

**THE  
IRISH SPORTS  
COUNCIL**  
AN CHOMHAIRLE SPÓIRT



**2013**

The Irish Sports Council  
**Anti-Doping Annual Review**

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# Introduction

Over the past twelve months the Irish Sports Council has continued to reinforce the commitment to preserving the integrity of competition, inspiring fair play in sport and protecting the rights of clean athletes. The Anti-Doping Programme is a fundamental part of the high performance programme to ensure that Irish athletes can compete clean on a world-stage. The Irish Sports Council are dedicated to ensuring that future generations value the life lessons learned through the participation in sport in Ireland.

The Irish Sports Council understands how important it is for the global Anti-Doping community to be unified in the fight against anti-doping in sport and will strive to serve as a global leader through continuing and developing new partnerships and collaborating with other National Anti-Doping Organisations.

We are pleased to present the fourteenth annual review of the Anti-Doping Unit of the Irish Sports Council. The review provides details of the activities of the Programme in 2013, including the financial cost of the programme. In 2013 the Programme cost €1,228,776. A total of 1093 blood and urine tests were conducted in Ireland and overseas. This incorporates both the National Testing Programme as well as User-Pays services.

2013 was another successful year for the Irish Sports Council's with its Anti-Doping Programme building on the Intelligence work from 2012. This was highlighted by strategic testing at The European Team Championships in June 2013 with 49 pre-competition blood testing and 43 post-competition urine testing. The Council will continue to collaborate 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 Council recognises that the success of the Anti-Doping Programme in Ireland is due to the continued co-operation and commitment we receive from NGB's and athletes. It is through their good will and promotion of anti-doping that re-assures the Irish sporting community that Irish athletes compete fairly.

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.

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 2013 the Irish Anti-Doping Programme continued its substantial progress in the areas of testing, education and research. This Annual Report, the fourteenth of the Programme, describes those activities.

The Irish Sports Council is determined to enhance Ireland's sporting integrity and protect the reputations of our athletes who compete clean. We have evolved a more complex approach to the prevention and detection of doping cheats. Intelligence increasingly helps to focus our testing and we greatly appreciate the active collaboration of the Irish Medicines Board, of Revenue Customs and of the other law enforcement agencies throughout Ireland with whom we have a close relationship. Given the all-island nature of many sports, we have a close relationship with Sport Northern Ireland.

We are proud that we are internationally recognised at the forefront of world anti-doping through our application of the Irish Anti-Doping Programme, particularly at a time when other countries with less rigorous programmes have had some of their athletes' credibility questioned.

We are leaders in employing blood testing for the 'Athlete Biological Passport' process, which can indicate blood and EPO doping as well as steroid manipulation.

Ireland remains a strong supporter of the World Anti-Doping Agency (WADA) and members of our Anti-Doping Committee met with WADA's CEO and Chairman in Dublin during the year. We welcome the progress being made by WADA in 'levelling the field' internationally for athletes, given the wide disparity of resources available to countries across the world for anti-doping activities. We actively contribute to the development of WADA policy, international standards and the evolution of the World Anti-Doping Code.

Our research collaboration with the WADA-accredited laboratory of the German Sport University, Cologne has resulted in the development and publication of a new method for detection of very low concentrations of the banned anabolic steroid stanozolol in urine. Its use into analyse stored urine samples from

past competitions has resulted in a number of new adverse analytical findings and sanctions against athletes who had previously escaped detection.

Our adverse findings during the year are in line with expectations and with the experience of peer countries.

Most sports that are subject to anti-doping tests involve amateur participants. The support amongst our sports community for the Irish Anti-Doping Programme is as strong as ever and shows that the Irish sporting public stands firmly against the use of performance enhancing substances. The National Governing Bodies of Sport in Ireland dedicate considerable time each year, most of it through volunteers, to running their respective sports and we are pleased that they place such importance in anti-doping activities.

The Irish Government and its Ministers and officials at the Department of Transport, Tourism and Sport, recognising the importance of this work, have continued to support us in difficult times and for this we are extremely grateful.

The Staff of the Council's Anti-Doping Unit continue their devoted commitment to the Programme and as a result are internationally recognised as leaders at the forefront of anti-doping.

Finally, I again express my gratitude to my colleagues on the Anti-Doping Committee and on the Therapeutic Use Exemption Committee, who have continue to voluntarily 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 every year to strengthen our work.



**Professor Brendan Buckley**

Chairman  
Anti-Doping Committee

# Background

## List of Abbreviations

<b>AAF</b>	Adverse Analytical Finding
<b>ADO</b>	Anti-Doping Officer
<b>ADU</b>	Anti-Doping Unit
<b>ANADO</b>	Association of National Anti-Doping Organisations
<b>ERC</b>	European Rugby Cup
<b>IADR</b>	Irish Anti-Doping Rules
<b>IF</b>	International Federation
<b>IC</b>	In-Competition
<b>IMB</b>	Irish Medicines Board
<b>ISADDP</b>	Irish Sports Anti-Doping Disciplinary Panel
<b>ISC</b>	Irish Sports Council
<b>ISTUE</b>	International Standard for Therapeutic Use Exemptions
<b>MIMS</b>	Monthly Index of Medical Specialities
<b>NADO</b>	National Anti-Doping Organisation
<b>NGB</b>	National Governing Body
<b>OOC</b>	Out-of-Competition
<b>OTC</b>	Over the Counter
<b>RCSI</b>	Royal College of Surgeons in Ireland
<b>SCP</b>	Sample Collection Personnel
<b>TUE</b>	Therapeutic Use Exemption
<b>UCD</b>	University College Dublin
<b>WADA</b>	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 complements and progresses anti-doping research nationally and internationally.

