



SPÓRT
ÉIREANN
FRITHDHÓPÁIL

SPORT
IRELAND
ANTI-DOPING

Annual Review 2018

SPORT IRELAND NATIONAL TESTING PROGRAMME

WHEREABOUTS FAILURES
INCREASED FROM 12 IN
2017 TO 17 IN 2018

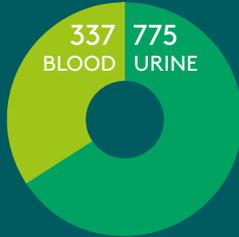


SAMPLES COLLECTED
INCREASED BY 12%

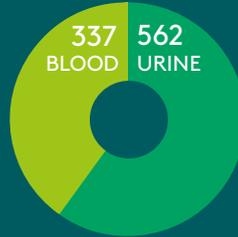


UNSUCCESSFUL ATTEMPTS
ON THE REGISTERED TESTING
POOL INCREASED BY 3%

BLOOD & URINE TEST NUMBERS



TOTAL NUMBER
OF TESTS: 1,112



OUT OF COMPETITION
TESTS: 899



IN COMPETITION
TESTS: 213

NATIONAL TESTING PROGRAMME

NATIONAL GOVERNING BODY	COMP: 213	OOC: 562	BLOOD: 337	TOTAL: 1,112
Athletics Ireland	20	73	71	164
Badminton Ireland	4			4
Basketball Ireland	4			4
Canoeing Ireland	12	6		18
Cycling Ireland	28	76	75	179
Football Association of Ireland	24	18		42
Gaelic Athletic Association	40	76	23	139
Gymnastics Ireland	4	5	1	10
Hockey Ireland	6			6
Horse Sport Ireland	11	12	4	27
Irish Athletic Boxing Association	4	39	18	61
Irish Judo Association	5	1		6
Irish Martial Arts Commission	4			4
Irish Rugby Football Union	4	102	72	178
Irish Sailing Association	6	1		7
Irish Squash	2			2
Irish Taekwondo Union	3	1		4
Irish Tug Of War Association	4			4
Irish Wheelchair Association Sport	3	2		5
Ladies Gaelic Football Association	6			6
Motor Cycling Ireland	12			12
Motorsport Ireland	16			16
Paralympics Ireland	43	14		57
Rowing Ireland	6	31	13	50
Snow Sports Association of Ireland	4			4
Swim Ireland	8	39	30	77
Triathlon Ireland	8	9	5	22
Weightlifting Ireland	4			4



REPORT DOPING

1

INFORMATION IS RECEIVED

- By phone or online report form
- Report Doping can be totally anonymous
- The initial assessment involves coding the information
 - This is best practice in assessing intelligence information



DETAILED ASSESSMENT OF INFORMATION

2

- Review internal records
- Open source review

3

DECIDE ACTION PLAN FOR THIS RECORD

- Share information with other relevant agencies



ALL INFORMATION
>>> IS ONE WAY >>>

- Information is only available to three members of Sport Ireland staff
- Open source research completed on non-networked computer
- Some details may be discussed with testing team but source or information never discussed
- Sport Ireland may launch an investigation into any potential Anti-Doping Rule Violation.



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Foreword

2018 was a great year for Irish Sport, as, on world stages, our athletes achieved personal bests and won medals.

But winning without honesty or integrity is meaningless. That is why Sport Ireland is so proud to commit unequivocally to a culture in which winning is valued but anti-doping is a priority and we would like to thank all of our athletes and athlete support personnel for their commitment to that culture and vision.

Sport Ireland's Irish Anti-Doping Programme delivers over four areas: education, research, testing and detection. As evidenced in this Annual Report, the programme was active in 2018 in all of them.

The figures are going in the right direction.

Just one anti-doping rule violation was recorded, while the NGBs, in increasing numbers, educated their athletes and athlete support personnel.

32 new anti-doping tutors were trained, while over 4,600 athletes, athlete support personnel and parents attended over 200 education seminars. Designed to inform participants about their roles and responsibilities in respect of anti-doping, the seminars were delivered by anti-doping tutors working across 17 different sports.

2018 also saw the number using our anti-doping e-Learning programme increase by 2,050. The programme is a valuable tool which helps all involved to better understand anti-doping procedures as well as the rights and responsibilities of athletes during doping controls.

We are encouraged by these figures and hope to see the numbers increase even further.

It is essential that the Irish anti-doping testing programme helps both the sporting community and the general public feel they can have confidence in the performances of Irish athletes.

In 2018, Sport Ireland made great efforts to operate in line with the WADA Technical Document for Sports Specific Analysis (TDSSA). This ensured that testing was strategic and targeted, while the WADA Code Compliance Questionnaire, where Sport Ireland received a mere 6 corrective actions, further demonstrated our commitment to, and compliance with, international best practice in anti-doping. We also engaged the services of a specialist Athlete Passport Management Unit (APMU) to give expert advice and enhance our Athlete Biological Passport (ABP) program.

We also continued to collaborate with International Federations. In August, Sport Ireland conducted 44 tests on behalf of the International Paralympic Committee and the World Para Swimming Allianz European Championships at the National Aquatic Centre. Domestically meanwhile, we continued our close collaboration with the Health Product Regulatory Authority (HPRA) and the Food Safety Authority Ireland (FSAI).

Finally we also collaborated closely with our external panels. We would like to express our thanks to both: the Disciplinary panel which is chaired by Michael Collins SC, and the Therapeutic Use Exemption Sub-Committee (TUEC), which is chaired by Prof Sean Gaine. The legal and medical expertise provided by the members is outstanding and very much appreciated.



Caroline Murphy

Chairperson

Anti-Doping Committee Sport Ireland

Introduction

We are pleased to present the nineteenth, annual review of the Anti-Doping Unit of Sport Ireland. The review provides details of the activities of the Programme in 2018 including the financial cost of the programme. In 2018 the Programme cost €1,985,726.57, a total of 1,112 blood and urine tests were conducted in Ireland and overseas.

2018 was again a pivotal year for anti-doping globally. The reinstatement of Russia by WADA was a watershed moment in sport where the validity of the current global anti-doping system came under intense scrutiny. This decision led to serious questions among the anti-doping community and the general public on the governance of WADA. Sport Ireland attended a round table meeting in the Whitehouse along with Minister Shane Ross TD, Minister for Transport, Tourism and Sport and other key anti-doping stakeholders such as National Anti-Doping Organisations and high profile athletes. The group agreed on various reforms that need to be implemented to ensure accountability and transparency in WADA's governance. Sport Ireland will continue to strive for an anti-doping system that is fair and transparent, and free from conflicts of interests. A system where the interests of clean athletes are top priority. We must remember that the most important people in all of this are the clean athletes. It is their right to compete on a fair and level playing field.

