



SPÓRT
ÉIREANN
FRITHDHÓPÁIL

SPORT
IRELAND
ANTI-DOPING

Annual Review

2017



SPORT IRELAND
WELCOME TO SPORT IRELAND
NATIONAL INDOOR AREA



SPÓRT
ÉIREANN
FRITHDHÓPÁIL

SPORT
IRELAND
ANTI-DOPING

SPORT IRELAND NATIONAL TESTING PROGRAMME



USER PAYS PROGRAMME
TESTS INCREASED BY

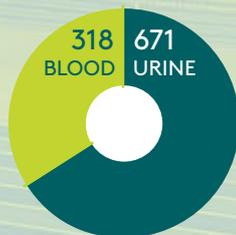
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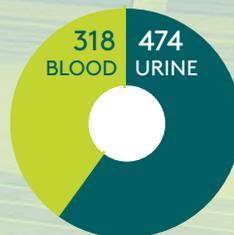
WHEREABOUTS FAILURES
INCREASED FROM 7 IN 2016 TO

12

BLOOD & URINE TEST NUMBERS



TOTAL NUMBER
OF TESTS: 989



OUT OF COMPETITION
TESTS: 792



IN COMPETITION
TESTS: 197

NATIONAL TESTING PROGRAMME

| NATIONAL GOVERNING BODY | COMP: 197 | OOC: 474 | BLOOD: 318 | TOTAL: 989 |
|------------------------------------|-----------|----------|------------|------------|
| Athletics Ireland | 18 | 85 | 85 | 188 |
| Badminton Ireland | 4 | | | 4 |
| Camogie Association | 4 | | | 4 |
| Canoeing Ireland | 12 | 10 | | 22 |
| Cycling Ireland | 27 | 81 | 81 | 189 |
| Football Association of Ireland | 32 | 21 | | 53 |
| Gaelic Athletic Association | 40 | 67 | 19 | 126 |
| Gymnastics Ireland | 2 | 1 | | 3 |
| Horse Sport Ireland | 8 | 6 | 6 | 20 |
| Irish Athletic Boxing Association | 4 | 19 | 19 | 42 |
| Irish Martial Arts Commission | 5 | | | 5 |
| Irish Rugby Football Union | 90 | 55 | | 145 |
| Irish Squash | 2 | | | 2 |
| Irish Tug Of War Association | 5 | | | 5 |
| Ladies Gaelic Football Association | 4 | | | 4 |
| Motor Cycling Ireland | 7 | | | 7 |
| Motorsport Ireland | 8 | | | 8 |
| Paralympics Ireland | 38 | 14 | | 52 |
| Rowing Ireland | 4 | 25 | 6 | 35 |
| Swim Ireland | 12 | 22 | 16 | 50 |
| Triathlon Ireland | 9 | 6 | 6 | 21 |
| Weightlifting Ireland | 4 | | | 4 |



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Foreword

2017 was another turbulent year for all of those who strive to ensure that sport is fair. Sport Ireland however continues to play a strong a role as it can, both nationally and internationally, to ensure that all who compete do so equitably.

Internationally, we hosted leaders from 19 National Anti-Doping Organisations (NADOs) on January 9th-10th 2017 and we also attended a second summit in Denver, USA on September 12th-13th.

We took part in the World Anti-Doping Agency's Code Compliance Questionnaire (CCQ). The CCQ is a tool developed by WADA to measure the compliance of signatories. This was its first year of operation and Sport Ireland considers it a welcome addition to effective anti-doping and views it as a positive step towards increasing global compliance.

We also committed to an international Erasmus plus project called RESPECT. On the basis that 'Athletes deserve better' RESPECT will involve widespread consultation with competitors in order to develop a 10-year strategy which shifts the focus from stopping those who might dope to support those who chose to compete clean.

Here at home, 2017 was another significant year for the Anti-Doping Programme. We made progress in education, research, testing and detection, and you will find all the details in later pages.