### International

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

### Administration

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

## Background to the Irish Sport Anti-Doping Programme

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 2013. 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:

- Prof. 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 Ethics & Participation,  
Irish Sports Council

## Irish Sport Anti-Doping Disciplinary Panel

The Irish Sport Anti-Doping Disciplinary Panel continued to operate in 2013 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:

Michael Collins	Chair
David Barniville	Vice-Chair
Helen Kilroy	Vice-Chair
David Casserly	Vice-Chair
Adrian Colton	Vice-Chair
Seamus Woulfe	Vice-Chair
Rory MacCabe	Vice-Chair
Hugh O'Neill	Vice-Chair
Margaret Corcoran	Admin Rep
Warren Deutrom	Admin Rep
Pat Duffy	Admin Rep
Liam Harbison	Admin Rep
Liz Howard	Admin Rep
Bill O'Hara	Admin Rep
Sean McCague	Admin Rep
Sarah Keane	Admin Rep
Philip Browne	Admin Rep
Damian McDonald	Admin Rep
Mary O'Flynn Flannery	Medical Rep
Colm O'Morain	Medical Rep
Pat O'Neill	Medical Rep
Martin Walsh	Medical Rep
Denis Cusack	Medical Rep
Alan Byrne	Medical Rep
Mick Molloy	Medical Rep
Rachel Cullivan-Elliot	Medical Rep

## 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 2013 are addressed in the Administration section.



# Testing

## Highlights

Highlights included testing at the:

### European Team Championships

- 49 pre-competition blood testing
- 43 post-competition urine testing

### Blood Testing

- 192 blood tests were conducted in 2013

## 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 2013 for the National Programme

	Urine	Blood	Total
National Programme	676	192	868
In-Competition	230	0	230
Out-of-Competition	446	192	638



**Table 2 National Programme Testing Statistics - sport by sport analysis**

<b>Sport</b>	<b>Comp</b>	<b>R-OOC</b>	<b>N-OOC</b>	<b>Blood</b>	<b>Total</b>
Athletics	24	82	0	59	165
Badminton	4	0	0	0	4
Basketball	4	0	0	0	4
Vision Sports	0	10	0	6	16
Boxing	4	46	0	11	61
Camoige	4	0	0	0	4
Canoeing	0	18	0	17	35
Cerebral Palsy Sports	2	8	0	3	13
Cycling	29	66	7	47	149
Fencing	1	0	0	0	1
GAA	44	0	45	0	89
Gymnastics	2	2	0	0	4
Hockey	0	0	6	0	6
Horse Sport	9	6	0	0	15
IMAC	2	0	0	0	2
Judo	2	2	0	0	4
Ladies GAA	4	0	0	0	4
Motorcycling	0	0	0	0	0
Motorsport	20	0	0	0	20
Paralympics	0	0	0	0	0
Rowing	9	2	0	0	11
Rugby	0	0	69	16	85
Soccer	28	0	18	0	46
Snow Sports	0	1	0	0	1
Squash	2	2	0	0	4
Surfing	3	0	0	0	3
Swimming	12	19	2	15	48
Tennis	3	2	0	0	5
Triathlon	9	18	0	15	42
Tug of War	4	0	0	0	4
Weightlifting	4	0	0	0	4
Wheelchair	1	15	0	3	19
<b>Total</b>	<b>230</b>	<b>299</b>	<b>147</b>	<b>192</b>	<b>868</b>

## User Pays Programme

The Council also conducts testing under the User Pays Programme. This is where a sporting organisation pays for testing. During 2013, 225 tests were conducted under this programme - 165 urine tests and 60 blood tests.

	Urine	Urine	Blood	Total
	IC	OOC	OOC	
Athletics Ireland	53	0	49	102
European Rugby Cup	28	0	0	28
IAAF	0	0	3	3
Irish Amateur Boxing Association	9	0	0	9
Irish Fencing Federation	1	0	0	1
Irish Martial Arts Commission	3	0	0	3
IRB	0	33	8	41
IRFU	20	0	0	20
Six Nations	16	0	0	16
Irish Wheelchair Association Sports	2	0	0	2
<b>Total</b>	<b>132</b>	<b>33</b>	<b>60</b>	<b>225</b>

## Registered Testing Pool

In 2013 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 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.

