012, 150 tests were conducted under this programme - 142 urine tests and 8 blood tests.

Registered Testing Pool

In 2012 the Council had approximately 120 athletes in our Registered Testing Pool (RTP). These athletes are subject to out of competition testing and are required to 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.

Whereabouts Failures

The Irish Anti-Doping Rules state that an Athlete shall be deemed to have committed an anti-doping rule violation under Article 2.4

	Filing Failure	Missed Test	Unsuccessful Attempts
Quarter 1	Number: 11	Number:1	Number: 30
	Athletics Ireland 2 Rowing Ireland 1 Canoeing Ireland 1 Irish Wheelchair Association Sport 1 Irish Sailing Association 2 Tennis Ireland 1 CPSI 2 Horse Sport Ireland 1	Irish Wheelchair Association Sport	Athletics Ireland 7 Irish Amateur Boxing Association 4 Canoeing Ireland 1 Cycling Ireland 6 Swim Ireland 5 CPSI 1 Irish Wheelchair Association Sport 3 Rowing Ireland 3
Quarter 2	Number: 4	Number: 2	Number: 37
	Irish Amateur Boxing Association 3 Irish Blind Sports 1	Irish Amateur Boxing Association 2	Athletics Ireland 7 Irish Amateur Boxing Association 15 Cycling Ireland 4 Swim Ireland 2 Canoeing Ireland 2 CPSI 1 Irish Wheelchair Association Sport 1 Irish Squash 2 Triathlon Ireland 3
Quarter 3	Number: 2	Number: 0	Number: 9
	Irish Amateur Boxing Association 2		Athletics Ireland 5 Cycling Ireland 2 Canoeing Ireland 2
	Cycling Ireland 2		Athletics Ireland 3 Irish Amateur Boxing Association 6 Canoeing Ireland 2 Cycling Ireland 4 Irish Squash 1 Triathlon Ireland 2 Swim Ireland 1
Total	19	3	95

Table 4 RTP Whereabouts Failures by Quarters

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 and is not recorded as a Whereabouts Failure.

National Testing Pool (NTP)

In total there were 12 unsuccessful attempts on team sports where teams were not training at the location stated on the team whereabouts form. They were as follows:

	Unsuccessful Attempts
Gaelic Athletic Association	8
Football Association of Ireland	3
Irish Hockey Association	1

Table 5 NTP Unsuccessful Attempts

Sample Collection Personnel (SCP)

The Council held its bi-annual SCP re-accreditation workshop. 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 40 Sample Collection Personnel.

Anti-Doping Unit National Programme

2012: 787 Tests
Across 31 Sports

28%
In-Competition

72%
Out-of-Competition

- 296 on Registered Testing Pool
- 135 on National Testing Pool
- 133 Blood Tests

