



SPÓRT
ÉIREANN
FRITHDHÓPÁIL

SPORT
IRELAND
ANTI-DOPING

Annual Review
2016



SPÓRT
ÉIREANN
FRITHDHÓPÁIL

SPORT
IRELAND
ANTI-DOPING



SPORT IRELAND NATIONAL TESTING PROGRAMME

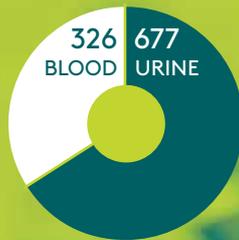
BLOOD TESTING FIGURES INCREASED BY **10%**

USER PAYS PROGRAMME TESTS INCREASED BY **21%**

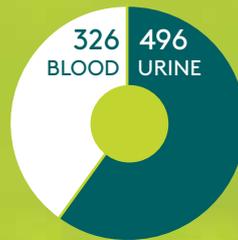
WHEREABOUTS FAILURES INCREASED FROM 5 IN 2015 TO **6**

UNSUCCESSFUL ATTEMPTS ON THE REGISTERED TESTING POOL INCREASED BY **5%**

BLOOD & URINE TEST NUMBERS



TOTAL NUMBER OF TESTS: 1003



OUT OF COMPETITION TESTS: 822



IN COMPETITION TESTS: 181

NATIONAL TESTING PROGRAMME

NATIONAL GOVERNING BODY	COMP: 181	OOC: 496	BLOOD: 326	TOTAL: 1003
Athletics Ireland	16	119	115	250
Camogie Association	4			4
Canoeing Ireland	16	13		29
Cycling Ireland	28	68	59	155
Football Association of Ireland	24	20		44
Gaelic Athletic Association	40	40	17	97
Gymnastics Ireland	4			4
Hockey Ireland	6			6
Horse Sport Ireland	9	5	5	19
Irish Amateur Archery Association	3			3
Irish Athletic Boxing Association	34	27		61
Irish Judo Association	1	1		2
Irish Ladies Golf Union	1			1
Irish Martial Arts Commission	2			2
Irish Rugby Football Union	75	38		113
Irish Squash	2			2
Irish Tug Of War Association	4			4
Ladies Gaelic Football Association	4			4
Motor Cycling Ireland	12			12
Motorsport Ireland	8			8
Paralympics Ireland	41	10		51
Rowing Ireland	4	26	2	32
Swim Ireland	8	27	26	61
Triathlon Ireland	9	13	13	35
Weightlifting Ireland	4			4



Contents

Foreword	5
Introduction	6
Vision of the Programme	8
About the Programme	9
Testing Highlights for 2016	12
Education and Research	16
Administration Highlight for 2016	20
International Highlights for 2016	26
The Year Ahead	28
Appendices	30

Foreword

In 2016 the Irish Anti-Doping Programme continued to make progress in education, research, testing and detection. This Annual Review, the seventeenth of the Programme, gives an account of these activities.

2016 was the first full year of Sport Ireland as the recognised National Anti-Doping Organisation (NADO) and much like the preceding year proved to be a significant one in the fight against doping in sport both at home and internationally.

Ireland is a proud sporting nation and celebrating sporting success is a common denominator which brings people of all ages and backgrounds together – but, we only want to celebrate that success if it is achieved fairly, and on a healthy playing field. That is why we are determined that every effort is made to ensure that the fight against doping is constant and ultimately successful.

Domestically, Sport Ireland continued its close collaboration with the Health Product Regulatory Authority (HPRA), the Revenue Commission and An Garda Síochána and we are thankful for their ongoing support.

We would also like to thank all of our athletes, many of whom are amateur sportspeople, for their ongoing patience and continued support of the anti-doping programme. Sport Ireland is aware that testing can at times be inconvenient and intrusive for them and their families and we continue to try and learn from them.

In 2016 Sport Ireland's key focus was on the continued strengthening of the education programme by training more anti-doping tutors within NGB's, developing education strategies and online learning to increase athlete awareness of key anti-doping topics. The overall goal of the anti-doping education programme is to prevent inadvertent doping and support clean athletes. Sport Ireland also continues to engage with various third level institutions to promote clean sport among all athlete support personnel.

In a global context, 2016 was a difficult year for all of those who are striving to ensure that sport is fair and equitable for all those who compete. What transpired before the Olympic and Paralympic Games, and what subsequently

emerged in the final instalment of the McLaren Report, is deeply worrying. However, there are positives to take from this situation in that the report gets to the root of the issue and steps can, and must, now be taken to ensure this never happens again.

Ireland joined with other NADOs in Copenhagen and Bonn in August and October 2016 to collaborate and draw up a list of recommendations which we believe will help protect clean athletes and the integrity of sport. It is imperative that these recommendations be implemented.

At an international level, it is vital that NADOs are strong, independent and are adequately resourced to demonstrate that doping in sport is completely unacceptable. Here in Ireland, Sport Ireland's Anti-Doping staff continue to work hard to ensure that sport at all levels is kept clean, and will continue to work closely with WADA, other NADOs and the Institute of National Anti-Doping Organisations (iNADO) and all key stakeholders to protect the integrity of sport both at home and internationally.

Sport Ireland's close collaboration with other NADOs was augmented in 2016 with Sport Ireland receiving quality recognition from iNADO for sample collection. This means Sport Ireland is recognised internationally for the high standards set by our sample collection team nationally.

We are thankful to the Irish Sport Anti-Doping Disciplinary Panel chaired by Michael Collins SC. The Therapeutic Use Exemption Sub-Committee (TUEC) continues its outstanding commitment of medical expertise chaired by Prof. John Horgan.