**Table 4 RTP Whereabouts Failures by Quarters**

	<b>Filing Failures</b>	<b>Missed Test</b>	<b>Unsuccessful attempts</b>
<b>Quarter 1</b>	<b>Number: 12</b>	<b>0</b>	<b>25</b>
	Athletics Ireland: 1		Irish Amateur Boxing Association: 6
	Irish Amateur Boxing Association: 8		Canoeing Ireland: 2
	Canoeing Ireland: 2		Cycling Ireland: 4
			Horsesport Ireland: 1
			Cerebral Palsy Sport Ireland: 2
			Rowing Ireland: 1
			Irish Squash: 2
			Tennis Ireland: 1
			Triathlon Ireland: 6
<b>Quarter 2</b>	<b>2</b>	<b>1</b>	<b>19</b>
	Irish Amateur Boxing Association: 1	Rowing Ireland: 1	Athletics Ireland: 5
	Irish Wheelchair Association Sport: 1		Irish Amateur Boxing Association: 2
			Cycling Ireland: 6
			Rowing Ireland: 3
			Triathlon Ireland: 3
<b>Quarter 3</b>	<b>5</b>	<b>0</b>	<b>19</b>
	Canoeing Ireland: 1		Athletics Ireland: 4
	Cycling Ireland: 3		Irish Amateur Boxing Association: 5
	Rowing Ireland: 1		Cycling Ireland: 4
			Irish Wheelchair Association Sport: 1
			Swim Ireland: 2
			Triathlon Ireland: 3
<b>Quarter 4</b>	<b>0</b>	<b>0</b>	<b>15</b>
			Athletics Ireland: 1
			Irish Amateur Boxing Association: 5
			Canoeing Ireland: 1
			Cycling Ireland: 6
			Snow Sports Association of Ireland: 1
			Swim Ireland: 1

## 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:

	<b>Unsuccessful Attempts</b>
Irish Amateur Boxing Association	1
GAA	8
IRFU	2
Soccer	3

## Sample Collection Personnel (SCP)

The Council held its annual SCP re-accreditation workshop in November 2013. All contracted Sample Collection Personnel were required to undergo training and a written theory test to be re-accredited. At present the Council has contracts with 48 Sample Collection Personnel. Nine new SCP personnel were trained this year.



# Anti-Doping Unit National Programme Annual Testing Figures 2013

**2013**  
**868 Tests**  
Across **32 Sports**



**26%**  
**IN-COMPETITION TESTS**

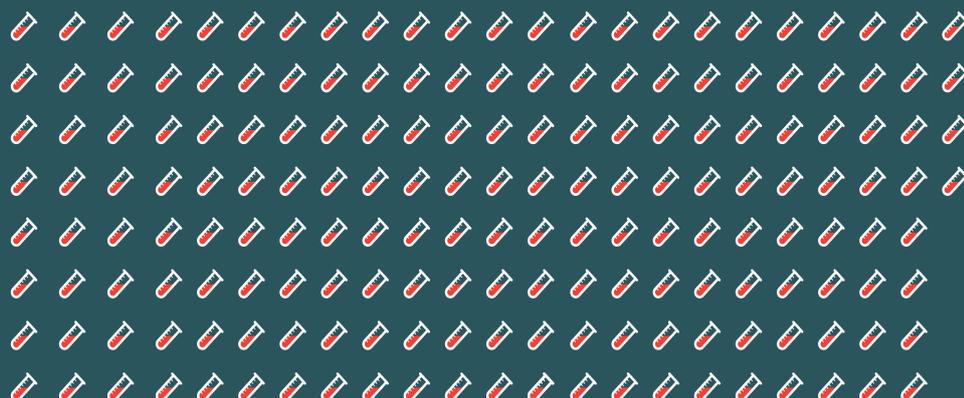
**74%**  
**OUT-OF-COMPETITION TESTS**



**299** TESTS ON REGISTERED TESTING POOL

**147** TESTS ON NATIONAL TESTING POOL

**192** BLOOD TESTS



# BLOOD TESTS INCREASED BY

# 44%



## ATHLETICS

**24**

IN-COMPETITION TESTS

**82**

OUT-OF-COMPETITION TESTS

**59**

BLOOD TESTS



## CYCLING

**29**

IN-COMPETITION TESTS

**66**

OUT-OF-COMPETITION TESTS

**47**

BLOOD TESTS



## RUGBY

**0**

IN-COMPETITION TESTS

**69**

OUT-OF-COMPETITION TESTS

**16**

BLOOD TESTS



## GAA

**44**

IN-COMPETITION TESTS

**45**

OUT-OF-COMPETITION TESTS

**0**

BLOOD TESTS



# 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 video introduce 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 has 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 members to participate in the e-learning programme.

## 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).

### Education Seminars

In 2013, 15 seminars were delivered for organisations including Athletics Ireland, the Irish Amateur Boxing Association, Badminton Ireland, Athletics Ireland, Triathlon Ireland, Irish Wheelchair Association, Basketball Ireland, Gaelic Players Association (GPA), Camogie, Gymnastics Ireland, IRFU, Weightlifting Ireland, and Masters in Sports Management students at University College Dublin and Physiotherapy students at Trinity College Dublin.



## Networking Events

On the 12th of June 2013 a networking event took place at the Crowne Plaza in Dundalk. In attendance were representatives from AIBA, ITTA and GPA. The purpose of the event was to brainstorm ideas in relation to education strategies and how they can be implemented. This proved to be a very informative event for all participants as some good ideas in relation to implementing anti-doping education strategies were discussed.