Athletics

- 20 In-Comp
- 89 OOC Urine
- 49 OOC Blood

20%

16.5%

6.7%

Athletics

Boxing

Cyclin

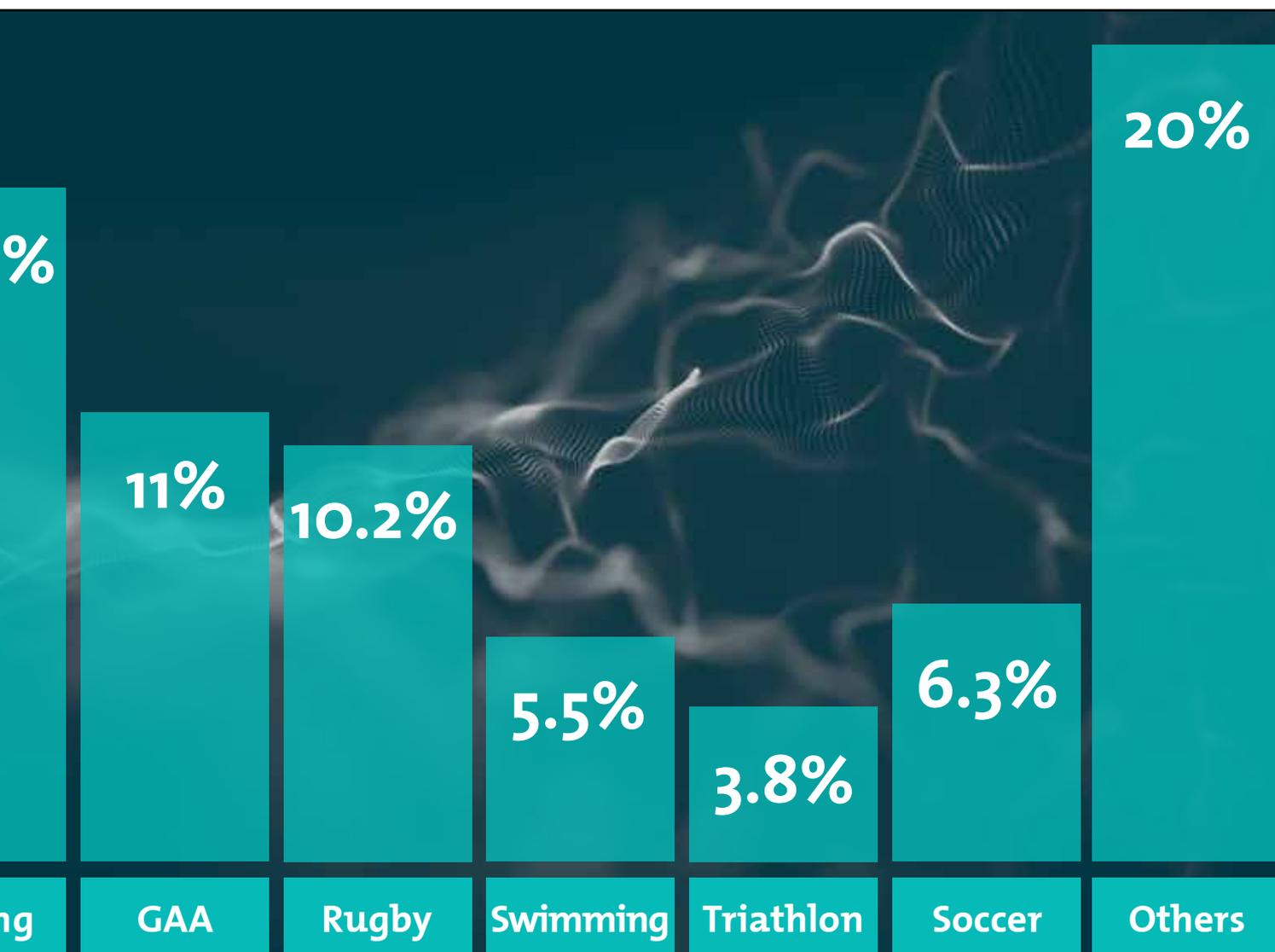
Cycling

- 41 In-Comp
- 56 OOC Urine
- 33 OOC Blood

Blood Tests

increased by

204%



Education and Research

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.

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.

Services for Checking Medications

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

www.eirpharm.com

Drugs in Sports Database on www.eirpharm.com

'Medication Checker' App

For immediate access to the Eirpharm database on iPhone and Android

MIMS Ireland

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.

The Irish Pharmacy Website



marketed in the Republic of Ireland. The medicines and sport database is routinely updated in accordance with changes to the WADA Prohibited List, as new products become available or are discontinued. In 2012, the Eirpharm website was updated to give a modern look and more user-friendly experience. In 2012, the "Ask the Pharmacist" section received 27 queries relating to the use of medicines or certain supplements in sports.

Product Name	No of times searched	What is the product?	Legal status
Nurofen Cold and Flu Tablets	492	Combination ibuprofen and pseudoephedrine tablet for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies
Nurofen Plus Tablets	415	Combination ibuprofen and codeine tablet to treat pain	Over the counter from pharmacies
Lemsip Max Cold and Flu Oral Solution	381	Paracetamol solution for relief of the symptoms associated with the common cold or influenza	Over the counter
Sudafed Tablets	322	Pseudoephedrine containing preparation used for the symptomatic relief of nasal congestion	Over the counter from pharmacies
Lemsip Max Sinus & Flu Hot Lemon Oral Solution	315	Combination paracetamol and pseudoephedrine powder for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies
Lemsip Cold & Flu Capsules with Caffeine	307	Combination Paracetamol and Caffeine product for the relief of symptoms associated with the common cold and influenza	Over the counter

Most commonly searched individual products:

Key Statistics (2011 figures in brackets)

Number of successful database searches: 29,214 (26,430)
 Number of products of listed in database 3,311 (3,245) products
 Searches performed on 1,824 (1,870) different products

The most commonly searched prescription products

The most commonly queried prescription product was the inhaled beta-2-agonist Salbutamol as the brand name Ventolin Inhaler/Evohaler with 439 successful searches, (544 in 2011). This was followed by the non-steroidal anti-inflammatory Diclofenac as the brand name Difene Capsule which accounted for 254 searches.

The most commonly searched therapeutic class of product

As in previous years, over-the-counter remedies for treatment of the symptoms of colds and influenzas accounted for the most commonly searched therapeutic class of product with 6312, (21.6%) successful searches. In 2011, these products involved 18.5 % (4877) of all searches.

Non-opioid pain or inflammation treatments, such as Paracetamol and Non-steroidal anti-inflammatory based products were the

second most searched therapeutic class in 2012. With queries on this therapeutic class accounting for 16.6% or 4860 of all successful searches.

There were 2266 (7.7%) successful searches relating to products to treat asthma including beta-2-agonists. Beta-2-agonists, all of which are prescription products, were associated with 1532 successful searches (5.2%), of which 85% were permitted to be used within certain threshold levels.

The status of the products searched demonstrated that nearly 80% of all searches were for a product that was permitted to be used in sport. Of the remaining 20%, approximately half were for those that were prohibited only in competition, while 4.5% were associated with restrictions associated with higher doses of products used via the inhaled route. (Salbutamol, Formoterol and Salmeterol). The percentage breakdown of the status was broadly similar to 2011.

Please see Appendix 3 for further information on Eirpharm's search index.

National Governing Body Support

In order to support National Governing Bodies and enhance the education of their members, 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 who are subject to the testing programme as well as to raise the level of awareness of anti-doping work to a wider audience.

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

In 2012, 20 seminars were delivered for organisations including Athletics Ireland, the Irish Amateur Boxing Association, Badminton Ireland, the Irish Olympic Handball Association, the Irish Rugby Football Union, Weightlifting Ireland, Masters in Sports Management students at University College Dublin and Physiotherapy students at Trinity College Dublin.

National Governing Body Anti-Doping Workshop

The ISC Anti-Doping Unit held an Anti-Doping Practical Workshop for NGB's and support personnel on 12th June in Croke Park Stadium with an attendance of nearly 80 delegates. It was a successful platform for sharing experiences of various anti-doping programme topics. Mr. David Howman, Director General of WADA was the guest speaker who addressed the NGBs on various topics such as the importance of education at all levels, to continue the fight for clean sport & the proposed changes to the Code.

Anti-Doping Officers from Swim Ireland, Gymnastics Ireland & Triathlon Ireland were invited to speak on how they have integrated Anti-Doping into their core daily business. Each of the NGBs that presented are at different levels of their education programmes and from the feedback received from other NGBs in attendance they found it extremely informative to see how it can be done.