Caroline Murphy
Chairperson
Anti-Doping Committee Sport Ireland

Introduction

2016 was another difficult year for anti-doping globally. The McLaren report highlighted the blatant and systematic doping that occurred in Russia. Sport Ireland felt compelled at this time along with other world leaders in anti-doping to strongly condemn this type of behaviour but also lead the way for reform and change. The strength and depth of Sport Irelands anti-doping programme was evident in 2016 and Sport Ireland endeavour to continue to demonstrate that doping among Irish athletes will not be tolerated. Sport Ireland will continue to work tirelessly to promote clean sport and support clean athletes. This can only be achieved through promoting the spirit of Sport and collaboration with stakeholders in the areas of education, testing, intelligence and investigations. We are pleased to present the seventeenth annual review of Sport Ireland Anti Doping.

The review provides details of the activities of the Programme in 2016 including the financial cost of the programme. In 2016 the Programme cost €1,755,169 a total of 1003 blood and urine tests were conducted in Ireland and overseas. This incorporates both the National Testing Programme as well as User-Pays services.

2016 was another successful year for Sport Ireland with its Anti-Doping Programme. In 2016 Sport Ireland developed an e-learning programme. This programme delivers key messages that are essential for all athlete and athlete support personnel.

Sport Ireland has continued to develop tutor training programmes for NGB's and organisations who deliver anti-doping education. The tutor programme has increased the volume and quality of anti-doping education being delivered to athletes and support

personnel; this will allow NGB's create a clean sport environment for all their members.

Sport Ireland will continue to collaborate with our international colleagues and intelligence agencies on doping activities and trends so we can ensure that our Programme continues to be one of the best anti-doping programmes in the world.

Sport Ireland 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 their good will and promotion of anti-doping that re-assures the Irish sporting community that Irish athletes compete fairly.

Sport Ireland would like to acknowledge the outstanding service that Dr. Una May and her team led by Siobhan Leonard 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 assist them in promoting clean sport

Finally we would also like to express our appreciation to the distinguished individuals who provide a dedicated service on various Committees. Their hard work and relentless pursuit of sporting integrity is invaluable to the Irish Anti-Doping Programme.



Kieran Mulvey
Chairman,
Sport Ireland



John Treacy
Chief Executive,
Sport Ireland

A cyclist wearing a green jersey and a white helmet is riding a red track bike on a wooden velodrome. The cyclist is leaning forward in a racing position. The background shows the curved wooden track and a blue safety barrier. The image is partially obscured by a white text box in the upper right and large green abstract shapes in the lower right.

Over 90% of Irish athletes surveyed felt that drug taking was cheating and that deliberately using banned substances to improve performance was “morally wrong under any circumstances”.

Visions of the Programme

The visions of the Sport Ireland 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.

About the Programme

Staff

Dr. Úna May

Director of Participation and Ethics

Ms. Siobhan Leonard

Anti-Doping Manager

Ms. Rachel Maguire

Anti-Doping Education
and Research Executive

Ms. Cólleen Devine

Anti-Doping Executive

Ms. Melissa Cumiskey

Anti-Doping Executive

Ms. Kathryn Gallagher

Anti-Doping Executive (January – March)

Mr. Gerard Nowlan

Science Officer (July – December)

Background to the Irish Sport Anti-Doping Programme

Under the Sport Ireland Act (2015), Sport Ireland's functions in relation to Anti-Doping include

- to facilitate, through the promulgation of guidelines and codes of practice, standards of good conduct, fair play and the elimination of doping in sport;
- to take such action as Sport Ireland considers appropriate, including testing, to combat doping in sport;
- to plan, implement, evaluate and monitor education and information programmes for good conduct, fair play and the elimination of doping in sport;
- in its capacity as the national anti-doping organisation in the State, to direct the collection of samples, to manage the testing and test results of samples and attend hearings, as required;

The significant priority given to anti-doping work by Sport Ireland is recognised through a full section of the Act dedicated to strengthening the anti-doping programme. Sport Ireland has been clearly designated as the National Anti-Doping Organisation in Ireland and the Irish Anti-Doping Rules have also been enshrined in this legislation. Data sharing powers have been enhanced between key state regulatory authorities and other appropriate Anti-Doping Organisations.

Ireland has also ratified 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.

Sport Ireland's Anti-Doping Committee

Sport Ireland Anti-Doping Committee is an advisory committee to the Board of Sport Ireland and each member provides specialist guidance and all have their own wide-ranging areas of expertise to support the Anti-Doping Unit.

The Committee met 4 times during 2016 and the Committee members are:

Ms Caroline, Murphy, Chair, Sport Ireland Board

Mr. Bernard Allen, Board Sport Ireland

Prof. Brendan Buckley,
Chief Medical Officer, ICON

Mr. Mel Christle, Senior Council

Dr. Bill Cuddihy,
Former Medical Officer to Athletics Ireland

Dr. Joan Gilvarry, Medical Director, HPRA

Prof. Patrick Guiry, Chemist, UCD

Ms. Wendy Henderson, Anti-Doping Education
Officer, Sport Northern Ireland

Dr. Anthony McCarthy,
Psychiatry, St Vincent's Hospital

Mr. Patrick O'Connor, Board Sport Ireland

Ms. Ruth Wood-Martin,
Performance Nutritionist, IRFU

Secretariat: Dr. Úna May,
Director of Participation & Ethics, Sport Ireland

Irish Sport Anti-Doping Disciplinary Panel

The Irish Sport Anti-Doping Disciplinary Panel is a panel of 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 that served during 2016 are:

Michael Collins	Chair
Paul Gallagher	Vice Chair
David Barniville	Vice-Chair
Helen Kilroy	Vice-Chair
Adrian Colton	Vice-Chair
Seamus Woulfe	Vice-Chair
Rory MacCabe	Vice-Chair
Hugh O'Neill	Vice-Chair
Warren Deutrom	Admin Rep
Liam Harbison	Admin Rep
Liz Howard	Admin Rep
Bill O'Hara	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
Denis Cusack	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, Sport Ireland 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 2016 are addressed in the Administration section.