## Introduction:

Since 2001, the Irish Sports Council has endorsed Eirpharm.com the Irish Pharmacy website as an online source of accurate anti-doping information. The status in sport of over 3000 prescription and non-prescription medications marketed in the Republic of Ireland can be checked either online or through the Medication Checker App. The medicines and sport database is regularly updated in accordance with changes to the WADA Prohibited List, as products are discontinued and new products are marketed. It includes photographs of most non-prescription medicines as a reference. In 2013, the Eirpharm.com "Ask the Pharmacist" section received 30 queries on the use of medicines or supplements in sport.

## Key Statistics: (2012 figures in brackets)

1. **Number of successful database searches: 28,503 (29,214)**
2. **Number of products of listed in database: 3,346 (3,311) products**
3. **Searches performed on 1,961 (1,824) different products**
4. **Most commonly searched individual products:**

Rank (2012)	Product Name	No of times searched (2012 figures in brackets)	What is the product?	Legal status
1 (1)	Nurofen Cold and Flu Tablets	567 (492)	Combination ibuprofen and pseudoephedrine tablet for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies
2 (3)	Lemsip Max Cold and Flu Powder for Oral Solution	426 (381)	Paracetamol solution for relief of the symptoms associated with the common cold or influenza	Over the counter
3 (5)	Lemsip Max Sinus & Flu Hot Lemon Oral Solution	383 (315)	Combination paracetamol and pseudoephedrine powder for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies
4 (4)	Sudafed Tablets	345 (322)	Pseudoephedrine containing preparation used for the symptomatic relief of nasal congestion	Over the counter from pharmacies
5 (6)	Lemsip Cold & Flu Capsules with Caffeine	338 (307)	Combination Paracetamol and Caffeine product for the relief of symptoms associated with the common cold and influenza	Over the counter

### The most commonly searched prescription products:

- Following the trend of 2012, Ventolin Inhaler/Evoaler, which contains the inhaled beta-2-agonist Salbutamol was the most queried prescription product for which 364 (439) successful searches were reported.
- This was followed by the non-steroidal anti-inflammatory Diclofenac as the brand name
- Difene Capsules which accounted for 173 (254) searches and then by the inhaled combination beta-2-agonist/glucocorticosteroid Symbicort Turbohaler with 164 successful searches in 2013.

### The most commonly searched therapeutic class of product:

- More searches were associated with non-prescription medicines and of these, over-the-counter remedies for colds and influenzas were the most commonly searched therapeutic class accounting for 5530 (18.7%) of all successful searches.
- In 2012, 6312, (21.6%) successful searches were associated with this therapeutic group.
- Non-prescription pain and inflammation treatments were the next most commonly searched class of product with 4528 or 15.8% of all successful searches.

### Most commonly searched brand range of products:

The most commonly searched brand range in 2013 was for the over the counter product brand Lemsip. The non-prescription brand Lemsip was associated with 2910 successful searches or just over 10% of the total searches on the eirpharm.com database. As some products in the Lemsip range contain pseudoephedrine, which is prohibited in competition, users can check the status of a number of products in this range to ensure that they are using the correct one.

Non –Prescription Products				
Brand	Type of products in range	2013	2012	2011
Lemsip	Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs	2910	2534	1251
Nurofen	Ibuprofen based range of anti-inflammatory and cold and influenza products	1876	1859	1952
Benylin	Range of products used for symptomatic relief of coughs, colds and influenzas	1058	996	879
Panadol	Paracetamol-based range for colds, influenza, pain, temperature	938	787	644
Sudafed	Range of decongestants with tablet and liquid pseudoephedrine and a nasal spray containing Xylometazoline Hydrochloride	691	629	520
Prescription Products				
Brand	Therapeutic class	2013	2012	2011
Ventolin	Beta-2-agonist, primarily inhaled products	441	635	731
Difene	Non-steroidal anti-inflammatory	442	407	469

### Number of unsuccessful database searches:

- Berocca and Berocca Boost were associated with 159 and 34 failed searches respectively in 2013. 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 56 queries on creatine and 45 on incorrectly spelled "Neurofen".

### Trends in Data

Usage patterns in 2013 were very similar to those in 2012 and 2011. Non-prescription medicines, such as 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.

### MIMS

Eirpharm also provide drugs in sport information to MIMS Ireland, a monthly medical publication, which has been in print for over 50 years and is updated monthly with new products or as the status of products changes. Each medication is assigned a symbol denoting its status in sport. This A5-sized publication is provided free of charge primarily to medical professionals, across both primary and secondary care and has a monthly circulation of 7,290 copies.

## Research

The Irish Sports Council funded research conducted by Dr. Hans Geyer at the Institute of Biochemistry in Cologne.