Other guest speakers spoke on how the Prohibited list comes into effect, how it's deliberated on for lengthy periods until all the committees involved are agreed then it is published to come into effect on the 1st January each year.

For the first time the workings of the Disciplinary Panel were outlined by a current panel member. This was followed by a presentation from an NGB that had an Anti-Doping Rule Violation in 2011. The key messages from this was that education is crucial, there should only be one voice and 'no comment' won't get you anywhere as NGBs need to have a plan in place to deal with the situation.

WADA & ISC funded research was presented on "How sport psychology can inform anti-doping strategies" this outlined the trends in doping and highlighted the impact that peers have on judgment.

Una May spoke on the role of the NGB, the importance of up to date information, what part the ADU will play in developing education strategies alongside NGBs and what is required from NGBs going forward as the World of Anti-Doping is changing. NGBs were reminded of the opportunity to submit feedback in relation to the development and review of the World Anti-Doping Code.

Social Media



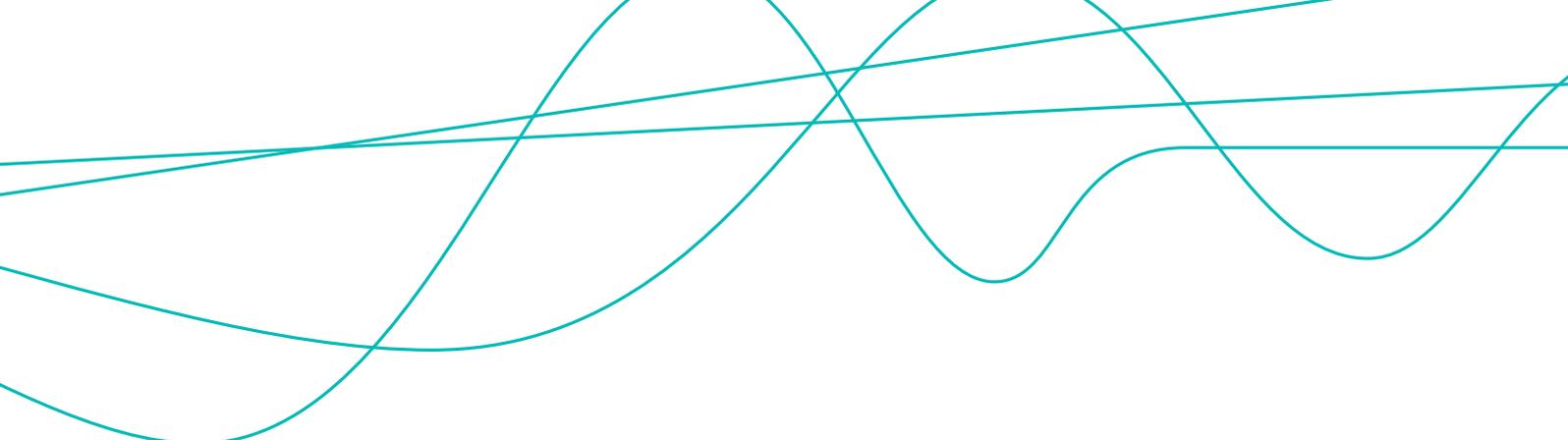
The Anti-Doping Unit launched its own Twitter account - @sportirelandAD in 2012. The purpose of the account is to provide followers with information and education about the Irish Anti-Doping Programme. It was not intended to be a news stream for anti-doping in the media.

Themes for the tweets include the services offered by the Irish Sports Council including checking medications, e-learning programmes, ISC education material as well as medical advisory notes. A series of tweets was also developed focusing on the side-effects of using prohibited substances and an overview of the sample collection process.

The Anti-Doping Unit supported this by developing a Twitter policy.

Methylhexanaemine

Continuing concerns over methylhexanaemine were raised at the WADA Foundation Board Meeting and the Irish representatives were in a position to outline the fact that supplements containing this substance had been removed from the shelves in Ireland.



In July, the Irish Medicines Board and the Food Safety Authority of Ireland issued a joint statement on methyhexanaemine, outlining the dangers associated with consuming it. The Irish Sports Council followed this with an advisory note to all National Governing Bodies and all Registered Testing Pool athletes in August.

Research

In 2012 the Irish Sports Council co-supported a research project at the Institute of Biochemistry in Cologne. The outcomes of the research project will be formally published at the Annual Cologne Workshop on Doping Analysis at the end of February. The project established a new strengthened analysis technique for the identification of long-term stanozolol metabolites allowing for a significantly more sensitive test for this substance.

Stanozolol is one of the most frequently misused drugs in sport. It has been intensively focused by doping laboratories

over the past resulting in many different analytical assays based on LC- or GC-MS/(MS). Nevertheless, ongoing improvement of analytical methodology stays essential for effective sports drug testing. Urinary excretion profiles of different glucuronidated stanozolol metabolites were investigated and potential new target analytes were implemented into a very easy, specific and sensitive assay based on direct injection of urine. The method enables the detection of stanozolol up to 28 days after a single administration of 5 mg stanozolol. Ten times lower detection limits were compared to commonly applied screening methods.

The method has already proven to have been highly successful though the Council is not in a position at present to discuss any details as there are some disciplinary procedures currently in process. A similar new technique for the detection of other long-term steroid metabolites resulted in the retrospective detection of five anti-doping rule violations arising from the re-analysis of samples retained from the Athens Olympics.

International

Institute of National Anti-Doping Organisations (iNADO)

Following the cessation of the Association of National Anti-Doping Organisations (ANADO) in 2011, a board comprising five NADOs (Australia, Canada, Norway, UK and USA) was set-up to look into the feasibility of setting up a new organisation to represent NADOs. The board recommended that the Institute of National Anti-Doping Organisations (iNADO) be set-up. This was supported unanimously at a meeting of NADOS in Paris on 13th November 2011.

iNADO was formally established during 2012 and by the end of the year had 25 NADO members (including the Irish Sports Council). Joseph de Pencier, a legal counsel from Canada who has been involved in Anti-Doping for many years, was appointed CEO to the organisation.