One positive aspect that has emerged from the fall out of the decision to reinstate Russia is the unification of athletes expressing their dismay at the decision and the global movement to elevate the athlete voice in the anti-doping system. Sport Ireland feels very strongly in the current climate that now more than ever the athlete voice is needed. This is a crucial time for anti-doping globally and we want to protect athletes and support them in their sporting careers. Sport Ireland are taking proactive

steps to ensure the athlete voice is heard. Sport Ireland is leading a piece of research in Ireland into the voice of the clean athlete as part of an Erasmus plus project. Sport Ireland look forward to supporting the OFI Athlete Commission in their work to elevate the athlete voice and developing a clean sport campaign. Sport Ireland endeavours to create a fair, safe and inclusive environment for all participating in sport to achieve their full potential.

Sport Ireland would like to particularly thank our athletes who continue to represent Ireland with honesty and integrity through one of the most controversial times in elite sport in decades. We ask them to continue to have faith in the anti-doping system and that clean sport is a reality that can be achieved.

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 dedicated service of the Anti-Doping Committee led by Caroline Murphy. Their hard work and relentless pursuit of sporting integrity is invaluable to the Irish anti-doping programme.



Kieran Mulvey
Chairman



John Treacy
Chief Executive



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.

Staff

Dr. Úna May

Director of Ethics and Participation

Ms. Siobhán Leonard

Director of Anti-Doping & Ethics

Ms. Rachel Maguire

Anti-Doping Education and Research Manager

Ms. Melissa Morgan

Testing and Quality Manager

Ms. Cólleen Devine

Anti-Doping Executive (January – October)

Mr. Gerard Nowlan

Science Officer

Ms Janine Merriman

Anti-Doping Executive (October – December)

Mr. Michael McNulty

Anti-Doping Executive (October – December)

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About the Programme

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, Section 4, 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 that 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 implemented through the Irish Anti-Doping Rules.

Ireland formally ratified the Anti-Doping Convention of the Council of Europe in 2003. The Convention lays down binding rules with a view to harmonising anti-doping regulations, in particular: making it harder to obtain and use banned substances such as anabolic steroids; assisting the funding of anti-doping tests; establishing a link between the strict application of anti-doping rules and awarding subsidies to sports organisations or individual sportsmen and sportswomen; and regular doping control procedures during and outside competitions, including in other countries.

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 3 times during 2018 and the Committee members were:

Ms Caroline Murphy, Chair, Sport Ireland Board Member

Mr. Bernard Allen, Sport Ireland Board Member

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

Mr. Patrick O'Connor, Sport Ireland Board Member

Ms. Ruth Wood – Martin, Performance Nutritionist, IRFU

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

Irish Sport Anti-Doping Disciplinary Panel

The Irish Sport Anti-Doping Disciplinary Panel is a panel of experts who are 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 2018 are:

Michael Collins	Chair
Paul Gallagher	Vice Chair
David Barniville	Vice-Chair
Helen Kilroy	Vice-Chair
Adrian Colton	Vice-Chair
Rory MacCabe	Vice-Chair
Hugh O'Neill	Vice-Chair
Justice Fidelma Macken	Vice-Chair
Warren Deutrom	Admin Rep
Liz Howard	Admin Rep
Bill O'Hara	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. Sean Gaine, (Chairperson) Respiratory Disease

Dr. James Gibney, Endocrinology

Prof. Stephen Lane, Respiratory Disease

Dr. Philip Murphy, Haematology

Prof. John O'Byrne, Orthopaedics

Dr. Sinead Harney, Rheumatology

Prof. Michael Fitzgerald, Psychiatry

Details regarding Therapeutic Use Exemptions in 2018 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 2018

Sport Ireland collected 1,112 blood and urine samples in 2018, this is an increase of 12% on 2017. The samples were collected from 28 different sports. Out of competition samples accounted for 80% of the samples collected.

2018 HIGHLIGHTS

In competition samples accounted for

20%

of the national testing programme

Out of competition accounted for

80%

Samples increased by

12%

Whereabouts Failures increased from 12 in 2017 to 17 in 2018

Unsuccessful attempts on the Registered Testing Pool increased by 3%

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

	Urine	Blood	Total
Total number	775	337	1,112
Out of Competition	562	337	899
In Competition	213	0	213



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

National Governing Body	Comp	OOC	Blood	Total
Athletics Ireland	20	73	71	164
Badminton Ireland	4	0	0	4
Basketball Ireland	4	0	0	4
Canoeing Ireland	0	12	6	18
Cycling Ireland	28	76	75	179
Football Association of Ireland	24	18	0	42
Gaelic Athletic Association	40	76	23	139
Gymnastics Ireland	4	5	1	10
Hockey Ireland	0	6	0	6
Horse Sport Ireland	11	12	4	27
Irish Athletic Boxing Association	4	39	18	61
Irish Judo Association	0	5	1	6
Irish Martial Arts Commission	4	0	0	4
Irish Rugby Football Union	4	102	72	178
Irish Sailing Association	0	6	1	7
Irish Squash	2	0	0	2
Irish Taekwondo Union	0	3	1	4
Irish Tug Of War Association	4	0	0	4
Irish Wheelchair Association Sport	0	3	2	5
Ladies Gaelic Football Association	6	0	0	6
Motor Cycling Ireland	12	0	0	12
Motorsport Ireland	16	0	0	16
Paralympics Ireland	0	43	14	57
Rowing Ireland	6	31	13	50
Snow Sports Association of Ireland	0	4	0	4
Swim Ireland	8	39	30	77
Triathlon Ireland	8	9	5	22
Weightlifting Ireland	4	0	0	4
Total	213	562	337	1112

Table 3: User Pays

Sport Ireland also conducts testing under the User Pays Programme. This is where sporting organisations pay for testing. During 2018, 232 tests were conducted under this programme – 219 urine tests and 13 blood tests.

National Governing Body	Comp	OOB	Blood	Total
Athletics Ireland	10	0	0	10
European Professional Club Rugby	32	0	0	32
International Association of Athletics Federation	5	3	3	11
International Committee of Sports for the Deaf	4	0	0	4
International Cricket Council	4	0	0	4
International Golf Federation	10	10	0	20
International Paralympic Committee	40	0	4	44
Irish Rugby Football Union	36	0	0	36
Irish Water Safety	6	0	0	6
Six Nations	24	0	0	24
United States Anti-Doping Agency	0	6	1	7
World Rugby	0	29	5	34
Total	171	48	13	232