We continued our close collaboration with the Health Product Regulatory Authority (HPRA), the Revenue Commission and An Garda Siochana and we are thankful for their ongoing support.

We are also grateful to our athletes, many of whom are of course amateur, for their continued support of the anti-doping programme. Sport Ireland is aware that faith in the anti-doping system globally is at all time low and we are exceptionally proud of how Irish athletes promote the true spirit of sport both on and off the field of play.

In 2017, a key focus was on the continued strengthening of the education programme. We trained more tutors within NGB's and developed education strategies and online learning to increase athlete awareness of key anti-doping topics.

Our Anti-Doping Unit also worked very closely with the Sport Ireland Institute to establish a supplement working group. This group developed Supplements Guidelines for NGBs to assist Athlete Support Personnel to assess the need for supplementation, assess the risk of supplementation, and understand the consequences of taking supplements from an anti-doping perspective. Sport Ireland hopes these guidelines will give more clarity to NGB's and athletes when considering the use of supplementation.

Sport Ireland collaborated with World Rugby for the Women's Rugby World Cup. It took place in Dublin and Belfast during August 2017, and conducting sample collection on their behalf; we carried out over 130 tests during the tournament. We also helped World Rugby educate all participating teams to ensure that all players were aware of anti-doping protocols for the tournament. And we look forward to collaborating with World Ruby in the future with both testing and education.

The Ant-Doping Unit is grateful the support and collaboration it receives from many quarters. We acknowledge the help of the Irish Sport Anti-Doping Disciplinary Panel chaired by Michael Collins SC. We are also thankful for The Therapeutic Use Exemption Sub-Committee (TUEC) which continues to provide us with outstanding medical expertise. Prof. John Horgan retired from his role as Chair of this Committee in December 2017, having served in the role since the committee was first established in 2004. Prof. Horgan demonstrated exceptional leadership and commitment to the role and we would like to express our gratitude to him and to the rest of the committee members for their outstanding and exemplary work in 2017. We would also like to acknowledge Prof. Sean Gaine who has taken over as chair and we would like to wish him all the best In his new role.



Caroline Murphy
Chairperson
Anti-Doping Committee Sport Ireland

Introduction

We are pleased to present the eighteenth, annual review of the Anti-Doping Unit of Sport Ireland. The review provides details of the activities of the Programme in 2017 including the financial cost of the programme. In 2017 the Programme cost €1,755,169 a total of 989 blood and urine tests were conducted in Ireland and overseas.

In 2017 Sport Ireland continued to strengthen clean sport culture through education and prevention. Sport Ireland are encouraged to see that NGB's are recognising the importance of education and prevention not just for athletes but for all personnel involved in sport from grassroots to elite level sport. Sport Ireland will continue to work to support NGB's in developing their anti-doping education and prevention strategies. Sport Ireland is also building expertise in the area of intelligence and investigations by attending meetings with the newly formed Anti-Doping Intelligence Network (ADIN). In the current anti-doping climate intelligence and investigations is an integral piece of the anti-doping programme to ensure there is fair sport for all athletes. Building on this work moving forward 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 would like to particularly thank our athletes who continue to represent Ireland with honesty and integrity through one of the most turbulent times in elite sport in decades. We thank them for continuing to inspire the next generation through leadership and demonstrating that with commitment and hard work success 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.

About the Programme

Staff

Dr. Úna May

Director of Participation and Ethics

Ms. Siobhán Leonard

Anti-Doping Manager

Ms. Rachel Maguire

Anti-Doping Education
and Research Executive

Ms. Cólleen Devine

Anti-Doping Executive

Ms. Melissa Morgan

Anti-Doping Executive

Mr. Gerard Nowlan

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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 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 3 times during 2017 and the Committee members are:

Ms Caroline, Murphy, Chair, Board Sport Ireland

Bernard Allen, Board Sport Ireland

Prof. Brendan Buckley,
Retired Chief Medical Officer, ICON

Mr. Mel Christle, Senior Counsel

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
(resigned September 2017)

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 2017 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 |
| Warren Deutrom | 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

Prof. John Horgan retired from his role as Chair of the Therapeutic Use Exemption Committee (TUEC) in December 2017. Prof. Horgan held the position of Chair of the TUEC since the TUEC was first established in 2004 and has shown outstanding commitment to this role. Sport Ireland would like to express our gratitude to Prof. Horgan for his longstanding service and the expertise and professionalism that he brought to this role. Prof. Sean Gaine has stepped into the role as chair of the TUEC. Prof. Gaine is currently a member of the TUEC.