The organisation enables NADOs to share best practices and to speak with one voice.

WADA

Annual WADA Anti-Doping Organisation Symposium, 20th – 21st March, Lausanne

The Symposium focused on new directions in anti-doping, including on intelligence and science based testing.

WADA Athlete Biological Passport (ABP) Seminar, 8th – 9th May, Lausanne

The workshop discussed and identified the technical aspects of the ABP. It also highlighted the required details in pursuing ABP cases.

2013 Prohibited List

The Council provided feedback on the draft Prohibited List 2013. The feedback acknowledged the continuing improvements to the situation regarding beta2 agonists and also requested, as usual, that cannabinoids be removed from the list.

World Anti-Doping Code Review

The ISC issued a survey to all National Governing Bodies of sport in Ireland regarding a review of the World Anti-Doping Code. A total of five Governing Bodies responded with feedback. The Council also participated in European Union and Council of Europe meetings

where international perspectives on the Code were heard.

Version 2.0 of the revised World Anti-Doping Code, in addition to the various International Standards, was released for consultation on 1st December 2012. A draft of this was circulated to the Executive Committee and Foundation Board of WADA. The comments on the review of the Code were input to WADA at two key milestone stages of the Worldwide Code Review. The first period of consultation ended on 15th March 2012, a revised Code was then issued in June with feedback returned by 10th October 2012. A second draft of the Code was then issued on 3rd December 2012. The Council looks forward to the conclusion of the review process in 2013 with the launch of the final version of the revised Code planned for Johannesburg in November.

Council of Europe

Monitoring Group of the Council of Europe Anti-Doping Convention

The Monitoring Group is the body in charge of monitoring the implementation of the Council of Europe Anti-Doping Convention. The Monitoring Group was set-up in accordance with Article 10 of the Convention and monitors the implementation of the Convention by way of an annual questionnaire to all parties to the Convention and also through evaluation and support visits to States by an evaluation team chosen on the basis of their recognised competence in the Anti-Doping field.

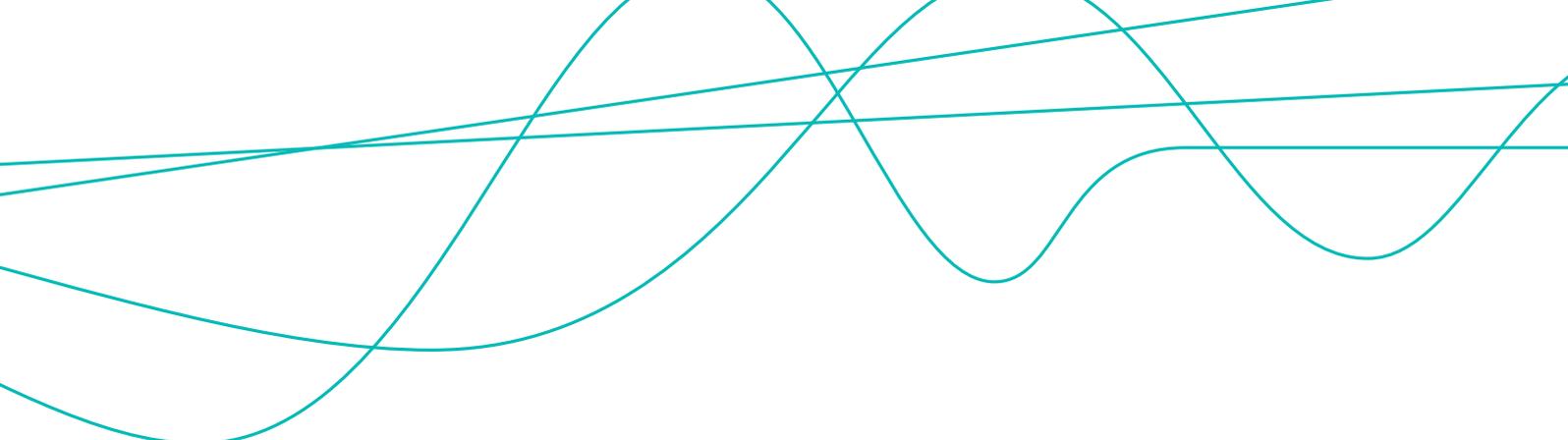
List of Meetings attended by Irish Sports Council Representative

- Monitoring Group of the Council of Europe Anti-Doping Convention, 10th May Strasbourg
- Council of Europe Anti-Doping Convention – Legal Group – Code Review Meeting 5th and 6th July, Paris
- Monitoring Group of the Council of Europe Anti-Doping Convention, 13th November, Paris

Ad hoc European Committee for the World Anti-Doping Agency (CAHAMA)

CAHAMA

The Ad hoc European Committee for the World Anti-Doping Agency is the appropriate body where senior officials from



European states can prepare European positions on political issues to be decided in WADA meetings. It has responsibility to ensure the co-ordination of all positions of all parties to the European Cultural Convention, with regard to questions relating to the World Anti-Doping Agency.

CAHAMA Meeting, 11th May, Strasbourg

The CEO of UKAD (Andy Parkinson) was elected to Chair the CAHAMA group. This has facilitated good co-operation between the EU and the Council of Europe views on WADA matters with Ireland representing the EU countries, as relations are strong between the Irish Sports Council and UKAD.