Table 4: RTP Whereabouts Failures by Quarters

	Filing Failures	Missed Tests	Unsuccessful Attempts
Quarter 1	1	0	16
	Rowing ireland 1		Athletics Ireland 4 Irish Athletic Boxing Association 1 Cycling ireland 9 Rowing Ireland 2
Quarter 2	0	1	24
		Cycling Ireland 1	Athletics Ireland 2 Irish Athletic Boxing Association 1 Canoeing Ireland 1 Cycling Ireland 7 Gymnastics Ireland 1 Irish Judo Association 1 Horse Sport Ireland 1 Paralympics Ireland 2 Rowing Ireland 3 Swim Ireland 3 Irish Taekwondo Union 2
Quarter 3	1	1	22
	Irish Athletic Boxing Association 1	Cycling Ireland 1	Athletics Ireland 5 Irish Athletic Boxing Association 1 Canoeing Ireland 1 Cycling Ireland 5 Gymnastics Ireland 1 Irish Judo Association 1 Paralympics ireland 1 Rowing ireland 4 Irish Sailing Association 2 Swim Ireland 1
Quarter 4	9	4	17
	Athletics Ireland 3 Irish Athletic Boxing Association 1 Canoeing Ireland 1 Cycling ireland 2 Horse Sport ireland 1 Swim Ireland 1	Athletics Ireland 1 Irish Athletic Boxing Association 1 Paralympics Ireland 2	Athletics Ireland 3 Irish Athletic Boxing Association 3 Cycling Ireland 5 Irish Judo Association 1 Paralympics Ireland 1 Rowing ireland 3 Irish Sailing Association 1

Table 5: NGB Unsuccessful Attempts

NGB	Unsuccessful Attempts
GAA	6
FAI	6
IRFU	2

Filing Failure: A failure by an athlete to make an accurate and complete Whereabouts Filing that enables an Athlete to be located for Testing.

Missed Test: A failure by an Athlete to be available for Testing at the location and time specified in the sixty minute slot identified in their Whereabouts Filing.

Whereabouts Failure: A Filing Failure or Missed Test.

Unsuccessful Attempt: An attempt made outside the location and time specified in the sixty minute slot identified in their Whereabouts Filing. Where an attempt is made outside the sixty minute timeslot it is recorded as an unsuccessful attempt rather than a missed test and is not recorded as a Whereabouts Failure.

Science

Science is a vital element of the testing programme and it supports the ADU in developing and planning an intelligence led testing programme. It is essential that the ADU collect samples at the right time in an athlete's training and competition schedule. A number of tools are used by the ADU to ensure that an effective testing programme is implemented:

Test Distribution Plan (TDP):

A TDP is distribution of a number of tests per sport and this is completed on annual basis. There are two elements to the TDP:

- a) **Risk Analysis:** A risk analysis of each sport and the disciplines within the sports is completed. Criteria used for the risk analysis include physical demands within that sport/discipline, possible performance-enhancing effects that doping may cause in that sport/discipline, rewards/incentives available within that sport, history of doping in that sport, research on doping trends, intelligence/information received on possible doping practices in the sport, outcomes of previous TDPs.
- b) **Allocation:** Depending on the risk analysis of the sport and the number of registered testing pool athletes in each sport a number of tests will be allocated to each sport.

Athlete Biological Passport (ABP):

There are two elements to the ABP – a haematological (blood) module and a steroidal (urine) module. This is a longitudinal profile of a number of samples collected from individual athletes that can indirectly reveal the effects of doping rather than direct detection of doping. ABP testing allows the ADU to intelligently identify athletes for specific target testing as well as targeted analysis.

Table 6: ABP Blood Samples collected by Sport

Sport	No. of ABP (Blood) Samples Collected
Athletics	73
Boxing	7
Canoeing	5
Cycling	60
Modern Pentathlon	4
Paralympic Athletics	9
Paralympic Cycling	15

Sport	No. of ABP (Blood) Samples Collected
Rowing	13
Swimming	29
Triathlon	5
Total	220

Athlete Passport Management Unit (APMU):

The APMU advise and support the ADU in the management of the ABP. The APMU assesses sample and issues reports with recommendations on matters such as sample validity, follow-up and target testing, additional analysis, coordinating expert reviews and offer advice on priorities and strategies to optimize the efficiency of the ABP programme. Sport Ireland engage the Nordic APMU to evaluate our haematological (blood) module and the WADA accredited Cologne lab to evaluate our steroidal (urine) module.

Long Term Storage:

The ADU has a Sample Retention and Reanalysis Strategy where samples are placed in long-term storage. The WADA Code allows samples be stored for a period of up to 10 years and allows retroactive analysis with the benefit of technical progress in detection methods and development of further information surrounding such samples. A total of 86 samples in 5 different WADA accredited laboratories were placed in long term storage by the ADU in 2018.

Sample Type	No. added in 2018
Urine	52
Blood	34
Total	86

WADA Technical Document for Sports Specific Analysis (TDSSA):

This is a document developed by WADA that outlines the minimum level of analysis for sports and disciplines that shall be conducted for Erythropoietin Stimulating Agents (ESAs), Growth Hormone (GH) and GH Releasing Factors (GHRFs) by Anti-Doping Organisations. The development of the TDSSA is based on a scientific approach linking physiological and non-physiological demands of athlete performance with the potential ergogenic benefit of those prohibited substances within the scope of the TDSSA.

Education

2018 HIGHLIGHTS

85

anti-doping
tutors trained
to date

210

anti-doping
seminars delivered

4,809

workshop participants

2,050

users completed
anti-doping e-learning

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 testing 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 2018 12 anti-doping seminars were conducted by Sport Ireland. These seminars were delivered to a variety of NGBs (Irish Judo Association and Irish Ladies Golf Union) and Third Level Institutions (Trinity College and Limerick Institute of Technology). Education seminars were also conducted with athletes competing at the Winter Olympic Games and Youth Olympic Games in 2018.

Tutor Training Programme

The Sport Ireland anti-doping tutor training programme commenced in 2015. In 2018 Sport Ireland trained 32 new tutors from GAA, IABA, FAI, Horse Sport Ireland, Badminton Ireland and The Olympic Federation of Ireland.

These workshops were delivered in four separate sessions in January, February, August and October 2018. 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 delivery anti-doping education.

Sport Ireland to date has trained 85 anti-doping education tutors with 83 anti-doping tutors active in 2018. In total Sport Ireland trained tutors in delivered over 210 anti-doping education seminars in 2018.

It is estimated over 4,809 participants which includes athletes, athlete support personnel and parents attended the workshops.

On the 9th and 20th of April 2018 Sport Ireland delivered a half day CPD workshop to all tutors. This provided a platform for all tutors to share experience and learn from each other to continue to deliver quality interactive education to all their members.

In September 2018 Sport Ireland assisted NADO Malta with training 9 anti-doping tutors from a variety of sports to develop and implement anti-doping education in Malta.

E-learning

In 2017 Sport Ireland launched 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

Since launching, over 3,000 individuals completed the online learning. In 2018 approximately 2,050 users completed the anti-doping e-learning. Some NGB's have made the e-learning course mandatory as part of membership and the e-learning has been introduced as mandatory for all athletes receiving carding in 2019. In 2018 Sport Ireland made some improvements to the Sport Ireland e-Learning in relation to updating the platform in accordance with GDPR guidelines and improvements to certification and learner records. This is a valuable resource where athletes and athlete support personnel access information in relation to anti-doping.