Full details regarding Therapeutic Use Exemptions in 2017 are addressed in the Administration section.

List of Abbreviations

| | |
|--------|---|
| AAF | Adverse Analytical Finding |
| ADAK | Kenyan Anti-Doping Authority |
| ADD | Anti-Doping Denmark |
| ADO | Anti-Doping Officer |
| ADU | Anti-Doping Unit |
| AFLD | French Anti-doping Authority |
| AIU | Athletics Integrity 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 |
| NADA | German Anti-doping Agency |
| 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 |
| UKAD | UK Anti-Doping Agency |
| USADA | United States Anti-Doping Agency |
| WADA | World Anti-Doping Agency |

Testing Highlights for 2017

In competition
accounted for

20%

in the national testing programme

Out of competition
accounted for

80%

User Pays
programme
increased by

15%

Whereabouts Failures
increased from
7 in 2016 to

12

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

| | Urine | Blood | Total |
|--------------------|-------|-------|-------|
| Total number | 671 | 318 | 989 |
| Out of Competition | 474 | 318 | 792 |
| In Competition | 197 | 0 | 197 |

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

| National Governing Body | Comp | OOC | Blood | Total |
|------------------------------------|------------|------------|------------|------------|
| Athletics Ireland | 111 | 85 | 85 | 188 |
| Badminton Ireland | 4 | 0 | 0 | 4 |
| Camogie Association | 4 | 0 | 0 | 4 |
| Canoeing Ireland | 0 | 12 | 10 | 22 |
| Cycling Ireland | 27 | 81 | 81 | 189 |
| Football Association of Ireland | 32 | 21 | 0 | 53 |
| Gaelic Athletic Association | 40 | 67 | 19 | 126 |
| Gymnastics Ireland | 0 | 2 | 1 | 3 |
| Horse Sport Ireland | 8 | 6 | 6 | 20 |
| Irish Athletic Boxing Association | 4 | 19 | 19 | 42 |
| Irish Martial Arts Commission | 5 | 0 | 0 | 5 |
| Irish Rugby Football Union | 0 | 90 | 55 | 145 |
| Irish Squash | 2 | 0 | 0 | 2 |
| Irish Tug Of War Association | 5 | 0 | 0 | 5 |
| Ladies Gaelic Football Association | 4 | 0 | 0 | 4 |
| Motor Cycling Ireland | 7 | 0 | 0 | 7 |
| Motorsport Ireland | 8 | 0 | 0 | 8 |
| Paralympics Ireland | 0 | 38 | 14 | 52 |
| Rowing Ireland | 4 | 25 | 6 | 35 |
| Swim Ireland | 12 | 22 | 16 | 50 |
| Triathlon Ireland | 9 | 6 | 6 | 21 |
| Weightlifting Ireland | 4 | 0 | 0 | 4 |
| Total | 197 | 474 | 318 | 989 |



Table 3: User Pays

Sport Ireland also conducts testing under the User Pays Programme. This is where sporting organisations pay for testing. During 2017, 315 tests were conducted under this programme - 256 urine tests and 59 blood tests.