CAHAMA Meeting, 4th September, Strasbourg

The European position on matters on the agenda of the upcoming meeting of the WADA Executive Committee was agreed. CAHAMA highlighted to WADA that they were keen for WADA to reduce its deficit and operate on 0% growth in 2013. WADA accepted a proposal that a representative of NADOs should be on its new ad hoc committee reviewing efficiencies in anti-doping.

CAHAMA Meeting, 14th November, Paris

The European position on the upcoming WADA Executive Committee and Foundation Board Meeting was prepared at this meeting.

European Union

Sport within the European Union

The Sport Unit forms part of the European Commission's Education and Culture Directorate-General. Its purpose is to address issues such as the facilitation of citizens' participation in sport and physical activity, availability of sport at all levels of education, the fight against doping, violence, discrimination, fraud and match-fixing, the availability of sport for people with disabilities, gender equality in sport, respect for principles of good governance, stable funding, and the production of comparable data on the sport sector as a basis for policy-making.

European Union Expert Group on Anti-Doping

The Expert Group on Anti-Doping was created by the European Union in adopting its European Union Working Plan for Sport for 2011 – 2014. It builds on, and replaces, the former informal EU Working Group on Anti-Doping. The new Expert Group reports to the Council.

List of Meetings attended by Irish Sports Council Representative

- European Union Expert Group on Anti-Doping, 8th February Brussels
- European Union Expert Group on Anti-Doping, 5th September Strasbourg

WADA Foundation Board

The 38 member Foundation Board is WADA's supreme decision-making body. It is comprised in equal proportions of representatives from the Olympic Movement and from Governments. The European Continent has five representatives, with three of these designated to come from the European Union.

As part of Ireland's Presidency of the EU, Ireland takes up one of the three EU seats at the Foundation Board. Minister for Sport, Leo Varadkar, will hold this position from November 2012 to November 2013.

The Minister was represented by Tim Scully, Principal Officer at the Department of Transport, Tourism and Sport at the Foundation Board Meeting on November 18th 2012.

One of the key issues for the WADA Foundation Board is data protection in Europe. The EU is currently working on a new data protection regulation which has the potential to cause some difficulties within anti-doping. During Ireland's EU Presidency it is anticipated that some progress will be made on this matter. The Minister's representative reassured WADA that the matter would be progressed during 2013.

Administration

Intelligence

Intelligence Programme

The Irish Sports Council Anti-Doping programme has evolved to become more intelligence-led. The ISC is part of the iNADO Expert intelligence group and is receiving and analysing intelligence information received from other NADOs as well as other partners. All high-risk Irish athletes are now on the Biological Passport programme.

In early 2012 the Council hosted a meeting at which the then Head of UK Anti-Doping's Intelligence unit, Gabriella Re presented on the work done to date by her unit and how the Irish Sports Council might work together with appropriate law enforcement agencies here in Ireland. The meeting was attended by representatives of the Irish Medicines Board, the Garda National Drugs Unit and the Customs. The meeting was very useful and all parties agreed to the potential benefits of working closely on matters relating to anti-doping. It was agreed that the Irish Medicines Board would act as a central point of contact on matters which relate to the various enforcement agencies.

Memorandum of Understanding with Irish Medicines Board

The Irish Medicines Board and the Irish Sports Council signed a Memorandum of Understanding on the 2nd May 2012 which formalises the sharing of information and intelligence in an effort to protect Irish athletes and to combat the illegal use of medicinal products.

In recent years the two state agencies have co-operated and shared intelligence in the area of anti-doping. This Memorandum of Understanding places this relationship on a formal basis and signals that it will have a more prominent role in the general battle against doping in sport.

New Partners

Later in 2012 the Irish Sports Council also established a partnership with the Department of Agriculture. As part of this, the Department of Agriculture enforcement officers were educated on the work of the Council in relation to intelligence in Anti-Doping.

Intelligence and Investigations in Anti-Doping Course, October, Berne

In October 2012, ASADA and ADS jointly ran a course on intelligence and investigations in Anti-Doping. Two members of the Unit attended the course with a view to strengthening capacity in the area within the Council's Anti-Doping programme. This course provided a valuable insight into the establishment of such a function within the Council while also providing the tools for how to manage information in relation to non-analytical Anti-Doping Rule Violations (i.e. those which are established through methods other than testing).

Irish Sport Anti-Doping Disciplinary Panel

A training session took place in April for all panel members. A number of new panel members have been appointed and these members gained a valuable insight into how things have been progressing and the kind of issues which have been arising. Some useful feedback was received from existing members and the ISC is currently reviewing some aspects of the disciplinary process.

All Panel Decisions since the introduction of the Irish Anti-Doping Rules have now been posted on the ISC website and are publicly available.

ISO Certification

The Anti-Doping Unit successfully passed its external audit by EQA Ireland Limited and remains certified to ISO 9001:2008. The auditor commended the progressive approach to continual improvement shown by the ADU.

National Governing Body Clearinghouse Website

The ADU is currently further developing the National Governing Body Clearinghouse Website. In 2012 the ADU has worked with our website developers to improve and add further resources for NGBS on the clearinghouse website. The revised clearinghouse website will be launched in 2013.

Application Outcome	Number	Sports
Fully processed with Certificate of Approval issued	35	Rugby, Motorsport, Swimming, Hurling, Men's Gaelic Football, Orienteering, Lawn Bowls, Equestrian, Athletics, Cycling, Soccer, Hockey, Ladies Gaelic Football, Camogie
Fully processed with Notice of Rejection issued	0	
Unnecessary applications OR for permitted medications	26	Rugby, Motorsport, Swimming, Rowing, Cycling, Triathlon, Ladies Gaelic Football, Athletics, Motorcycling
Applied too late-Cert not given	1	Ladies Gaelic Football
No of Applications passed onto the International Federation	3	Cycling, Equestrian
No of TUE Applications not pursued	7	Hockey, Swimming, Athletics, Rugby, Ten Pin Bowling, Men's Gaelic Football
No of Applications in process at 31 December 2012	2	
No of International Federation Certificates of Approval notified to the ISC	4	Field hockey, Soccer

Breakdown of TUE Applications

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 the 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 a medical file is in place for a TUE, the substance can be used, and if required an application can be made for a Post-Test TUE.