List of Abbreviations

AAF	Adverse Analytical Finding
ADO	Anti-Doping Officer
ADU	Anti-Doping Unit
EPCR	European Professional Club Rugby
HPRA	Health Products Regulatory Authority
IADR	Irish Anti-Doping Rules
IF	International Federation
IC	In-Competition
iNADO	Institute of National Anti-Doping Organisations
ISADDP	Irish Sports Anti-Doping Disciplinary Panel
ISTUE	International Standard for Therapeutic Use Exemptions
MIMS	Monthly Index of Medical Specialities
NADO	National Anti-Doping Organisation
NGB	National Governing Body
OOC	Out-of-Competition
OTC	Over the Counter
RCSI	Royal College of Surgeons in Ireland
SCP	Sample Collection Personnel
TUE	Therapeutic Use Exemption
UCD	University College Dublin
UFC	Ultimate Fighting Championship
USADA	United States Anti-Doping Agency
WADA	World Anti-Doping Agency

Testing Highlights for 2016

Blood testing figures increased by

10%

In competition samples accounted for

18%

in the national testing programme

Out of competition tests for

82%

User Pays programme tests increased by

21%

Whereabouts Failures increased from 5 in 2015 to

6

Unsuccessful attempts on the Registered Testing Pool increased by

5%

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

	Urine	Blood	Total
Total numbers of tests	677	326	1003
Out of Competition	496	326	822
In Competition	181	0	181

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

National Governing Body	Comp	OOC	Blood	Total
Athletics Ireland	16	119	115	250
Camogie Association	4	0	0	4
Canoeing Ireland	0	16	13	29
Cycling Ireland	28	68	59	155
Football Association of Ireland	24	20	0	44
Gaelic Athletic Association	40	40	17	97
Gymnastics Ireland	0	4	0	4
Hockey Ireland	0	6	0	6
Horse Sport Ireland	9	5	5	19
Irish Amateur Archery Association	3	0	0	3
Irish Athletic Boxing Association	0	34	27	61
Irish Judo Association	0	1	1	2
Irish Ladies Golf Union	0	1	0	1
Irish Martial Arts Commission	2	0	0	2
Irish Rugby Football Union	0	75	38	113
Irish Squash	2	0	0	2
Irish Tug Of War Association	4	0	0	4
Ladies Gaelic Football Association	4	0	0	4
Motor Cycling Ireland	12	0	0	12
Motorsport Ireland	8	0	0	8
Paralympics Ireland	0	41	10	51
Rowing Ireland	4	26	2	32
Swim Ireland	8	27	26	61
Triathlon Ireland	9	13	13	35
Weightlifting Ireland	4	0	0	4
Total	181	496	326	1003



Almost 9 in 10 (87%) of Irish athletes surveyed were confident in the ability of laboratories to correctly analyse and identify banned substances.

Table 3: User Pays

Sport Ireland also conducts testing under the User Pays Programme. This is where sporting organisations pay for testing. During 2016, 275 tests were conducted under this programme - 251 urine tests and 24 blood tests.

National Governing Body	Comp	OOB	Blood	Total
Athletics Ireland	8	0	0	8
Cycling Ireland	4	0	0	4
Drug Free Sport New Zealand	3	0	0	3
European Professional Club Rugby	12	0	0	12
Federation Internationale de la Peche Sportive en Eau Douce	2	0	0	2
International Triathlon Union	0	2	2	4
Irish Martial Arts Commission	5	5	0	10
Irish Rugby Football Union	32	0	0	32
Irish Waterski and Wakeboard Federation	5	0	0	5
Six Nations	24	0	0	24
UK Anti-Doping	0	4	2	6
Union Internationale de Pentathlon Moderne	6	0	0	6
United States Anti-Doping Agency	6	8	3	17
World Archery	15	0	0	15
World Rugby	24	86	17	127
Total	146	105	24	275



Table 4: RTP Whereabouts Failures by Quarters

	Filing Failures	Missed Tests	Unsuccessful Attempts
Quarter 1	5	0	14
	Athletics Ireland 2		Athletics Ireland 1
	Gymnastics Ireland 1		Cycling Ireland 7
	Cycling Ireland 1		Irish Athletic Boxing Association 2
	Canoeing Ireland 1		Rowing Ireland 4
Quarter 2	1	0	19
	Canoeing Ireland 1		Athletics Ireland 7
			Cycling Ireland 1
			Irish Amateur Boxing Association 3
			Irish Judo Association 1
			Rowing Ireland 6
			Swim Ireland 1
Quarter 3	0	1	28
		Irish Judo Association 1	Athletics Ireland 1
			Canoeing Ireland 1
			Cycling Ireland 4
			Gymnastics Ireland 1
			Irish Athletic Boxing Association 4
			Irish Judo Association 2
			Paralympics Ireland 6
			Rowing Ireland 4
			Swim Ireland 3
			Triathlon Ireland 2
Quarter 4	0	0	6
			Athletics Ireland 1
			Cycling Ireland 3
			Irish Athletic Boxing Association 1
			Paralympics Ireland 1

Table 5 NGB Unsuccessful Attempts

NGB	Unsuccessful Attempts
GAA	3

Education and Research

Sport Ireland continues to work in partnership with its stakeholders to facilitate the development and delivery of quality education programmes for all major stakeholders. Our primary aim is 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, posters and wallet cards.