| National Governing Body | Comp | OOB | Blood | Total |
|---|------------|------------|-----------|------------|
| Athletics Ireland | 11 | 0 | 0 | 11 |
| Cycling Ireland | 8 | 0 | 0 | 8 |
| European Professional Club Rugby | 8 | 0 | 0 | 8 |
| Federation Internationale de la Peche Sportive en Eau Douce | 2 | 0 | 0 | 2 |
| International Cricket Council | 4 | 0 | 0 | 4 |
| Irish Martial Arts Commission | 5 | 0 | 0 | 5 |
| Irish Rugby Football Union | 28 | 0 | 0 | 28 |
| Six Nations | 24 | 0 | 0 | 24 |
| United States Anti-Doping Agency | 0 | 11 | 2 | 13 |
| World Rugby | 51 | 104 | 57 | 212 |
| Total | 141 | 115 | 59 | 315 |



Table 4: RTP Whereabouts Failures by Quarters

| | Filing Failures | Missed Tests | Unsuccessful Attempts |
|------------------|--|--|---|
| Quarter 1 | 0 | 1 | 14 |
| | | Irish Amateur Boxing Association 1 | Cycling Ireland 2 Irish Athletic Boxing Association 3 Irish Judo Association 1 Paralympics Ireland 5 Rowing Ireland 1 Swim Ireland 1 Triathlon Ireland 1 |
| Quarter 2 | 1 | 0 | 17 |
| | Athletics Ireland 1 | | Athletics Ireland 4 Cycling Ireland 3 Irish Amateur Boxing Association 3 Paralympics Ireland 1 Rowing Ireland 4 Swim Ireland 2 |
| Quarter 3 | 3 | 2 | 28 |
| | Athletics Ireland 1 Cycling Ireland 1 Rowing Ireland 1 | Athletics Ireland 1 Canoeing Ireland 1 | Athletics Ireland 6 Canoeing Ireland 2 Cycling Ireland 4 Gymnastics Ireland 1 Horse Sport Ireland 2 Irish Amateur Boxing Association 5 Rowing Ireland 5 Swim Ireland 3 |
| Quarter 4 | 3 | 2 | 17 |
| | Athletics Ireland 1 Irish Athletic Boxing Association 2 | Athletics Ireland 1 Irish Athletic Boxing Association 1 | Athletics Ireland 4 Cycling Ireland 8 Irish Athletic Boxing Association 1 Paralympics Ireland 1 Rowing Ireland 1 Swim Ireland 2 |

Table 5 NGB Unsuccessful Attempts

| NGB | Unsuccessful Attempts |
|-----|-----------------------|
| GAA | 5 |
| FAI | 4 |

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 2017 17 education seminars were conducted by Sport Ireland. These seminars were delivered to a variety of NGBs and third level Institutions such as Basketball Ireland, Setanta College, Trinity College, Golf Union Ireland, Badminton Ireland, Tennis Ireland and Cricket Ireland. Dr. Úna May Director of Participation and Ethics delivered an anti-doping update to the RCSI Faculty of Sport and Exercise Medicine. Dr Una May also delivered a presentation on Ethics in Sport at a conference addressing Ethics in Sport a changing world. The Anti-Doping Unit (ADU) conducted an interactive scenario based education session with athlete support personnel from the Sport Ireland Institute.

Tutor Training Programme

The tutor training programme commenced in 2015. In 2017 Sport Ireland trained 28 new tutors from GAA, IABA, ONAKAI, FAI, Rowing Ireland, Triathlon Ireland, Cycling Ireland and the IRFU. 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.

These workshops were delivered in four separate sessions. In February 2017 tutor training was delivered to the IABA, ONAKAI and FAI. The next three workshops took place in November and December 2017 for the GAA, IRFU, Triathlon Ireland, Rowing Ireland, Cycling Ireland and Hockey Ireland.

In 2017 a total of 31 tutors who took part in Sport Irelands tutor training in 2015, 2016 and February 2017 conducted over 80 education seminars.

It is estimated over 2000 participants which includes athletes, athlete support personnel and parents attended the workshops. Each sport will now have the resources and tools to develop and deliver education programmes to their members.

Sport Ireland has trained a total of 53 tutors across 11 NGB's since 2015. The goal of the training is to build a clean sport environment and culture within sport in Ireland enhancing the capacity of NGB's to promote clean sport and protect athletes and athlete support personnel.