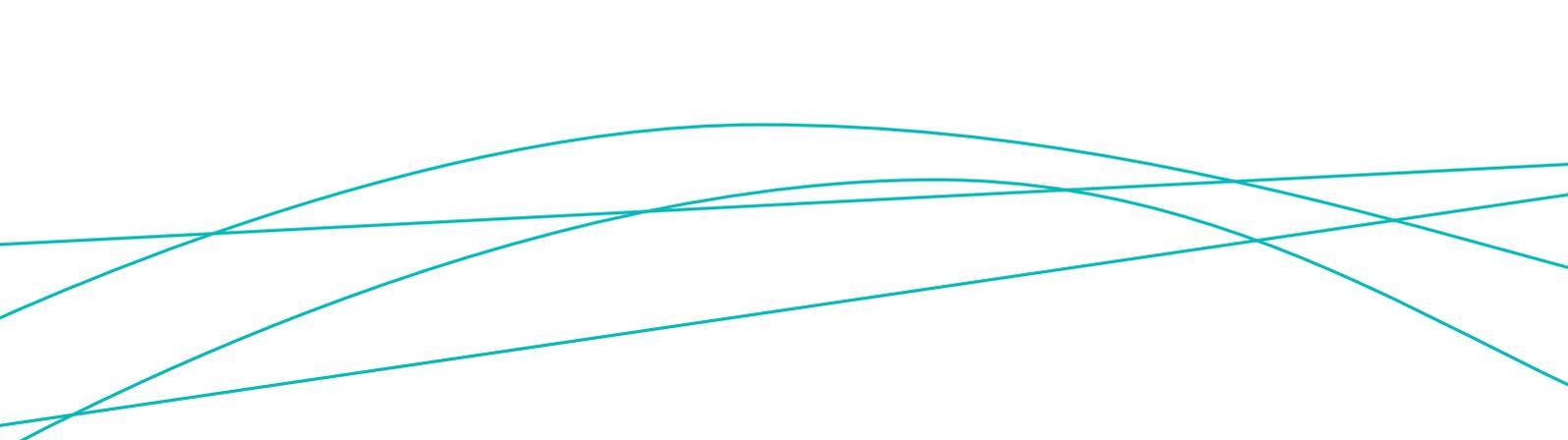
Athletes who compete at International Level should check, and comply with, the TUE requirements of their International Federation. Full details of the policy are available at www.irishsportsCouncil.ie/antidoping.

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 Sean Gaine, Respiratory Disease
- Dr Sinead Harney, Rheumatology
- Prof Michael Fitzgerald, Psychiatry



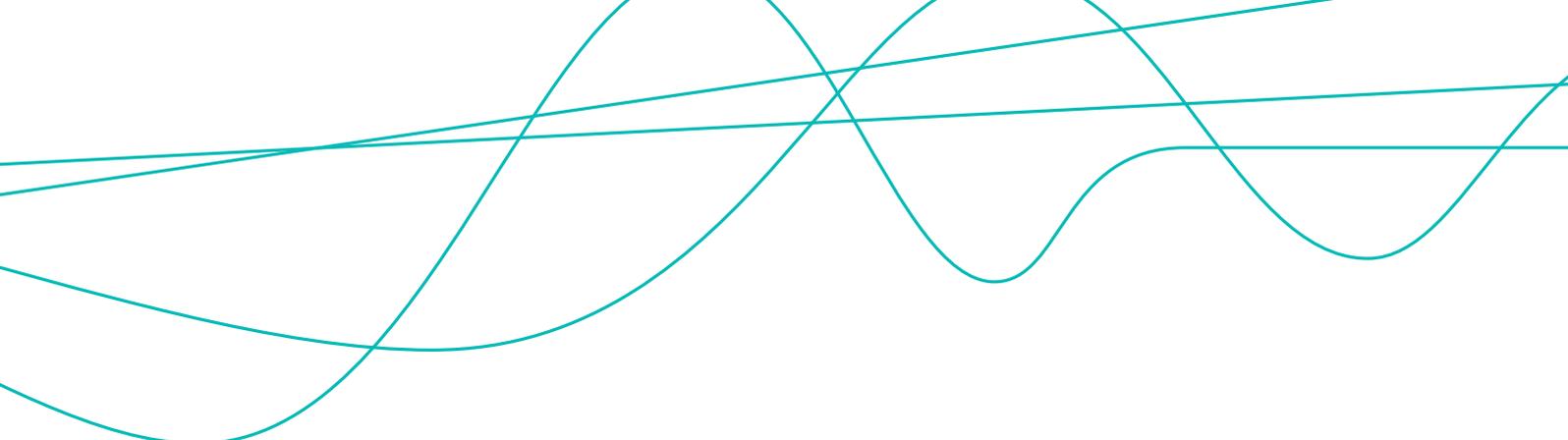
TUE Committee Meeting

The TUE Committee met on 12th December 2012. The discussion items included:

- WADA Prohibited List 2012 and 2013
- Review of the International Standard for TUEs
- Practicalities in relation to the processing of TUE Applications
- Summary of TUE Applications for 2012
- ISC anti-doping program

Applications for Therapeutic Use Exemptions 2012

The administration of the TUE process continued to be outsourced in 2012. 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 TUEs. The table to the left outlines the TUE applications to the Irish Sports Council in 2012.