National Governing Body Support

In order to support National Governing Bodies and enhance the education of their members, Sport Ireland 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 2016 19 education seminars were conducted by Sport Ireland. These seminars were delivered to a variety of NGB's and third level Institutions such as the IABA, Basketball Ireland, Volleyball Ireland, Setanta College, Trinity College and UCD.

Tutor Training Programme

The tutor training programme commenced in 2015. In 2016 Sport Ireland trained 18 tutors from GAA, Athletics Ireland, Swim Ireland, and Gymnastics Ireland. Each sport will now have the resources and tools to develop and deliver education programmes to their members.

The training involved a two day interactive workshop where participants learned how to deliver the anti-doping modules in a more interactive style. Participants were given a curriculum document to assist them tailoring the education to their audience and also all resources necessary to deliver anti-doping education.

In 2016 trained tutors from the Sport Ireland tutor training programme delivered a combined total of 52 seminars within their respective sports. This is invaluable to athletes and athlete support personnel within the sports and will lead to developing a clean sport culture.

Olympic Games Rio 2016

Sport Ireland worked with the OCI to educate athletes and team managers travelling to the Olympic Games. This is a key component of the education programme in the lead up to major games.

Advisory Notes 2016

An advisory note was issued to all athletes and athlete support personnel in relation to the 2017 prohibited list and clarifying the changes made to beta-2-agonists. This was issued to all RTP athletes; NGB's and circulated on Sport Ireland social media and posted on the Sport Ireland website

Social Media

Sport Ireland has increased anti-doping presence on social media. A social media strategy was developed to increase awareness around key issues and also increase athlete engagement in promoting clean sport.

Ireland Active

Sport Ireland has continued to work with Ireland Active to support the Safe Selling of Supplements initiative within Ireland fitness facilities. This will be launched as part of the White Flag Awards in 2017. The following are the white flag guidelines for the fitness industry.

- All Food supplements sold are registered with the Food Safety Authority of Ireland (FSAI) (all facilities/bronze)
- All Sports Foods and Food Supplements for sale on site are from large known manufacturers, and in original sealed packaging (not decanted), using Informed Sport List to check that the supplement has been batch tested (all facilities/bronze)
- Facility does not promote non-authorized health claims such as claims relating to weight gain or weight loss (all facilities/bronze)
- Written Safe Selling Supplements and Sport Food statement on display in public area (bronze)
- Safe Selling Supplements and Sport Food awareness posters displayed (bronze)
- All fitness staff complete Sport Ireland e-learning (silver)
- Safe Selling Supplements and Sport Food guidelines is mentioned in terms and conditions of use in facility membership form (gold)

E-learning

In 2016 Sport Ireland developed an e-learning course. This course is accessible on all devices. This course was designed for athletes and all athlete support personnel.

The course covers key topics in anti-doping including the following:

- Anti-doping rule violations
- Testing procedures blood & urine
- How to check medications
- Therapeutic Use Exemptions
- The risk of supplements and herbal remedies
- Consequences of doping

Wallet Cards

In 2016 Sport Ireland distributed over 30,000 wallet cards to various NGB's and stakeholders.

Anti-Doping Research

Background

148 high performance athletes representing 14 sports (6 team and 8 individual) responded to an invitation to take part in an online survey exploring their attitudes to doping in sport, between August 2016 and February 2017. The survey questionnaire and more detailed findings are available at www.sportireland.ie.

Respondent Profile

The athletes were just over 24 years old on average (age range 14–47 years) with little difference between male and female athletes. The majority were male (67%), played a team sport (71%), had competed for at least 5 years / seasons in their chosen sport (81%), were currently competing at a National or higher level (International/World/Olympic) (84%),

Some Key Findings

Sources of Information

- Almost 9 in 10 athletes had received information on banned substances while nearly 7 in 10 were confident in their knowledge of banned substances. Athletes from individual sports were more likely to have received information.
- The two main sources for information on banned substances were Sport Ireland (31%) and National Governing Bodies (27%). Other significant sources were medical practitioners (18%) and the internet (18%). The sourcing of information varied considerably by sport type.
- Over two thirds of athletes (68.9%) were confident in their knowledge of banned substances. When we only look at athletes who had received information on banned substances this figure increased to 75.8%.

Views on Anti-Doping Authorities

- Athletes were much more likely to believe that they would be tested in competition than out of competition despite the reality in the Irish context that 3 in 4 tests are currently conducted out of competition. Six out of 10 athletes from team sports believed that they would not be tested out of competition.
- Almost 6 in 10 athletes (56.7%) felt that Sport Ireland's drug testing procedures were secure¹ while the remainder didn't have a view. Those who had previously been tested were much more likely to express their confidence in the procedures (80% vs 38%).
- Almost 9 in 10 (87%) athletes were confident in the ability of laboratories to correctly analyse and identify banned substances.
- Over 60% of athletes who had previously been tested felt that Sport Ireland was fair in terms of treating athletes equally.

Views on Doping

- Over 90% of participants felt that drug taking was cheating and that deliberately using banned substances to improve performance was “morally wrong under any circumstances”.
- Similar proportions were confident they could refuse to accept a banned substance even if offered under “ideal” circumstances i.e. under medical supervision, available at low financial cost, able to make a significant difference to performance and currently undetectable.
- The mean score on the Performance Enhancement Attitude Scale² was 30.9 suggesting a high level of intolerance among the athletes for doping.
- Athletes felt that doping was significantly more prevalent globally (mean prevalence 18%) than within Ireland (10%).

Usage of Banned Substances

- 10% of athletes had inadvertently used banned substances while 6% had knowingly used them. In almost all cases the banned substance was a recreational drug.
- Over 40% of athletes reported that they personally knew others who used banned substances. This is similar to the results of a study of Irish athletes undertaken in 2008.