Wallet Cards

In 2018 Sport Ireland distributed over 30,000 wallet cards to various NGB's and stakeholders.

Council of Europe Advisory Group on Anti-Doping Education

On the 7th and 8th of March 2018 Sport Ireland were delighted to host the Council of Europe Advisory Group Education meeting. The meeting was hosted in the Law Society of Ireland. The main items on the agenda were discussions in relation to WADA's new International Standard for Education and the strengthening of Article 18 of the World Anti-Doping Code which addresses education and prevention. The meeting was attended by a number of Council of Europe member states and also representatives from World Rugby, GAA and UEFA.

Values and Ethics Project

Sport Ireland conducted a review of the current Code of Ethics document which resulted in the decision to separate the safeguarding children in sport guidelines and the broader code of ethics into separate documents. The overall aim of the broader new code will be to outline Sport Ireland's position in relation to values/ethics in sport and will include codes of conduct for all those participating in sport from elite athletes to spectators. This document will be Sport Ireland's foundation for ethics and good practice in sport. It will form the basic structure from which all practical guidelines will evolve including the Irish Anti-Doping Rules, Safeguarding guidance for children and young people in sport, LGBTI+ guidelines and all guidelines to support safe, fair and inclusive sport.

Research

In 2017 Sport Ireland was successful in an Erasmus plus project bid led by Leeds Beckett University. Sport Ireland is a partner in this project along with UK Anti-Doping (UKAD), NADA (Germany), Anti-Doping Authority the Netherlands, The Slovenian Anti-Doping Organisation (SLOADO) and Kingston University (UK).

Research-Embedded Strategic Plan for Anti-Doping Education: Clean Sport Alliance for Tackling Doping (RESPECT)

The underpinning motivation for this project is to raise the voice of the clean athlete. To accelerate positive change in the quest of protecting the rights of athletes at all levels to clean sport, we aim to develop a 10-year strategy which shifts the focus from stopping those who might dope to support those who chose to compete clean. To do so, athletes, practitioners and academics must work together. To facilitate this, we are committed to creating a 'pracademic' alliance and knowledge exchange platform which mutually benefits practitioners and academics and creates synergy between the complimentary expertise and experience.

During 2018 two partner meetings were held in the UK and Germany. A meta-synthesis of all qualitative data in respect of attitudes to doping and anti-doping education was conducted. In 2018 an athlete researcher for each country was appointed. The results of the meta-synthesis and athlete focus groups will be launched at a clean sport symposium in September 2019.

Erasmus Plus Application for Funding – Collaborative Partnerships “National Anti-Doping Governance: Benchmarking Governance in National Anti-Doping Organisations” (NADGO)

Sport Ireland will be an associated partner with the Play the Game Organisation for the above project and the purpose of the project is to develop a set of indicators to be used to assess and benchmark governance in National Anti-Doping Organisations (NADOs). As part of the project an analysis will be conducted to examine NADOs relations to government and sport organisations to examine the operational independence of national anti-doping organisations.

Part funding with Institute of Biochemistry Center for Preventive Doping Research German Sport University Cologne#

In 2018, Sport Ireland partly funded a research project with Institute of Biochemistry Center for Preventive Doping Research German Sport University Cologne. The title of the project is “Clomiphene - targeting of the unchanged drug results in unusual prolonged detection windows in urine.”



Administration

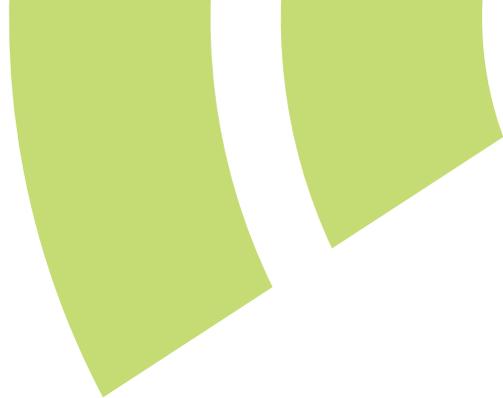
The Anti-Doping Unit works on a number of projects in relation to the management, development and implementation of the National Anti-Doping Programme. These projects ensure Sport Ireland has an effective and efficient Anti-Doping Programme and also that it ensures there are quality assurance procedures in place for our stakeholders.

Administration Highlights for 2018

- **Sample Collection Personnel Training Days** - The annual sample collection personnel training days took place on the 6th of October 2018 and the 6th of December 2018. 45 Sample Collection Personnel have been re-accredited for 2019.
- **Internal Audits** - The Anti-Doping Unit's Internal Audit took place on the 4th of December 2018. Two minor findings were raised in the final report from the Auditors. These findings were rectified by the 31st of January 2019. This report was presented to and approved by Sport Ireland's Audit Committee.
- **ISO Transition from ISO 9001:2009 to ISO9001:2015** - The Anti-Doping Unit were audited on the 5th of July and 9th of August by our External Auditors, EQA Ltd and the audits were conducted under the new ISO Standard 9001:2015. No findings were raised by the audits. The Anti-Doping Unit were informed by EQA (the Anti-Doping Unit's external auditor) on the 3rd September 2018 that we had successfully obtained certification for ISO 9001:2015.

- **Irish Anti-Doping Rules 2015**- During the course of 2018 Sport Ireland reviewed the 2015 Irish Anti-Doping Rules. Sport Ireland consulted with athletes and National Governing Bodies of Sport. Amendments included updating the Rules to reflect the Sport Ireland Act (2015), comments from the World Code were incorporated into the Rules and updating the Irish Disciplinary Panel Rules. A more comprehensive summary of amendments is available on www.sportireland.ie/Anti-Doping/. The revised Irish Anti-Doping Rules 2015 Version 2.0 were published in October 2018 and came into effect on the 1st of January 2019.
- **World Anti-Doping Agency's Code Compliance Questionnaire (CCQ)** - In 2017 WADA issued the CCQ to all Anti-Doping Organisations for completion. The World Code now requires a more rigorous monitoring of Code compliance and the CCQ is a tool developed by WADA to measure compliance of Signatories with the mandatory requirements of the World Anti-Doping Code (Code) and International Standards. Sport Ireland answered a series of questions relating to many different areas of the anti-doping programme (e.g. testing & investigations, education, results management etc).

Upon receipt of CCQs, WADA reviews all answers provided and provides an individual Corrective Action Report (CARs) to all Anti-Doping Organisations. CARs are designed to assist Signatories in enhancing their anti-doping programs on a priority basis through timelines provided for the implementation of corrective actions. Sport Ireland's CAR was received on the 30th January 2018 and implemented all corrective actions (CA) within the timelines requested by WADA. WADA reviewed all corrective actions and confirmed full compliance with the Code in August 2018.