On the 2nd of March 2017 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.

Women's Rugby World Cup

Sport Ireland assisted World Rugby in delivering anti-doping education to all participating countries. This was a valuable experience for Sport Ireland and Sport Ireland look forward to working with World Rugby with future competitions.

Social Media

Sport Ireland continued to have a strong 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 White Flag National Quality Standard- Safe Selling of Supplements

In 2017 Ireland Active introduced a number of criteria into their National Quality Standards aimed at educating fitness facility operators and staff, and ensuring that any supplements being sold in fitness facilities are safe for members of the public. Support materials were developed and provided by Ireland Active and Sport Ireland to assist with achieving the standard. The White Flag Award is presented each year to approximately 100 facilities and the safe selling of supplements criteria includes:

- 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. The E-learning was launched in February 2017. 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 950 individuals completed the online learning in 2017. Some NGB's have made the E-learning course mandatory as part of membership. This is a valuable resource where athletes and athlete support personnel access information in relation to anti-doping.

Wallet Cards

In 2017 Sport Ireland distributed over 30,000 wallet cards to various NGB's and stakeholders.

NGB Supplement Guidelines

A working group of Rachel Maguire (Anti-Doping Unit), Dr Sharon Madigan (Head of Performance Nutrition, Sport Ireland Institute) and Dr Ruth Wood-Martin (IRFU Performance Nutritionist and member of Anti-Doping Committee) reviewed Sport Ireland's current supplement policy and have developed two new documents.

1. Sport Ireland NGB Supplement Guidelines
2. Supplement Infographic

Sport Ireland's NGB's Supplement Guidelines is now complete. This guideline is aimed at Athlete Support Personnel (ASP) and the goal of this document is to provide ASP working with National Governing Bodies of Sport (NGB's) with a guide to appropriately assess the need for supplementation, assess the risk

supplementation, and understand the consequences of taking supplements from an anti-doping perspective. It also provides practical guidelines and tools for the safe usage in order to support athletes and ASP.

This guideline is based on (with permission) the current position statement of the Sport and Exercise Nutrition Register (SENr), an affiliate of the Association of UK Dietitians. The Sport and Exercise Nutrition Register (SENr) is a voluntary register designed to accredit suitably qualified and experienced individuals who have the competency to work autonomously as a Sport and Exercise Nutritionist with performance oriented athletes, as well as those participating in physical activity, sport and exercise for health.

SPORTS FOODS & SUPPLEMENTS GUIDELINES



Sports foods and supplements are categories of nutritional products that are marketed to athletes that claim to enhance athletic performance (ACSM 2016). They are generally categorised according to their main mode of action, which may be to increase strength and power, improve energy and endurance or enhance recovery after exercise. Sports foods and supplements may contain banned substances. This could result in a positive test for an athlete.

HOW MAY SUPPLEMENTS CAUSE PROBLEMS FOR ATHLETES?

- X NOT REGULATED LIKE MEDICINES
- X LABELS PROVIDE NO GUARANTEE OF THE PRODUCT CONTENTS
- X CROSS CONTAMINATION IN THE PRODUCTION PROCESS




WHAT IS CONSIDERED A HIGH RISK SUPPLEMENT?



Products that make unauthorised health claims such as weight loss, muscle building and sexual enhancement are considered to be higher risk of containing ingredients that could lead to a doping violation.

WHAT SHOULD I DO IF I WANT TO TAKE A SUPPLEMENT?

- ✓ Seek advice from a qualified sports nutrition professional
- ✓ Conduct a thorough internet search of the product you intend to take
- ✓ Research the name of the product and the ingredients listed
- ✓ Check the product website for any warnings
- ✓ Keep evidence of all research conducted
- ✓ Screenshots of research should be saved and backed up
- ✓ Only use batch tested products from a reliable source such as www.informed-sport.com

HERBAL PRODUCTS ARE NOT ALWAYS SAFE FOR ATHLETES. HERBAL SUPPLEMENTS MAY CONTAIN INGREDIENTS THAT COULD RESULT IN A DOPING VIOLATION



ALL ATHLETES ARE SOLELY RESPONSIBLE FOR WHAT THEY CONSUME



REMEMBER! Consideration of using a supplement should not be based on product marketing claims. Adopt a food first philosophy, not supplement first, to maximise health, safety and performance.