Some Conclusions

- Information dissemination around banned substances is generally strong. However, given the small but sizeable minority of athletes who were “unsure” in their responses to certain questions about the security and fairness of anti-doping procedures there is still scope for improvement in this regard.
- Athletes appear to have more confidence in scientific and objective measures but are unsure about areas where there appears to be more room for human error.
- Athletes get their information about banned substances from a variety of sources which raises questions about the consistency of the information being communicated.
- Athletes have concerns about the prevalence of doping nationally and (particularly) internationally.

¹Very secure or quite secure

²This is an internationally developed scale based on a series of 17 questions. The scale runs from 17 to 102, the lower the mean score the more intolerant the attitude towards doping.

Administration Highlights for 2016

Sample Collection Personnel Training Days

The annual Sample Collection Personnel training days took place on October 22nd and November 21st 2016, 50 sample collection personnel attended these sessions and will be accredited for 2017.

Internal Audits

An Internal Audit by Sport Ireland's Auditors, Deloitte, took place on October 11th 2016, 2 minor administrative findings were found. This audit was presented to and approved by Sport Ireland's Audit Committee.

External Audit

The Anti-Doping Unit was also audited by our External Auditor on October 25th 2016. Two observations were found during this audit and the auditor remarked that there were excellent controls in place covering all areas of the process.

iNADO Quality Recognition for Sample Collection

The Institute of National Anti-Doping Organisations (iNADO) is currently developing a Quality Recognition System for National Anti-Doping Organisations (NADOs) for the Sample Collection process. The aim of this programme is to assist NADOs in showing their proficiency in sample collection to current and potential partners including other NADOs, International Federations of Sport and Major Event Organisers. Sport Ireland assisted iNADO on the development of this quality system which also included a pilot audit on Sport Ireland's Anti-Doping Unit on February 8th 2016. This audit covered a number of areas of the sample collection process including training of sample collection personnel and Sport Ireland's sample collection manual. Sport Ireland received notification from iNADO that it has granted iNADO Quality Recognition for Sport Ireland's Sample Collection Programme. Sport Ireland was the first NADO to receive this recognition.

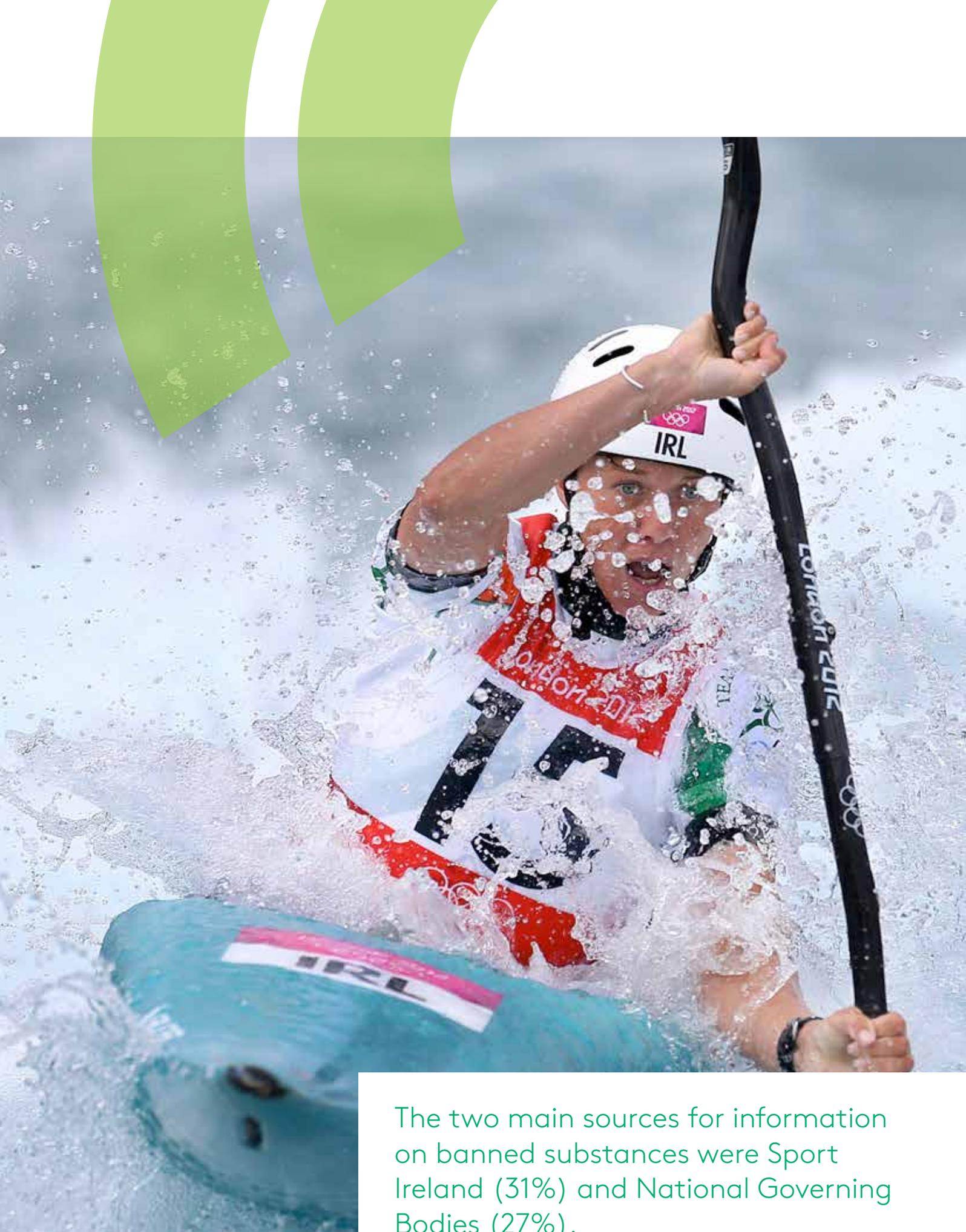
Intelligence 2016

The Intelligence programme is a vital part of the Anti-Doping programme and seeks to collect any information that will assist in the detection, deterrence, enforcement or prevention of an Anti Doping Rule Violation (ADRV).