Category	No. of CA	Date completed by Sport Ireland
Critical (A requirement that is considered to be critical to the fight against doping in sport. These findings require implementation within 3 months after receiving the CAR from WADA.)	1	Completed by April 30th 2018
High Priority (A requirement that is considered to be high priority to the fight against doping in sport. These findings require implementation within 6 months after receiving the CAR from WADA.)	3	Completed by July 13th 2018
Important (A requirement that is considered to be important to the fight against doping in sport. These findings require implementation within 9 months after receiving the CAR from WADA.)	2	Completed by July 13th 2018
Total	6	

Intelligence 2018

The Intelligence programme is a vital part of the Anti-Doping programme. As the Anti-Doping movement continues to move beyond drug-testing alone, Sport Ireland seeks to gather 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.

Health Products Regulatory Authority (HPRA)

Sport Ireland continued to collaborate and share information with the Health Products Regulatory Authority (HPRA). This relationship has been further strengthened by ongoing monthly meetings.

Inter Agency Work with Food Safety Authority of Ireland and the HPRA

The FSAI, the HPRA and the Anti-Doping Unit worked together in relation to a supplement supplier Falcon Labs. Sport Ireland had two cases where athletes had tested positive after consuming Falcon Labs food supplements. The FSAI worked closely with the Environmental Health Service of the HSE, the State Laboratory, HPRA and Sport Ireland and all products by this supplier were recalled and also seized by the HSE as these products posed a serious health risk to consumers. The location of production site could not be determined and traceability of products were unknown.

Anti-Doping Intelligence and Investigations Network (ADIIN)

The Anti-Doping Unit attended a meeting of the Anti-Doping Intelligence and Investigations Network (ADIIN) on the 27th of March 2018 which was hosted by the Finnish Center for Integrity in Sports (FINCIS). 26 investigators and analysts from 11 National Anti-Doping Organisations, 2 International Federations as well as representatives from Interpol and WADA's Intelligence and Investigations (I&I) Department attended. The meeting included presentations on the latest I&I innovations as well as reviewed a draft version of the ADIIN management plan, which will be presented to WADA's Executive Committee and Foundation Board in May.



Therapeutic Use Exemptions (TUEs)

Sport Ireland follows the World Anti-Doping Code International Standard for Therapeutic Use Exemptions (ISTUE). A Therapeutic Use Exemption (TUE) 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.

TUE Committee Meeting

The TUE Committee meeting was held on November 22nd, 2018. There was discussion across a broad range of issues including:

- the WADA Prohibited List and Monitoring Program for 2019
- the Sport Ireland anti-doping program 2018
- a summary of TUE Applications received for 2018

The Chairperson of the TUE Committee met with members of the Anti-Doping Unit to discuss pertinent matters during the year.

Therapeutic Use Exemptions

There were 58 TUE applications in 2018, this was a decrease of 28% from 2017 (n=81) and once again these applications came from a diverse range of sports. Of the 58 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 advised 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 and then completing the TUE application form.

Of the valid TUE applications made to Sport Ireland in 2018 24 (n=29) were approved by the Therapeutic Use Exemption Committee on receipt of an appropriate and up-to-date medical file, while 5 remained as incomplete applications by the end of 2018. Incomplete applications were because of non-receipt of a medical file, the medication ultimately not being used or being discontinued, or the athlete awaiting further medical assessment. Table 1 lists the sports in which TUEs were approved both for 2018 and 2017.

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.