The Year Ahead

Testing

The Irish Sports Council will continue to apply innovative approaches to the testing programme and in 2013 will further involve the use of information gathered through intelligence. The focus will again be on more strategic testing, with a ratio of more than 10% of samples collected being blood specimens.

The Council will co-ordinate a large-scale testing operation at the European Teams Championships to be held in Dublin in June 2013.

Education and Research

The focus for 2013 will be to further empower the NGBs to become more self-sufficient regarding their own anti-doping education programmes. The ISC will work to strengthen the downloadable resources available to all NGBs through the use of the Clearinghouse. The ADU, in conjunction with Sport Northern Ireland, will roll-out a programme to assist NGBs to develop an anti-doping education strategy which will include key measurables, in-line with new compliance requirements. Additionally, the ISC will continue to develop its information and education programmes through both traditional and digital means.

The Irish Sports Council will continue to use research to inform its programme development in 2013. This will be done through collaboration with National and International Research, Anti-Doping and Government Agencies that are concerned with the fight against doping.

Administration

The Irish Sports Council will continue to introduce new developments and increase functionality through the SIMON data management system. The Clearinghouse will also be further developed to provide greater access for NGB Anti-Doping Officers regarding anti-doping information for their sport.

International

The key priority internationally in 2013 will be Ireland's role as the European Union Representative on the WADA Foundation Board. The ISC will continue to provide feedback on the new World Anti-Doping Code and the WADA International Standards. The ISC will also actively contribute to the global anti-doping fight by participating in the EU Anti-Doping expert Group as well as the Institute of National Anti-Doping Organisations.

Intelligence

The Anti-Doping Unit plans to continue to expand its network of appropriate partners to further develop the streams of available information. This will involve both Irish Agencies and international Anti-Doping Organisations. The ISC will also develop a system to better transfer any intelligence received into the testing programme.

The Council will develop new partnerships with other relevant authorities, agencies and companies. In particular, the Pharmaceutical Industry will be targeted as a potentially valuable partner.

Appendix

Appendix 1 - Anti-Doping Rule Violations 2012

Sport	In / OOC	Rule Violated	Substance	Substance Category	Sanctions
Boxing	N/A	IADR 2.8	N/A	N/A	27 months
Motorsport	In-Comp	IADR 2.1	Tetrahydrocannabinol	S8 Cannabinoids	9 months
Cycling	In-Comp	IADR 2.1	Tetrahydrocannabinol	S8 Cannabinoids	7 weeks
Soccer	In-Comp	IADR 2.1	Methylhexanamine	S6b Specified Stimulant	8 months
Tug-of-War	In-Comp	IADR 2.1	Methylhexanamine	S6b Specified Stimulant	18 months
Tug-of-War	In-Comp	IADR 2.1	Methylhexanamine	S6b Specified Stimulant	18 months
Tug-of-War	In-Comp	IADR 2.1	Methylhexanamine	S6b Specified Stimulant	18 months
Weightlifting	In-Comp	IADR 2.1	Tetrahydrocannabinol	S8 Cannabinoids	Pending
Weightlifting	In-Comp	IADR 2.1	Carboxy (THC)	S8 Cannabinoids	Pending

Appendix 2 - Costs of the Programme

Expenditure Heading	2011 Cost	2012 Cost
Testing	674,650 (1)	598,116 (1)
Education and Research	61,240 (2)	49,984 (2)
Salaries	201,928 (3)	218,720 (3)
Other Costs	277,529 (4)	344,591 (4)
TOTAL	1,215,347	1,211,411
Income from Testing	63,717	81,454

Notes

1. Includes the cost of sample collection, transportation, laboratory analysis contracts, mobile unit costs and the in-house testing programme.
2. Includes direct education and research costs associated with the programme

3. Gross salary costs, including Employers PRSI of the four staff members of the Anti-Doping Unit.

4. Includes legal advice associated with the programme, consultancy fees, travel and subsistence, advertising, printing, insurance and other related costs in administering the programme.

Appendix 3 - Eirpharm Search Details and Statistics

Most commonly searched brand range of products:

All of the most commonly used Over the Counter brand names were reflected in the successful query statistics for 2012 with the following numbers of searches reports for these brands:

NON – PRESCRIPTION			
Brand	Type of products in range	2012	2011
Lemsip	Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs	2534	1251
Nurofen	Ibuprofen based range of anti-inflammatory and cold and influenza products	1859	1952
Benylin	Range of products used for symptomatic relief of coughs, colds and influenzas.	996	879
Panadol	Paracetamol-based range for colds, influenza, pain, temperature	787	644
Sudafed	Range of decongestants with tablet and liquid pseudoephedrine and a nasal spray containing Xylometazoline Hydrochloride	629	520
PRESCRIPTION			
Brand	Therapeutic class	2012	2011
Ventolin	Beta-2-agonist, primarily inhaled products	635	731
Difene	Non-steroidal anti-inflammatory	407	469

Queries on the Lemsip range accounted for 2534 or 8.7% of successful searches. Only some products in the Lemsip range contain pseudoephedrine, while others do not and therefore to avoid confusion, it would be expected that multiple searches occur for this brand range. The Nurofen range of medicines which also has one product in the range containing pseudoephedrine was the next most popular.

Number of unsuccessful database searches:

Failed searches were associated with the food supplement Berocca, of which 213 were recorded over the year. Berocca is classified as a food supplement and does not have a marketing authorisation and is thus not included in the medicines and sport database.

There were 55 unsuccessful searches for the incorrectly spelled “Nurofen”.