ADRVs include use and attempted use of prohibited substances in sport, but also extend to administration of a prohibited substance, possession and trafficking in prohibited substances.

A Report Doping online submission form is available through the Sport Ireland's website (www.sportireland.ie/report) which will help to provide a safe and secure way for members of the public to report matters relating to drugs in sport.

Sport Ireland encourages anyone who detects, identifies, witnesses, knows of or has reasonable grounds to suspect that cheating has occurred to come forward and report suspected doping violations.



The two main sources for information on banned substances were Sport Ireland (31%) and National Governing Bodies (27%).

Therapeutic Use Exemptions (TUEs)

Sport Ireland follows the World Anti-Doping Code International Standard for Therapeutic Use Exemptions (ISTUE). A Therapeutic Use Exemption allows an athlete to use a prohibited substance or method that is included on the WADA Prohibited List, subject to certain defined conditions. Athletes can apply to either Sport Ireland or, in the case of an International level athlete, the International Federation for a TUE. For TUE approval to be granted, the athlete must have a well-documented medical condition supported by relevant and reliable medical data.

TUE Committee

The WADA ISTUE directs that Sport Ireland must appoint a TUE Committee (TUEC) to assess TUE applications and issue either a Certificate of Approval or Notification of Refusal as deemed appropriate.

Applications are assessed based on the criteria set out in the WADA International Standard for Therapeutic Use Exemptions. The members of the Sport Ireland TUEC are:

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

TUE Committee Meeting

The TUE Committee meeting was held on December 2nd 2016. There was discussion across a broad range of issues including:

- the WADA Prohibited List and Monitoring Program for 2017
- the Sport Ireland anti-doping program 2016
- Anti-doping education and initiatives for the future
- a summary of TUE Applications received for 2016

The Chairperson of the TUE Committee met with members of the Anti-Doping Unit to discuss pertinent matters during the year. In addition, this year members of the Sport Ireland TUE Committee and Anti-Doping Unit also met with Professor David Gerrard, Chair of the WADA TUE Expert Group, for an informative discussion on current anti-doping matters.

Therapeutic Use Exemptions

There were 71 TUE applications in 2016, this was a decrease of 7% from 2015 (n=75) and once again these applications came from a diverse range of sports. Of the 71 applications received, a significant portion were for medications that are not/no longer included on the World Anti-Doping Agency Prohibited List and therefore no TUE Certificates were granted for these applications. Athletes are reminded to check their medications carefully prior to making a TUE application using the free 'Medication Checker App', MIMS, on www.eirpharm.com or www.globaldro.com before completing the TUE application form.

Of the valid TUE applications made to Sport Ireland in 2016 (n=46) 40 were approved by the Therapeutic Use Exemption Committee on receipt of an up-to-date medical file, while 6 remained as incomplete applications by the end of 2016. Incomplete applications were because of non-receipt of a medical file, the medication ultimately not being used or the athlete awaiting further medical assessment.

Sport	No TUEs applied for	No TUEs approved
Archery	3	3
Athletics	5	4
Equestrian	1	0
GAA	9	8
Gymnastics	1	1
Ladies Football	1	1
Motorcycling	1	1
Motorsport	2	2
Paralympic athletics	1	1
Rowing	2	2
Rugby	12	11
Shooting	1	1
Soccer	4	3
Tug of War	1	0
Triathlon	2	2
	46	40

Athletes and their representatives are urged to familiarise themselves with the TUE Application Process Guidelines available at <http://www.sportireland.ie/Anti-Doping/Athlete-Zone/Therapeutic-Use-Exemptions/> and also to check the status of their medications before completing the TUE Application Form. WADA provide several guideline documents covering preparation of medical files for a diverse range of medical conditions, these guidelines are updated regularly and are available online at www.wada-ama.org/en/resources/search.



Drug Enquiries

Sport Ireland have continued to engage with members of the public, National Governing Bodies and healthcare professionals to ensure that queries in relation to Drugs in Sport and administration of the Therapeutic Use Exemption process are effectively addressed. During 2016, the TUE Secretariat was involved in responding to 68 queries via telephone and email. Medicines information is sourced from www.eirpharm.com, www.globaldro.com and MIMS Ireland.

Eirpharm

Since 2001, Sport Ireland has endorsed Eirpharm.com as an accurate online source of anti-doping information. Over the past 15 years the number of queries on the site has steadily grown with over 47,000 successful queries in 2016, an increase of nearly 50% over the previous year.

In 2016, the site now gives the status in sport of over 3,500 prescription and non-prescription medications marketed in the Republic of Ireland and can be checked either online or through the Medication Checker App on smartphones. Updates to this medicines and sport database are implemented routinely as new medicinal products are marketed or withdrawn from the Irish market and as changes are made to the WADA Prohibited List. Photographs of most non-prescription medicines are also included as a reference.

As most queries are now covered by the site, the number of drugs in sport queries to the Eirpharm.com "Ask the Pharmacist" section is now at 20 per year. These are mainly on supplements and substances marketed in other countries.