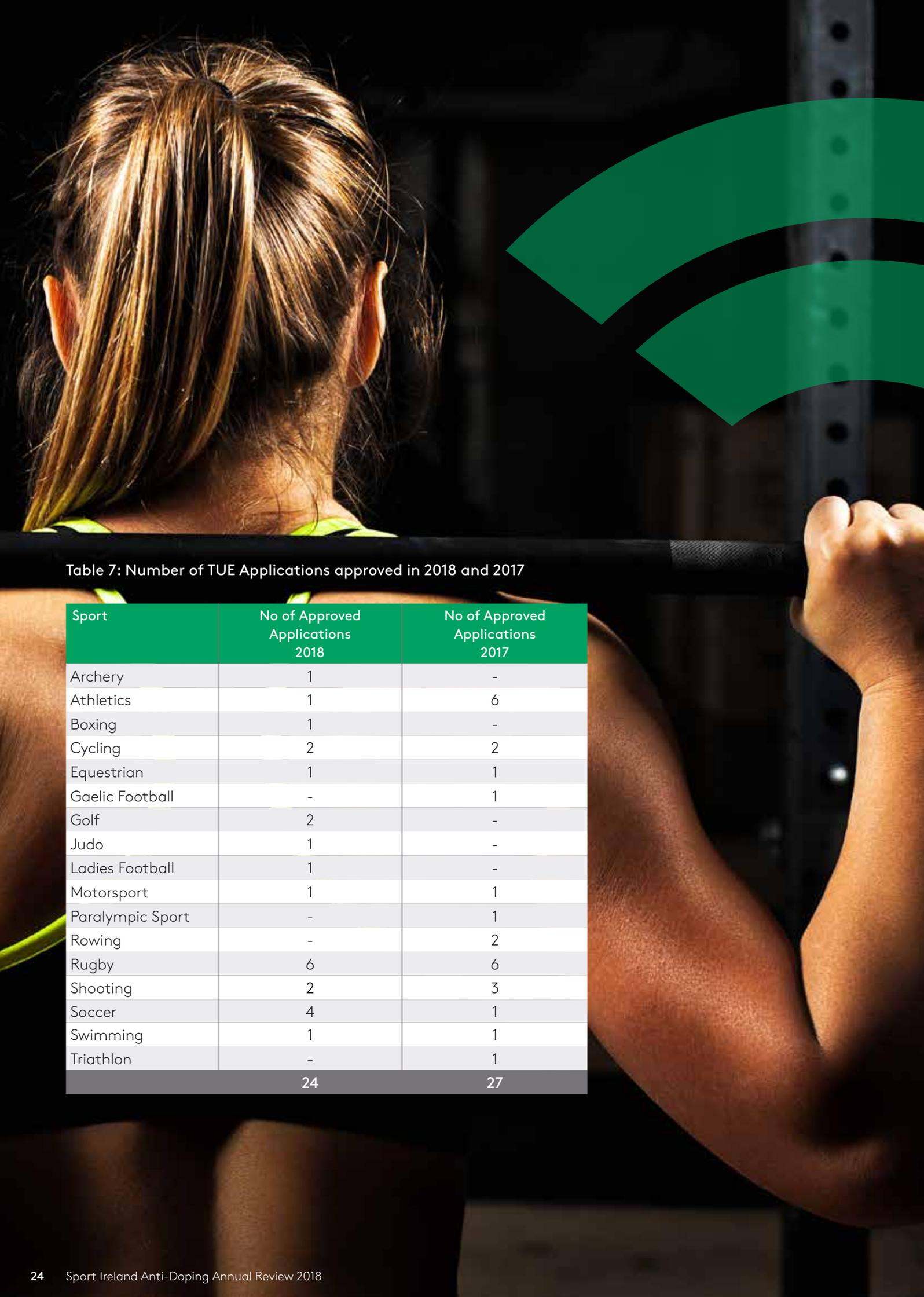


Table 7: Number of TUE Applications approved in 2018 and 2017

Sport	No of Approved Applications 2018	No of Approved Applications 2017
Archery	1	-
Athletics	1	6
Boxing	1	-
Cycling	2	2
Equestrian	1	1
Gaelic Football	-	1
Golf	2	-
Judo	1	-
Ladies Football	1	-
Motorsport	1	1
Paralympic Sport	-	1
Rowing	-	2
Rugby	6	6
Shooting	2	3
Soccer	4	1
Swimming	1	1
Triathlon	-	1
	24	27

2018 Statistics from Eirpharm.com Medicines & Sport Database

Eirpharm.com is the Irish Pharmacy Website which was developed in 2000 as an online database where those subject to drug testing, can check the status of their medicine according to the current WADA Prohibited List. Medicines are updated as new medicines are marketed, medicines are discontinued and in accordance with changes in the WADA Prohibited List. Each year, the Eirpharm website provides an updated Guide for Prescribers, in addition to a summary of the changes which may affect prescribers due to changes in the WADA list for that year.

Sport Ireland has endorsed the database as an accurate online source of anti-doping information in 2001 and since then it has grown to include over 3,700 medicines, both prescription and non-prescription which are marketed in Ireland. Users can search according to the name of the medicines and the result gives the status in sport. Over the counter medicines also include a photograph of the package in the result so users can more easily identify the medicine. Athletes can also check according to an ailment to find the most appropriate medication for their condition. In 2018, 1,633 different medicines were searched of the 3,712 medicines listed on the database. There were 25,049 successful searches in 2018 with at least one query registered every day of the year.

In 2011, the Eirpharm database was also made available as a mobile App for iPhone and android users, developed by the Irish Sports Council as the "Medications Checker" App. Since its creation, over the past 17 years the number of queries on the site has increased and in 2016 and 2017, there were over 45,000 successful database searches of medicines marketed in Ireland. Since October 2017, the compatibility of the "Medications Checker" App and with updated smartphone technology has reduced and now the Eirpharm database is primarily available online.

Eirpharm Medicines and Sport Database: User Statistics

Most commonly searched individual products:

Following a trend that has been established over the past few years, ibuprofen and paracetamol containing medicines account for the highest numbers of successfully searched medicines on the Eirpharm database. Ibuprofen and paracetamol are used for pain management and in treatments for colds and influenza. For 2018, the antihistamine Zirtek was newly introduced into the top three searched medicines. The top seven medicines successfully searched, and their ranking in 2018, are included in Table 1. All 2017 figures are in brackets.

25,049

successful searches
in 2018

3,712

medicines listed
on the database

1,633

different medicines
were searched

Table 8: Most commonly searched individual products

Rank 2018 (2017)	Product Name	No of times searched (2018 in bold, 2017 in brackets)	What is the product?	Legal status
1	Kapake Tablets	1012 (11)	Combination paracetamol and codeine phosphate tablets used in paid management	Prescription
2 (1)	Ibuprofen Tablets	973 (971)	Ibuprofen tablet for treatment of pain and fever	Over the counter from pharmacies
3 (45)	Zirtek Tablets	711 (177)	Cetirizine dihydrochloride antihistamine tablet	Over the counter from pharmacies
4 (2)	Lemsip Max Cold and Flu Powder for Oral Solution	450 (815)	Paracetamol solution for relief of the symptoms associated with the common cold or influenza	Over the counter
4 (3)	Nurofen Cold and Flu Tablets	450 (736)	Combination of ibuprofen and pseudoephedrine tablet for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies
6 (10)	Nurofen Plus	450 (522)	Combination paracetamol and codeine phosphate tablets used in paid management	Over the counter from pharmacies
7 (4)	Lemsip Max Sinus & Flu Hot Lemon Oral Solution	336 (654)	Combination paracetamol and pseudoephedrine powder for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies

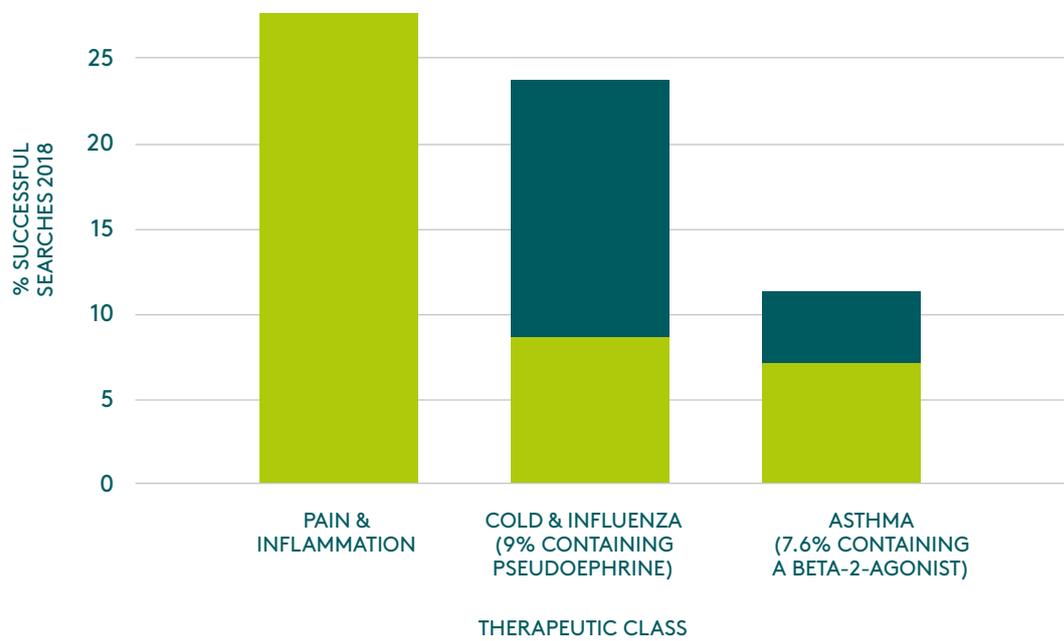
Table 9: Most commonly searched prescription products

Rank 2018	Product Name	No of times searched (2018 in bold, 2017 in brackets)	What is the product?	Indication	Status in Sport
1	Kapake Tablets	1012 (11)	Combination paracetamol and codeine phosphate tablets	Treatment of severe pain	Permitted
2	Ventolin Inhaler/ Evohaler	404 (659)	Inhaled short-acting beta-2-agonist: Salbutamol	Treatment/ prevention of bronchospasm in asthma and chronic obstructive pulmonary disease (COPD)	Salbutamol is permitted in sport at normal therapeutic doses when inhaled but prohibited when taken orally.
3	Ventolin Syrups	324 (206)	Oral short-acting beta-2-agonist: Salbutamol		
4	Symbicort Turbohaler	127 (204)	Inhaled combined long-acting beta- 2-agonist and a glucocorticoid: formoterol and budesonide	Asthma	Formoterol is permitted in sport at normal therapeutic doses when inhaled. Budesonide is permitted by inhaled routes.