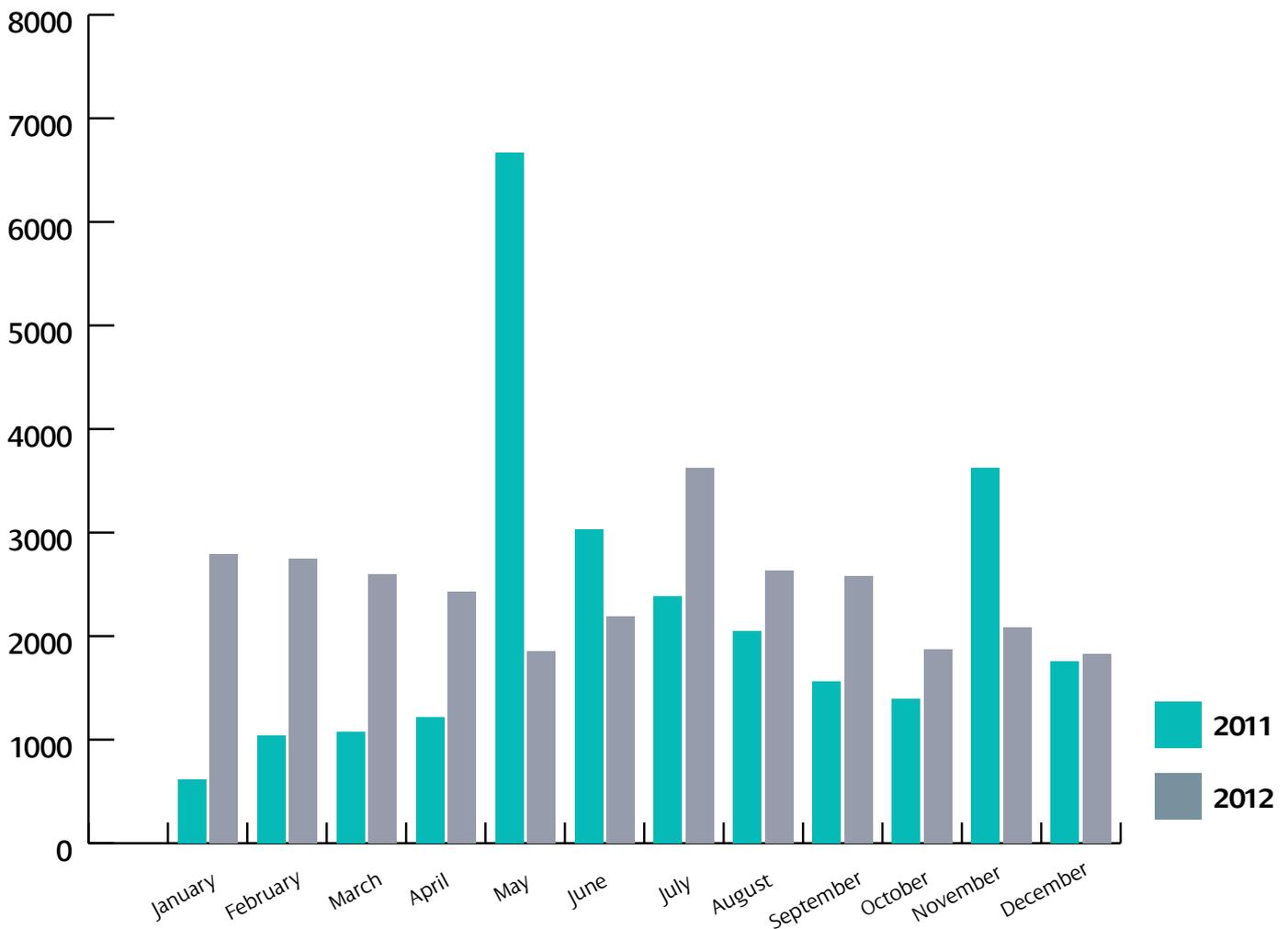
Outcome of Search Results:

Status in Sport	No of successful searches 2012	% 2012	% 2011
Permitted	23325	79.84	78.23
Prohibited in-Competition only	3188	10.91	11.28
Prohibited	1024	3.51	4.46
Restricted-Inhaled Salbutamol	918	3.14	3.98
Restricted- Inhaled Formoterol	243	0.83	0.07
Prohibited in-Competition or Permitted (depends on route)	159	0.54	0.59
Restricted- Inhaled Salmeterol	152	0.52	0.74
Prohibited in specific sports	124	0.42	0.42
Prohibited in men only	81	0.28	0.22
Total	29214		

Searches based on time of Year

July was the busiest month in 2012 which may coincide with educational sessions at this time. January and February were the next busiest months as users familiarised themselves with the 2012 Prohibited List. The peak in May 2011 is associated with the launch of the iPhone App and the media coverage at the time.

Month	NO OF SUCCESSFUL SEARCHES	
	2011	2012
January	613	2791
February	1043	2745
March	1074	2596
April	1217	2426
May	6670	1856
June	3034	2188
July	2387	3620
August	2051	2629
September	1565	2581
October	1394	1869
November	3628	2082
December	1754	1831



Trends in Data

The 2012 data on the whole reflects similar usage patterns to 2011. Over-the-counter cold and 'flu remedies are associated with high numbers of queries as some of the products in the same brand range contain the stimulant Pseudoephedrine which is prohibited in-competition. The trend also continues whereby the database is checked to confirm the status in sport of inhaled beta-2-agonists, a significant number of which are permitted to be used without a requirement for a TUE.

MIMS

Eirpharm also provide drugs in sport information to the monthly medical publication MIMS Ireland, whereby each medication is assigned as symbol denoting its status in sport. This A5-sized publication has been in print for over 50 years and is updated monthly with new products or as the status of products changes. It is provided free of charge directly to more than 5,600 medical practitioners across both primary and secondary care.



**THE
IRISH SPORTS
COUNCIL**



AN CHOMHAIRLE SPÓIRT