Key Statistics

2016 figures
(2015/2014 figures in brackets, respectively)

Number of successful database searches

47,619
(31,815/35,000)

Number of products listed in database

3,510
(3,474/3,346)

Searches performed on

2,411
(2,149/1,961)

different products

Table 5: Most commonly searched individual products:

Rank 2016 (2015)	Product Name	No of times searched (2016 in bold, 2015 & 2014 figures in brackets)	What is the product?	Legal status
1 (2)	Lemsip Max Cold and Flu Powder for Oral Solution	1,080 (482, 545)	Paracetamol solution for relief of the symptoms associated with the common cold or influenza	Over the counter
2 (1)	Nurofen Cold and Flu Tablets	888 (501, 581)	Combination ibuprofen and pseudoephedrine tablet for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies
3 (4)	Lemsip Max Sinus & Flu Hot Lemon Oral Solution	746 (415, 482)	Combination paracetamol and pseudoephedrine powder for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies
4 (7)	Lemsip Cold and Flu Hot Lemon	607 (343, 358)	Paracetamol solution for relief of the symptoms associated with the common cold or influenza	Over the counter from pharmacies
5 (5)	Non-Drowsy Sudafed Decongestant Tablets	604 (408, 345)	Pseudoephedrine containing tablet for symptomatic relief of allergic rhinitis, vasomotor rhinitis, the common cold and influenza.	Over the counter from pharmacies

Outcome of Search Results:

In a similar trend to last year, over 80% of the medicinal products searched resulted in a permitted to be used in sport status. The number of successful searches returning a prohibited medicine status have reduced from 4.45% of all successful searches in 2011 to 2.1% in 2016. This reflects the slight increase in numbers of permitted medications and a further change to the status of beta-2-agonists between 2011 and 2014. Medicines that are prohibited in-competition only make up 12.7% of successful searches. Salbutamol, formoterol and salmeterol, which are beta-2 agonists only restricted at higher inhalation doses and by non-inhaled routes, accounted for 4.03 % of results in 2016 and 3.89% of the outcomes in 2015.

Table 6: Most commonly searched individual products:

Status In Sport No. of successful searches	2016	2016 (%)	2015 (%)	2014 (%)	2013 (%)
Permitted	38267	80.4	81.4	81.2	80.6
Prohibited in-Competition only	6044	12.7	11.3	11.3	11.6
Restricted-Inhaled Salbutamol	1405	3.0	2.7	3.0	2.9
Prohibited	1001	2.1	2.5	2.4	2.8
Restricted-Inhaled Formoterol	284	0.6	0.7	0.8	0.7
Restricted- Inhaled Salmeterol	230	0.5	0.5	0.6	0.5
Prohibited in-Competition or Permitted (depends on route)	128	0.3	0.4	0.4	0.4
Prohibited in specific sports	130	0.3	0.4	0.3	0.3
Prohibited in men only	82	0.2	0.2	0.2	0.3

International Highlights for 2016

- The Anti-Doping Unit attended two National Anti-Doping Organisation Summits in August and October 2016. Leaders of a number of key National Anti-Doping Organisations (NADOs) came together for special summits in Copenhagen and Bonn to discuss reforms that best serve the interests of clean athletes and restore confidence in the integrity of anti-doping decisions in international sport in the aftermath of the McLaren Report.
- Siobhan Leonard was invited by Rio 2016 to work in the test planning department under the direction of the Rio 2016 Anti-Doping Operations Manager. The NADOs of Canada, China, Japan, and South Africa also supported this request. Her main role was to assist in assimilating intelligence information into the Test Distribution Plan on an ongoing basis, so that the mission orders issued each night for testing the next day would include targeted selections based on the most up-to-date intelligence.

International Meetings Attended During 2016

Meeting of the Council of Europe's Advisory Group on Education	February 22nd -23rd
Tackling Doping in Sport Conference	March 9th
iNADO Workshop and AGM	March 13th
WADA Anti-Doping Organisation Symposium	March 14th-16th
Council of Europe/CAHAMA Meetings	May 3rd -4th
EU Anti-Doping Conference	June 15th
NADO Summit	August 30th
CAHAMA Meeting	September 14th
USADA Science Symposium	September 30th-October 3rd
Meeting of the Council of Europe's Advisory Group on Education	October 12th -13th
NADO Summit	October 26th
Council of Europe/CAHAMA Meetings	November 7th -8th
iNADO ABP Conference	November 16th -17th

Irish athletes surveyed felt that doping was significantly more prevalent globally (mean prevalence 18%) than within Ireland (10%).



The year ahead

Testing

Sport Ireland will continue to apply innovative approaches to the testing programme which 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 20% of samples collected being blood specimens.

Sport Ireland's Test Distribution Plan will continue to be developed in line with the revised International Standard for Testing and Investigation and WADA's Technical Document for Sport Specific Analysis.

Sport Ireland will continue to collaborate with International Federations and National Anti-Doping Organisations to provide testing services both in and out of competition.

Education and Research

The focus for 2017 will be to follow on from the successful implementation of the tutor training programme with IRFU, FAI, GAA, Athletics Ireland, Gymnastics Ireland and Swim Ireland. Sport Ireland will further empower NGBs to become more self-sufficient regarding their own anti-doping education programmes. This will be facilitated by rolling out a tutor training programme to other NGB's to empower them to deliver anti-doping education to their members. This programme will include new education material that tutors can use to deliver education. This programme will also include a curriculum document that will assist the NGB's in tailoring their anti-doping education to their member's level of competition and level of knowledge requirements. Sport Ireland will also work to build on the e-learning offering. This e-learning will be available to athletes and coaches to access on all devices at any time. We hope this programme will become an integral part of the Sport Ireland anti-doping education programme.

Sport Ireland anti-doping unit will work with all units in Sport Ireland to start the development of a Sport Ireland values in sport programme to promote the core values in sport to all stakeholders.