FALSE ADVERTISING

- From time to time supplement products are promoted as 'drugs tested' or 'WADA endorsed'. These promotions are false and may lead to serious consequences for athletes.
- Sport Ireland and the World Anti-Doping Agency do not endorse supplement products.

CONSEQUENCES



The current ban from sport for an anti-doping rule violation is 4 years.

If an athlete has evidence that they thoroughly researched the product as outlined in this leaflet they may receive a reduced sanction.



ASSESS THE NEED

ASSESS THE RISK

ASSESS THE CONSEQUENCES

BEFORE CONSUMING A SUPPLEMENT

- HAVE YOU SOUGHT ADVICE?
- RESEARCH THE PRODUCT
- HAS IT BEEN BATCH TESTED?
- CONSIDER THE SUPPLIER
- YOU COULD BE BANNED

References:
 American College of Sports Medicine Joint Position Statement. Nutrition and Athletic performance. Academy of Nutrition and Dietetics; Dietitians of Canada; American College of Sports Medicine. Med Sci Sports Exerc. 2016; 48(3): 543-568.

Research

Sport Ireland was successful in an Erasmus plus project bid lead by Leeds Beckett University. Sport Ireland will be a partner in this project along with UK Anti-Doping (UKAD), NADA (German Anti-Doping Agency), 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 bid 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.

In 2017 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 Mass spectrometric studies on selective androgen receptor modulators (SARMs) using electron ionization and electrospray ionization/collision-induced dissociation.



Administration Highlights for 2017

Sample Collection Personnel Training Days

The annual Sample Collection Personnel training days took place on November 11th and December 11th 2017, 48 sample collection personnel attended these sessions and will be accredited for 2018.

Internal Audits

An Internal Audit of the Anti-Doping Unit by Deloitte took place on October 22nd and 23rd. One finding was recorded and the ADU has since resolved the issue. This report was presented to and approved by Sport Ireland's Audit Committee.

External Audit

The Anti-Doping Unit's External Audit by EQA took place October 10th 2017. The ADU maintained their certification for 2018. One minor problem was raised and this has already been rectified. The Auditor stated that there were excellent systems and controls in place.

Compliance Questionnaires

Sport Ireland completed the Council of Europe's Anti-Doping Convention Compliance and the UNESCO Anti-Doping Convention questionnaires.

World Anti-Doping Agency's Code Compliance Questionnaire (CCQ) -

Sport Ireland also completed WADA's CCQ. 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: ADAMS, Budgeting and Reporting; Testing and Investigations; Results Management; Therapeutic Use Exemptions (TUE); Education; Data Privacy; and, Anti-Doping Organisation (ADO) information. Upon receipt of CCQs, WADA reviews them to develop Corrective Action Reports (CARs). 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 will be due in the first quarter of 2018.

Intelligence 2017

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.

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. Sport Ireland attended the Anti-Doping Intelligence and Investigations Network (ADIN) meeting which took place on 23-24 May 2017 in Lyon at INTERPOL. This was attended by 24 members: AIU, ASADA, CADF, ADD, Finnish Center for Integrity in Sports, AFLD, NADA, Sport Ireland, ADAK, Anti-Doping Netherlands, Anti-Doping Norway, UKAD, USADA, WADA and INTERPOL. This newly formed network, facilitated by WADA's Intelligence and Investigations Department will meet regularly with at least one in-person meeting a year to be organized. The group will provide a platform for the sharing of new, and old, investigative methods, obstacles facing ADO's during investigations, strategic orientation of investigation and analysis, as well as support with ongoing cases.