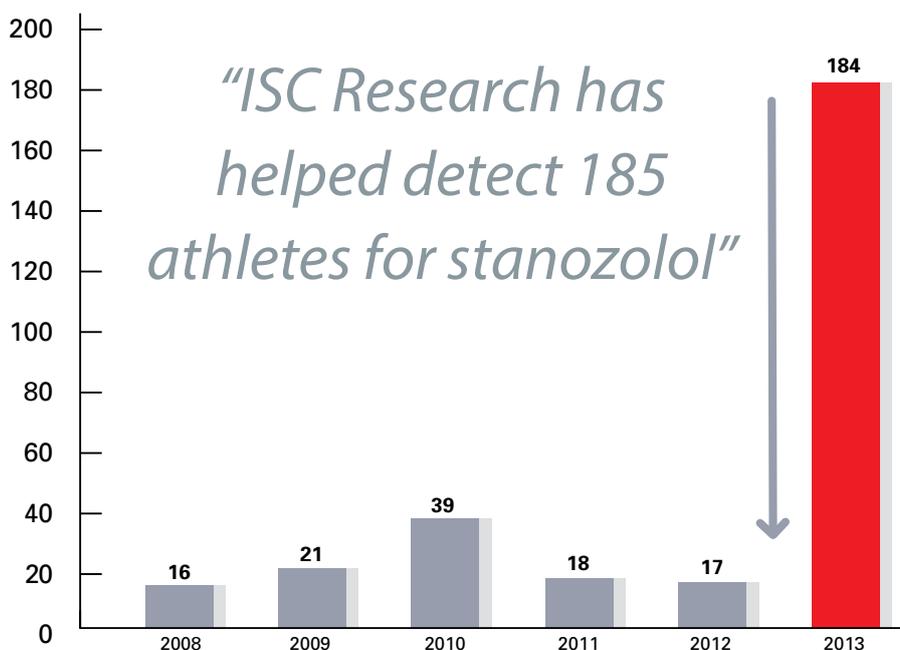
### Identification and characterisation of new long-term stanozolol metabolites in sports drug testing

Dr. Hans Geyer, Deputy Head, Institute of Biochemistry, Center for Preventive Doping Research, German Sport University Cologne

The window-of-opportunity for doping control laboratories to detect drug abuse in sports directly depends on the quality of target analytes concerning their retrospectivity. In order to improve detection capabilities and detection windows for the abuse of stanozolol, supposed to be one of the most frequently misused anabolic steroids, complementary approaches with state-of-the-art high resolution/high accuracy mass spectrometry instrumentation interfaced to liquid chromatography have been developed.

The substantially increased sensitivity and robustness of quadrupole-orbitrap analyzers has shown to offer the required technical features to detect and characterise formerly unknown metabolites which allow a significant prolongation of stanozolol applications up to several weeks after cessation.

The use of the new method for stanozolol led to an increase of adverse analytical findings for stanozolol in the Cologne laboratory from an annual average of about 23 cases to 182 cases from early December 2012 till beginning December 2013 (Figure 1). About 90 % of the stanozolol cases would not have been detected in the Cologne laboratory with the methods used before.



**Fig. 1:** Adverse analytical findings for stanozolol in the WADA accredited laboratory Cologne before and after the prolongation of the detection window for stanozolol by the use of high resolution mass spectrometry in combination with the implementation of old and new stanozolol metabolites and a new long-term metabolite in December 2012 (status from 1st of December 2013).

# International

In a year of intense high profile activity across the world of anti-doping the Council has continued to monitor closely where learning opportunities have arisen. Lance Armstrong's confession, the Australian Crime Commission Report, the positive tests on Jamaican athletes - all highlighted gaps in the anti-doping process but in each case the details which emerged have helped to strengthen the future fight against doping in sport.

The Council has been active on the international level during 2013. For a period of 18 months including all of 2013 Minister Leo Varadkar represented the EU on the WADA Foundation Board.

## EU/WADA

During the Irish Presidency of the EU the Sports Council and the Department of Tourism, Transport and Sport worked very closely to make significant progress on the key issue of compliance with EU data protection regulations. Early in the year Minister Varadkar met with WADA's President John Fahey and Director General David Howman in Dublin.

This effort continued throughout the 6 months of the Presidency (and beyond) and involved working with officials from WADA, the European Commission, MEPs, the Council of Europe and Ad hoc European Committee for the World Anti-Doping Agency (CAHAMA), the Department of Justice and the Data Protection Commissioner. The key goal was to ensure that there was a full awareness of the concerns of the anti-doping community and that those in a position to influence the issues at EU level were fully briefed on those concerns.

The success of these efforts was recognised and acknowledged at the WADA Foundation Board Meeting, at which the EU was represented by Minister Leo Varadkar.

In addition to the efforts in relation to data protection the Irish Presidency hosted an EU Council of Ministers meeting on the topic of anti-doping in May. More specifically the meeting centred on what Public Authorities can/should be doing to deal with the increased sophistication of doping in sport. The Sports Council arranged for Travis Tygart (CEO of the US Anti-Doping Agency) to speak at this meeting.

## WADA

### World Anti-Doping Code Review

The 3rd and final consultation phase on the review of the World Anti-Doping Code came to a conclusion in March 2013. The Council provided feedback on a number of key issues which were monitored throughout the review process.

The final Code was then signed off at the World Anti-Doping Conference in Johannesburg in November. Minister Varadkar attended this important conference which incorporated the WADA Foundation Board meeting where the Code was formally accepted. The Council will now put in place all necessary steps to implement the new Code by January 2015, including education to all stakeholders during 2014.