Sport Ireland 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, Sport Ireland will continue to develop its information and education programmes through both traditional and digital means.

Sport Ireland also plan to build on the work commenced in 2016 engaging with the health and leisure industry to promote a clean gym policy. This will involve continuing rolling out anti-doping in the health and fitness industry education programmes to all fitness colleges, and continuing to support Ireland Active with the safe selling of supplements guidelines by fitness facilities.

Sport Ireland will also fully implement its social media strategy in an effort to engage athletes in anti-doping and promoting the clean sport message.

Sport Ireland will continue to use research to inform its education programme development in 2017. This will be done through collaboration with National and International Research, Anti-Doping and Government Agencies that are concerned with the fight against doping. Sport Ireland will conduct research on athlete support personnel to build on the research completed in 2016 with athletes. In 2017 Sport Ireland will be a co-applicant for an Erasmus plus project with six other European National Anti-Doping Authorities. The aim of this project is to develop a best practice standard for anti-doping education.



Administration

Sport Ireland will continue to ensure that all processes and procedures are efficient and effective and will further develop the e-learning system to include modules for our sample collection personnel.

In light of a number of cyber attacks on Anti-Doping Organisations in 2016, Sport Ireland will review its current IT Security Policy.

International

Sport Ireland will also actively contribute to the global anti-doping fight through membership and engagement with iNADO (Institute of National Anti-Doping Organisations). 2017 will see a number of topics being raised at a global context including the governance structures of the World Anti-Doping Agency and also possible development of an Independent Testing Authority for International Sports Federations. Sport Ireland will continue to contribute to the field of anti-doping at an international level.

Intelligence

In 2017 the Anti Doping Unit will work to promote the Report Doping online submission form further. The ADU will seek out new and continue to foster current relationships with international and domestic anti-doping partners.

Sport Ireland will to sign a Memorandum of Understanding with the Medical Council.

Sport Ireland will strengthen our investigative powers through engagement of the services of an experienced and professional investigator.

Appendices

Appendix 1: Anti-Doping Rule Violations 2016

Pending from 2015

Sport	In/OOCT	Rule violated	Substance	Substance category	Sanctions
Soccer	In Competition	IADR 2.1	Benzoyllecgonine - a metabolite of cocaine	S6a. Stimulants	12 months

Anti-Doping Rule Violations 2016

Sport	In/OOCT	Rule violated	Substance	Substance category	Sanctions
Paralympic Cycling	OOCT	IADR 2.3	NA	NA	2 years 6 months
Motorcycling	In Competition	IADR 2.1	Benzoyllecgonine - a metabolite of cocaine	S6a. Stimulants	4 years

Pending Cases

In/OOCT	Rule Violated	Sanctions
In Competition	IADR 2.1	Pending
OOCT	IADR 2.1	Pending

IADR 2.1 Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample

IADR 2.3 Evading, Refusing or Failing to Submit to Sample Collection

Appendix 2: Costs of the Programme

Expenditure Heading	2015 Cost	2016 Cost
Testing	800,491	937,429
Education and Research	19,072	43,918
Salaries	194,759	176,629
Other Costs	640,256	597,193
Total	1,654,578	1,755,169
Income from Testing	101,470	127,474

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: Most commonly searched brand range of products:

2016 successful searches by brand range were very similar to patterns of previous years. Lemsip is the most commonly searched brand on the Eirpharm database for 2016. Successful searches accounted for 5738 or 12% of all queries.

Non-Prescription Products				
Brand	Type of products in range	2016	2015	2014
Lemsip	Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs	5738	3141	3620
Nurofen	Ibuprofen based range of anti-inflammatory and cold and influenza products	3453	2155	2337
Benylin	Range of products used for symptomatic relief of coughs, colds and influenzas.	1669	648	1433

Non-Prescription Products				
Brand	Type of products in range	2016	2015	2014
Ventolin	Beta-2-agonist, primarily inhaled products	915	594	716

Number of unsuccessful database searches:

As in previous years, in 2016, Berocca and Berocca Boost, which are classified as food supplements rather than as medicines were associated with 94 and 39 unsuccessful database searches. The figure was 125 and 36 respectively for these products in 2015. Berocca does not have a marketing authorisation and is thus not included in the medicines and sport database. There were 66 incorrectly spelled "Neurofen" and 79 unsuccessful queries on creatine.

Appendix 4: Searches based on time of Year

All months in 2016 had over 1800 successful searches. August (5525 searches) followed by March (5438 searches) were the busiest months. Remarkably, the number of database searches increased by approximately 50% when compared to the results recorded in 2015. Analysis showed an increase of over 1,000 database searches per month in 8 of the 12 months of 2016, when compared to 2015 figures, and an increase of over 2,000 successful searches per month was recorded in three months of 2016 versus 2015 figures.

	2016	2015	2014	2013
Jan	4585	3149	2674	2497
Feb	4230	2635	3348	3115
Mar	5438	3434	3554	2774
Apr	3649	3070	3035	2055
May	2752	3129	2911	1736
Jun	3225	2484	2783	1667
Jul	5157	3248	2627	3808
Aug	5525	2780	3837	2936
Sept	4639	2375	2624	2418
Oct	3627	2227	2735	1656
Nov	2933	1682	2746	2127
Dec	1859	1602	2135	1714
Total	47619	31815	35009	28503



SPÓRT
ÉIREANN
FRITHDHÓPÁIL

SPORT
IRELAND
ANTI-DOPING

Sport Ireland

Top Floor, Block A
West End Office Park
Blanchardstown
Dublin 15
Ireland

Phone: +353-1-860 8800

Email: antidoping@sportireland.ie

www.sportireland.ie/Anti-Doping