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 16th, 2017. There was discussion across a broad range of issues including:

- the WADA Prohibited List and Monitoring Program for 2018
- the Sport Ireland anti-doping program 2017
- a summary of TUE Applications received for 2017

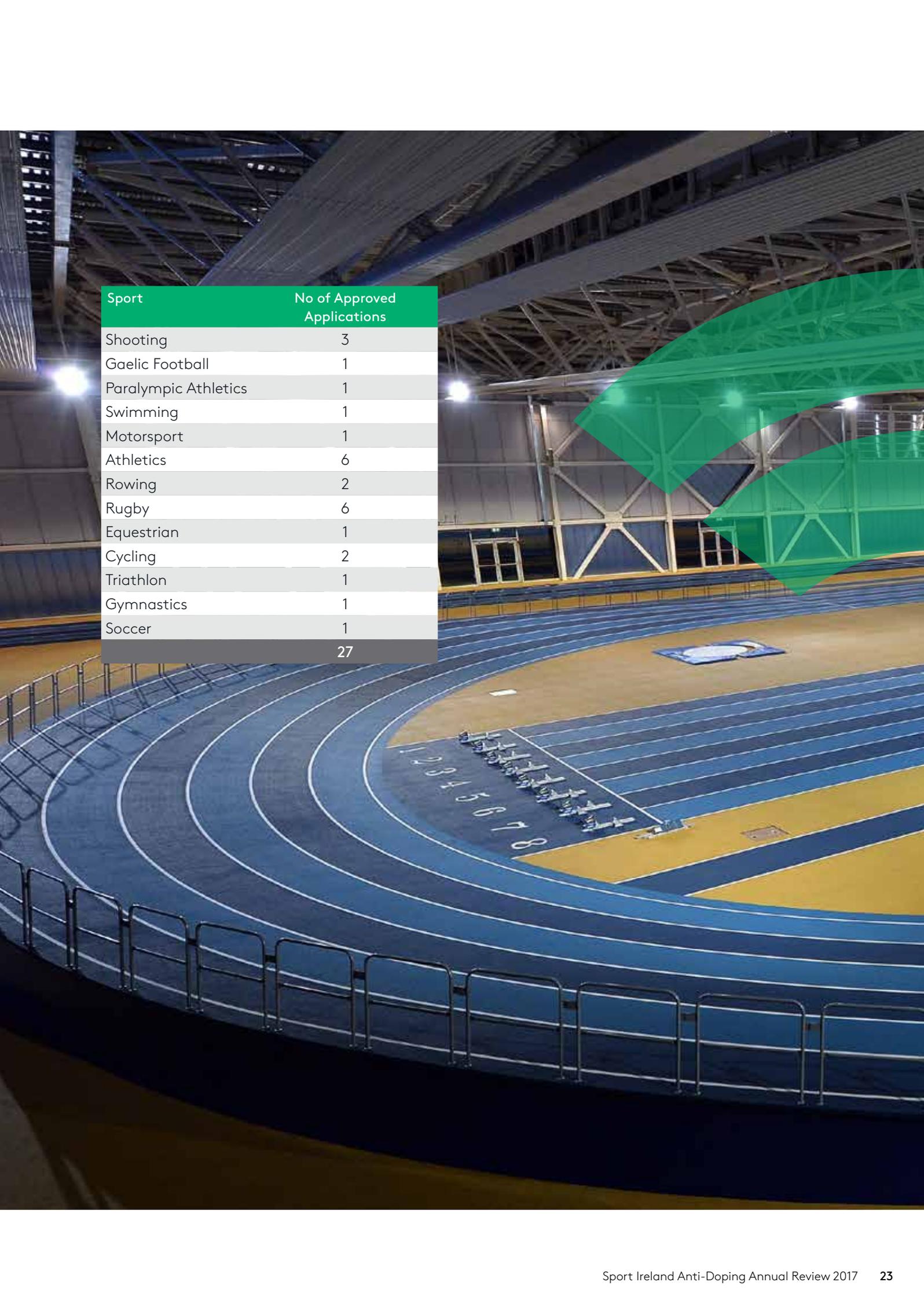
The Chairperson of the TUE Committee met with members of the Anti-Doping Unit to discuss pertinent matters during the year.