### General

During 2013 an important report was tabled at the WADA Executive Committee Meeting. This report, on the "(In)Effectiveness of the testing portion of anti-doping programmes" was prepared by a group chaired by Dick Pound and outlined the weaknesses of and a number of recommendations for each of WADA's stakeholders including NADOs and governments. This report generated some general debate around the purpose and future direction of WADA. The issue of funding for WADA was a source of tension during 2013 as Governments have struggled in difficult financial times to find additional resources over and above their current contributions to WADA while at the same time ensuring the maintenance and development of National Anti-Doping programmes.

The Presidency of WADA is to be handed over to the Sports Movement in 2014. Sir Craig Reedie was successfully elected to this position in Johannesburg, at the World Anti-Doping Conference.

### Other International Commitments

The Council has always taken seriously its commitment to fighting doping not just at a national level but by engaging at an international level to ensure that we are doing all we can to level the playing field for our athletes when they compete internationally.

Expert advice and support was provided to the Minister in his role on the WADA Foundation Board. This involved attendance at a number of international meetings where the coordination of the European position took place.

In addition to this, Una May led a discussion on the lessons learned from the Lance Armstrong case at the inaugural Annual Symposium of the Institute of National Anti-Doping Organisations in March 2013.

John Treacy and Una May attended the first iNADO AGM and workshop (which included a specific CEO forum for the first time) in March. John Treacy and Una May also attended the WADA ADO Symposium immediately after the iNADO workshop. The WADA symposium is an important annual event in which all Anti-Doping Organisations (both NADOs and International Federations) come together to discuss key issues. The primary one on this occasion being the Code review.

Chair of the Anti-Doping Committee, Prof Brendan Buckley, accepted an invitation by USADA to attend their Annual Scientific Symposium in October. The Symposium, entitled Inside the Individual: Refining the Measurement of Biological Variation, was an opportunity for international scientists and experts to discuss the ongoing development of the Athlete Biological Passport.



### Summary of International Meetings attended

EU Anti-Doping Expert Group	24th January
CAHAMA/WADA Code Review Meeting	1st Feb
EU Working Party for Sport	14th Feb
Tackling Doping in Sport Annual Conference	13/14th March
iNADO Workshop and AGM	18th March
WADA ADO Symposium	19-20th March
Council of Europe T-DO Monitoring Group	10-12th April
CAHAMA	2nd May
WADA Foundation Board	12th May
EU Council of Ministers Meeting	17th May
Summit on Sports Supplement Contamination	5th June
EU Anti-Doping Expert Group	1st July
Council of Europe/CAHAMA Meetings	4-5th September
USADA Symposium on Anti-Doping Science	4-7th October
Council of Europe/CAHAMA Meetings	4-5th November
World Conference/WADA Foundation Board	13-15th November

# Administration

## Intelligence

### Intelligence Programme

The Irish Sports Council Anti-Doping programme has continued 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.

The Anti-Doping Unit continue to work with representatives of the Irish Medicines Board, the Garda National Drugs Unit and Revenue Service to further establish the intelligence programme within the Anti-Doping Unit.

### Sample Storage

In 2013, the ISC started to store samples to reanalyse in the future when new and improved methods of detecting substances have been developed.

## 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.

## Sample Collection Personnel

2013 was a busy year for our sample collection personnel. Nine new SCP were trained since June 2013. The annual training workshop was held on Saturday the 26th of October 2013.

## National Governing Body Clearinghouse Website

The ADU is currently further developing the National Governing Body Clearinghouse Website. In 2013 the ADU has worked with our website developers to improve and add further resources for NGB's on the Clearinghouse Website. The revised Clearinghouse Website will be launched in 2014.

## TUE Committee Meeting

The TUE committee met on the 12th December 2013.

The range of issues discussed included:

- Summary of TUE Applications for 2013
- ISC anti-doping program 2013 and 2014
- WADA Prohibited List and monitoring program 2013 and 2014
- Review of the International Standard for TUEs

## Therapeutic Use Exemptions

There were 65 Therapeutic Use Exemption Applications in 2013 (78 in 2012) coming from a broad range of sports (see Fig. 1.1). This figure continues to decline due to changes in the status of a number of Beta-2-agonists in between 2010 and 2013, the introduction of the Post-Test TUE process and the continuing program of Seminars and Education offered by the Irish Sports Council.