The most commonly searched therapeutic class of product:

Figure 1 summaries the most commonly searched therapeutic classes in 2018 which are Pain & inflammation at 27.8%, Cold & influenza (23.7%) and Asthma (12.2%).

Figure 1: Most commonly searched therapeutic classes by percentage of successful search in 2018



International 2018

NADO Leader Summit

Sport Ireland attended three summits during 2018. NADO Leaders discussions included key international issues including the World Anti-Doping Agency's Governance Structures, the Road Map for Russian Anti-Doping compliance and support for clean athletes. After each meeting a collective media statement was issued and these statements are available on www.sportireland.ie.

World Anti-Doping Code Review 2021

A new revised World Code will come into effect in 2021. Sport Ireland consulted with athlete and NGBs and provided feedback to the World Anti-Doping Agency in relation to the first and second phase of Code consultation and the mandatory International Standards.

World Anti-Doping Agency (WADA)

Global Athlete Forum

Jessie Barr (who competed at the London Olympics) attended WADA's First Global Athlete Forum in Calgary, Canada from the 3rd to 5th of June. The Forum brought together 104 athlete leaders from 54 countries. Under the theme 'The sport we want', the Forum saw athlete leaders discuss the current anti-doping system and stress the importance of the athlete's voice being further engaged in the decision making process. The Forum enabled further development of the Anti-Doping Charter of Athlete Rights with the hope of including key principles within the 2021 World Anti-Doping Code.

Roundtable Meeting at the White House

Minister Shane Ross TD and John Treacy attended a Roundtable discussion on "Advancing International Commitment to Clean Sports: Reforming the World Anti-Doping Agency" at the White House, Washington DC on the 31st of October 2018. U.S. Deputy Director of National Drug Control Mr James Carroll hosted the meeting. A selected group of present and former top international athletes from Canada, Germany, Netherland, Sweden, UK and U.S. together with representatives of Anti-Doping Organisations and Sports Ministers from seven countries (Australia, Canada, Ireland, Germany, New Zealand, Norway and UK). The group agreed that the anti-doping community should lead a collaborative worldwide movement for doping-free sport.

International Meetings Attended

NADA Leader Summit	Jan 15-16
Preventing Doping in Professional & Grassroots Sport through Education & Investigation	Jan 24 -25
Erasmus + RESPECT Project	Feb 12-13
CAHAMA Meeting	Feb 27
Council of Europe Education Meeting	Mar 7-8
iNADO AGM & Workshop	Mar 19-20
WADA ADO Symposium	Mar 21-23
WADA Investigators Meeting	Mar 27
CAHAMA Meeting	May 2-3
WADA Global Athlete Forum	June 3-5
NADO Leader Summit	June 12-13
Expert Testing Group Meeting	August 16
Council of Europe Education meeting	September 3-4
WADA Governance Working Group	September 5-6
CAHAMA	September 11
USADA Science Symposium	September 28 - October 1
WADA Global Education Conference	October 24-25
CAHAMA Meeting	October 29-30
Advancing International Commitment to Clean Sports: "Reforming the World Anti-Doping Agency"	October 31
NADO Leader Summit	November 1-2
WADA Athlete Biological Passport Symposium	November 5-7

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 25% 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 Investigations and WADA's Technical Document for Sport Specific Analysis.

Sport Ireland will continue to co-ordinate and 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 2019 will be to follow on from the successful implementation of the tutor training programme with IRFU, FAI, GAA, Athletics 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.

A key goal for the tutor training programme in 2019 is to support the current 83 active Sport Ireland tutors by conducting CPD training to ensure all tutors are familiar with up to date information and providing an opportunity for tutors to share experience. Sport Ireland will also continue to ensure the quality of the anti-doping tutor education by assessing tutors delivering education in the field.

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 as part of the RESPECT project will continue to raise the voice of the clean athlete in 2019. This will be achieved by training an athlete researcher to conduct focus groups with current athletes in relation to the current anti-doping system. These findings will be collated and will be used to inform a 10 year strategic plan for education and prevention. The athlete researcher will represent Ireland and feedback the findings of the research at a clean sport forum in London in 2019. Sport Ireland also look forward to collaborating with the Olympic Federation Athlete Commission with a campaign in promoting the athlete and ensuring all athletes receive the supports required to compete clean.

Values and Ethics Project

Sport Ireland anti-doping unit will work with all units in Sport Ireland to start the development of a Sport Ireland values and Ethics in sport guideline to promote the core values in sport to all stakeholders. Sport Ireland intends to develop a suite of resources to aid the delivery of education about values and principles and ethical decision making in sport.

Sport Ireland will continue to use research to inform its education programme development in 2019. This will be done through collaboration with National and International Research, Anti-Doping and Government Agencies that are concerned with promoting clean sport.

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.

During 2019 Sport Ireland will develop a Paperless Application where Sport Ireland will be moving away from the traditional paper-based collection of data to a more streamlined, harmonized and 'real time' process supported by established technology.

A paperless approach will reduce the possibility of human error and increase efficiencies, in particular with regard to creating an immediate link with Sport Ireland's Anti-Doping Management System SIMON.

International

Sport Ireland will continue actively to contribute to the global anti-doping fight through membership and engagement with iNADO (Institute of National Anti-Doping Organisations). Sport Ireland will continue to contribute to the field of anti-doping at an international level. 2019 will see the final phase of feedback to WADA in relation to the 2021 World Code and Mandatory International Standards. The final drafts of 2021 Code and Standards will be signed off by WADA's Executive Committee and Foundation Board at the World Anti-Doping Conference in November 2019.

Intelligence

In 2019 the Anti-Doping Unit will review 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 strengthen our investigative powers through engagement of the services of an experienced and professional investigator.