Total Number of TUE Applications: **65**

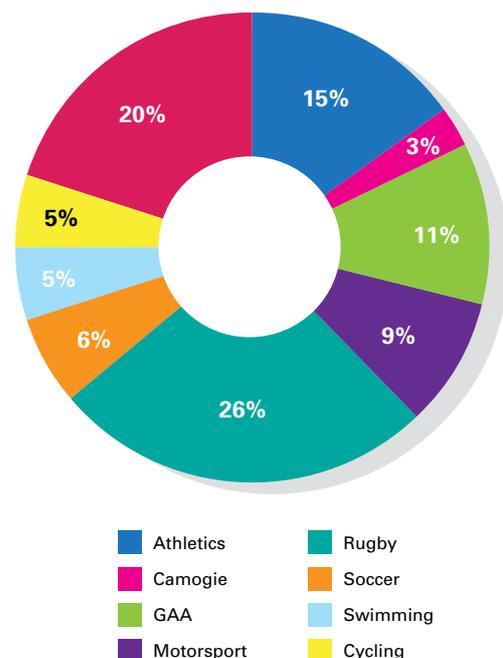


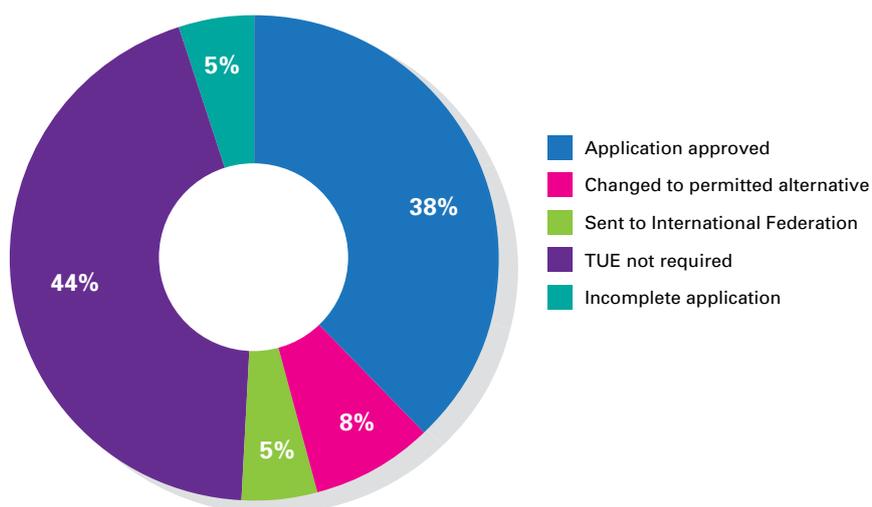
Fig 1.1: Where TUE Applications originated in 2013

Of the TUE applications made to the Irish Sports Council in 2013:

- 38% (n=25) of TUE applications received were approved by the Therapeutic Use Exemption Committee.
- Further 44% (n=29) were for substances that did not require a TUE (Fig. 1.2).
- The remainder were not processed as Irish Sports Council TUEs because (a) the Applicant could change to a permitted alternative (n=5); (b) the application needed to be processed by the International Federation (n=3) or (c) the application was incomplete (n=3).
- Athletes and their representatives are urged to familiarise themselves with the TUE Application Process Guidelines available at [www.irishsportsCouncil.ie/Anti-Doping/Medicines\\_TUEs/](http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/) and also to check the status of their medications using the free 'medication checker app', MIMS, on [www.eirpharm.com](http://www.eirpharm.com) or [www.globaldro.com](http://www.globaldro.com) before completing the TUE Application form.

## Drug Enquiries

During 2013, the Irish Sports Council has continued to engage with members of the public, healthcare professionals and National Governing Body representatives across a broad spectrum of sports in relation to the administration of the Therapeutic Use Exemption Process and queries in relation to drugs in sport. In 2013, a total of 74 queries were dealt with through either email or telephone correspondence through the Anti-Doping Unit directly.



**Fig 1.2** Outcome of TUE Applications 2013

# The Year Ahead

## Testing

The Irish Sports Council will continue to apply innovative approaches to the testing programme and in 2014 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 testing programme will be further developed by the use of the new steroidal module. The Steroidal Module monitors selected urinary steroid concentrations over time in order to detect steroid doping. This will assist the Council in developing a better testing programme for athletes.

The Council's Test Distribution Plan will be continued to be developed in line with the revised International Standard for Testing and Intelligence which comes into force on January 1st 2015.

## Education and Research

The focus for 2014 will be to further empower the NGBs to become more self-sufficient regarding their own anti-doping education programmes. This will be facilitated by developing a tutor programme for anti-doping officers. This programme will include new education material that tutors can use to deliver education. The ISC will also work to develop some E-learning material.

The ISC will hope to engage new stakeholders such as various third level education institutions that deliver coaching education to include anti-doping in their coaching 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 measurable, 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.

The Irish Anti-Doping Rules will be revised in 2014 to ensure that the Irish Sports Council is compliant with the revised World Anti-Doping Code which will become effective from January 1st 2015. The Council will also update all educational materials and internal procedures to ensure compliance with the International Standards. A conference will take place in Autumn 2014 to educate our stakeholders on the revised Irish Anti-Doping Rules and other procedural changes.

## International

The ISC will continue to contribute to the field of anti-doping at an international level. This will include 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 has taken vital steps towards strengthening relationships between the Irish Sports Council and International Agencies around the world when it comes to information sharing. New systems to gather information are being explored internally and ADU plans to develop these further in 2014 to collate information that can be used alongside the testing programme.

The Council will be developing policies in 2014 for dealing with major international events being held in Ireland. The ADU will work with international anti-doping partners on resources for other law enforcement authorities such as customs to assist them in taking into consideration anti-doping concerns.

# The New World Anti-Doping Code 2015

The new World Anti-Doping Code will be launched in January 2015. The new code will have 7 key themes.

## 1. Sanctions

- 2yr to 4yr
- Prompt admission no longer automatic decrease in sanction
- Complicity and Tampering broadened
- No significant fault – specified substance or contaminated substance – reprimand to 2yr
- Whereabouts failures accumulation now 12 months

## 2. Human Rights

- Takes into consideration principles of proportionality and human rights
- Public disclosure

## 3. Investigations

- Strengthened through clarity of expectations of stakeholders
- Statute of limitations – 8yrs →10yrs

## 4. Athlete Support Personnel

- Requirement to investigate ASP involved in violation by a minor and/or more than one athlete with ADRV
- Prohibited Association
- New role/responsibility for ASP – possession or use of prohibited substance forbidden without valid justification

## 5. Testing and Sample Analysis

- Technical document under development identifying the prohibited substances that must be analysed for in particular sports and disciplines
- Smart testing – using risk analysis

## 6. Balancing interests of IFs and NADOs

- Mutual recognition of TUEs

## 7. Clearer, Shorter Code

- Compromise between clarity and shortening
- Athletes reference guide

## New World Anti-Doping Code Implementation

The Irish Sports Council will also be rolling out a national education programme to educate all athletes and athlete support personnel to the changes coming into effect from January 2015 with the implementation of the new WADA code. This will be facilitated by direct education seminars and also various printed and online material.

# Appendix

## Appendix 1 – Anti-Doping Rule Violations 2013

Sport	In / OOC	Rule Violated	Substance	Substance Category	Sanctions
Athletics	In-Competition	IADR 2.1	Stanozolol	S1 Anabolic Agent	24 months
Rugby	In-Competition	IADR 2.1	Cannabis (THC)	S8 Cannabinoids	3 months
Boxing	N/A	IADR 2.4 (whereabouts Failure)	N/A	N/A	12 months

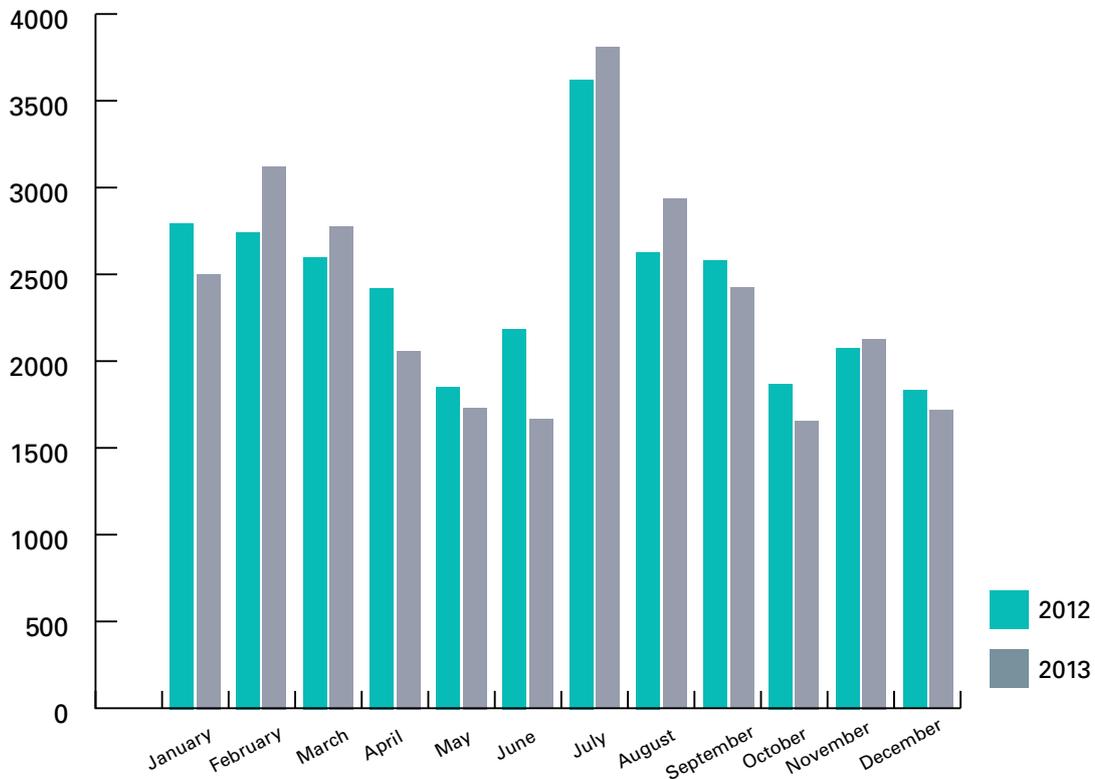
## Appendix 2 – Costs of the Programme

Expenditure Heading	2012 Cost (€)		2013 Cost (€)	
Testing	598,116	(1)	659,064	(1)
Education and Research	49,984	(2)	49,462	(2)
Salaries	218,720	(3)	185,591	(3)
Other Costs	344,591	(4)	334,689	(4)
Total	1,211,411		1,228,776	
Income from Testing	81,454		78,384	

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

## Appendix 3-Searches based on time of Year:

As in 2012, July was the busiest month, followed by February and then August.



## Appendix 4 – Number of successful data base searches

No of successful searches			
Month	2011	2012	2013
January	613	2791	2497
February	1043	2745	3115
March	1074	2596	2774
April	1217	2426	2055
May	6670	1856	1736
June	3034	2188	1667
July	2387	3620	3808
August	2051	2629	2936
September	1565	2581	2418
October	1394	1869	1656
November	3628	2082	2127
December	1754	1831	1714



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