Appendices

Appendix 1: Anti-Doping Rule Violations

2017

Sport	In/OOCT	Rule violated	Substance	Substance category	Sanctions
Athletics	In Competition	IADR 2.1	1,3-dimethylbutylamine (DMBA) and higenamine	S6. Stimulants/ S3. Beta-2-agonists	14 months

2018

Sport	In/OOCT	Rule violated	Substance	Substance category	Sanctions
Boxing	In Competition	IADR 2.1	carboxy-THC (tetrahydrocannabinol)	S8. Cannabinoids	4 months

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

Appendix 2: Costs of the Programme

	2017	2018
Testing (1)	€886,958.00	€1,008,008.12
Education & Research (2)	€65,680.00	€75,369.29
Salaries (3)	€198,129.00	€253,615.00
Other Costs (4)	€599,740.00	€648,769.96
Total	€1,750,507.00	€1,985,762.37
Income	€145,708.00	€121,529.23

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 five staff members of the Anti-Doping Unit.
4. Includes legal advice associated with the programme, operational costs, consultancy fees, travel and subsistence, advertising, printing, insurance and other overheads in administering the programme.

Appendix 3: Most commonly searched brand range of products

With respect to brand ranges of products, the searches were on trend with regard to patterns established over previous years. Lemsip, which is a range of paracetamol based cold and influenzae treatments, is the number one brand that was successfully searched in the database with 2,445 or 9.8% of searches in 2018 and 10.7% in 2017. There are a number of different products in this over the counter range, some of which contain the stimulant pseudoephedrine which is prohibited in competition. Nurofen, a range of ibuprofen based, pain, cold and influenzae treatments is next at 1,946 searches, followed by the salbutamol-based prescription range of Ventolin which registered 899 searches. This information is summarised in Table 2, below.

Most commonly searched ranges of medicinal products: Non-prescription and prescription

Non-Prescription Products (% of total successful searches)					
Brand	Type of products in range	2018	2017	2016	2015
	Total	25049	47555	47619	31815
Lemsip	Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs	9.8	10.5	12.0	9.9
Nurofen	Ibuprofen based range of anti-inflammatory and cold and influenza products	7.8	6.7	7.3	6.8
Panadol	Paracetamol-based range of products for symptomatic relief of pain and fever	3.0	3.4	3.7	2.9
Prescription Products (% of total successful searches)					
Brand	Therapeutic class	2018	2017	2016	2015
Ventolin	Beta-2-agonist, primarily inhaled products	3.6	2.4	1.9	1.9

Number of unsuccessful database searches:

As in previous years, the food supplements, Berocca and Berocca Boost were associated with the greatest number of unsuccessful searches at 118 (95) and 38 (30) unsuccessful attempts respectively. The Eirpharm database covers medicines marketed in Ireland which are authorised by a marketing authorisation from the HPRA (Health Products Regulatory Authority) or the EMA (European Medicines Agency) and does not include food supplements as they are not subject to the same stringent regulatory process. Similarly to 2017, the brand Nurofen was unsuccessfully searched 110 (66) times as it was mis-spelled as "Neurofen".

Outcome of Search Results:

The 2018 figures were very similar to patterns established over the last number of years with respect to the status in sport of the medicine queries as summarised in Table 3. 80% of medicines successfully searched on the Eirpharm database in 2018 were permitted for use in sport without any restrictions. Only 3.19% of the searches involved medicines that were prohibited in men and women, both in an out of competition. Medicines prohibited in competition only (primarily glucocorticoids and stimulants) were almost 11% of successful searches. The inhaled beta-2-agonists (salbutamol, formoterol and salmeterol) together accounted for 5.43% of all successful queries. These are permitted when inhaled at normal therapeutic doses. Those prohibited in men only and in specific sports (beta-blockers) accounted for 0.10% and 0.18% of all successful searches.

Status in Sport	No. of successful searches	2018	2018 (%)	2017 (%)	2016 (%)	2015 (%)
Permitted		20110	80.28	78.42	80.4	81.4
Prohibited		800	3.19	3.27	2.1	2.5
Prohibited in-Competition only		2650	10.58	12.08	12.7	11.3
Prohibited in-Competition or Permitted		56	0.22	0.37	0.3	0.4
Route dependent						
Prohibited in specific sports		46	0.18	0.32	0.3	0.4
Prohibited in men only		26	0.10	0.15	0.2	0.2
Restricted - Inhaled Salbutamol		976	3.90	3.97	3.0	2.7
Restricted -Inhaled Formoterol		246	0.98	0.90	0.6	0.7
Restricted - Inhaled Salmeterol		138	0.55	0.54	0.5	0.5

Appendix 4: Searches based on time of year

In 2018, the busiest month was January which accounted for 17.2% of all searches followed by March (13.1%). The monthly usage is summarised in Table 4 and in Figure 1, summarises the monthly searches over the past five years.

Successful searches per month

	2018	2017	2016	2015	2014
Jan	17.2	9.6*	9.6	9.9	7.6
Feb	9.0	8.9	8.9	8.3	9.6
Mar	13.1	8.4	11.4	10.8	10.2
Apr	9.4	7.8	7.7	9.6	8.7
May	9.0	9.6	5.8	9.8	8.3
Jun	8.4	9.6	6.8	7.8	7.9
Jul	8.3	11.6	10.8	10.2	7.5
Aug	8.0	10.8	11.6	8.7	11.0
Sept	5.5	12.1	9.7	7.5	7.5
Oct	3.7	4.1	7.6	7.0	7.8
Nov	3.8	3.4	6.2	5.3	7.8
Dec	4.6	4.3	3.9	5.0	6.1

**Searches took place in January 2017 but were not logged due to a server set up error
Sample figure taken from January 2016.

Appendix 5: Trends in Data

The usage statistics from the Eirpharm medicines and sport database has followed similar patterns to that generated over the past five years. The number of searches via the Sport Ireland App function has significantly reduced over the year. There is continued, consistently high online usage of the Eirpharm database as verified by the server log files for the www.eirpharm.com/sports/section of the website. As in previous years the queries on over-the-counter medicines account for the highest numbers of searches of the database and of these, the cold and influenza treatments continue to be associated with the greater number of searches. This is particular note for multi-ingredient remedies some of which contain the stimulant pseudoephedrine. Many of these products have similar names and come under the one "umbrella" brand, so user may check more than one name under that brand to confirm they are selecting the correct product.

Eirpharm: Ask the Pharmacist" Query service:

This is an email service on the Eirpharm website which allow users to Ask the Pharmacist if they have a query that is not addressed by the database. The service received only ten such queries on medicines and sport in 2018. As the medicines and sport database addresses the status in sport of medicines marketed in Ireland, the numbers of such queries are reducing over time. Queries are mainly regarding items not included on the database such as medical devices, supplements or substances/products marketed in other countries.

MIMS Ireland:

MIMS Ireland is a monthly medical publication organised according to therapeutic categories. In MIMS Eirpharm has assigned each medication a symbol denoting its status in sport. In 2018, there were 2,780 product monographs with a sports status in MIMS. On average 5,300 copies were distributed each month as a free subscription to GPs and consultants and paid subscriptions to pharmacists and nurses.





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FRITHDHÓPÁIL

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