Therapeutic Use Exemptions

There were 81 TUE applications in 2017, this was an increase of 14% from 2016 (n=71) and once again these applications came from a diverse range of sports. Of the 81 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 2017 (n=32) 27 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 2017. 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.

Athletes and their medical support personnel 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.



| Sport | No of Approved Applications |
|----------------------|-----------------------------|
| Shooting | 3 |
| Gaelic Football | 1 |
| Paralympic Athletics | 1 |
| Swimming | 1 |
| Motorsport | 1 |
| Athletics | 6 |
| Rowing | 2 |
| Rugby | 6 |
| Equestrian | 1 |
| Cycling | 2 |
| Triathlon | 1 |
| Gymnastics | 1 |
| Soccer | 1 |
| | 27 |

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 2017, the TUE Secretariat was involved in responding to 66 queries via telephone and email. Medicines information is sourced from www.eirpharm.com, www.globaldro.com and MIMS Ireland.

Eirpharm

Eirpharm.com, the Irish Pharmacy Website, has been endorsed by Sport Ireland since 2001 as an accurate online source of anti-doping information. Over the past 16 years the number of queries on the site has increased and in 2017 as in 2016, there were over 45,000 successful database searches.

The Eirpharm database 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 happen 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 in the online version. As most queries are now covered by the database, the number of drugs in sport queries directly to the Eirpharm.com "Ask the Pharmacist" section is now at 17 for 2017. These are mainly on supplements and substances marketed in other countries.

Key Statistics

2017 figures (2016/2015 figures in brackets, respectively)

Number of successful
database searches

47,555
(47,619; 31,815)

Number of products
listed in database

3,545
(3,510; 3,474)

Searches performed on

2,241
(2,411; 2,149)
different products

*This figure is based on the logged number of successful searches from 4th February 2017 to 31st December 2017 of 42,970 + an estimate of the unlogged figures from 1st January to 3rd February 2017. From 1st January to 3rd February 2017, the database was fully functional but failed to log the number of successful queries made.

While the usage figures for the period February to October 2017 indicate an 8% increase for 2017 on the previous year, conservatively it is proposed that the same figure as January 2016 (4,585) be included for 2017. Therefore, 42,970+ 4,585 = 47,555 searches in 2017.

From October 2017 onwards, updates to some smartphone software has resulted in some smartphone users being unable to access the current Medication Checker App.

Table 5: Most commonly searched individual products:

| Rank 2017 (2016) | Product Name | No of times searched (2017 in bold, 2016 & 2015 figures in brackets) | What is the product? | Legal status |
|------------------|--|--|--|----------------------------------|
| 1 | Ibuprofen Tablets | 971 (464; 193) | Ibuprofen tablet for treatment of pain and fever | Over the counter from pharmacies |
| 2 (1) | Lemsip Max Cold and Flu Powder for Oral Solution | 815 (1,080; 480) | Paracetamol solution for relief of the symptoms associated with the common cold or influenza | Over the counter |
| 3 (2) | Nurofen Cold and Flu Tablets | 736 (888; 501) | Combination ibuprofen and pseudoephedrine tablet for symptomatic relief of common colds, influenza etc. | Over the counter from pharmacies |
| 4 (3) | Lemsip Max Sinus & Flu Hot Lemon Oral Solution | 654 (746; 415) | Combination paracetamol and pseudoephedrine powder for symptomatic relief of common colds, influenza etc. | Over the counter from pharmacies |
| 5 (5) | Non-Drowsy Sudafed Decongestant Tablets | 587 (604; 408) | Pseudoephedrine containing tablet for symptomatic relief of allergic rhinitis, vasomotor rhinitis, the common cold and influenza | Over the counter from pharmacies |

Paracetamol and Ibuprofen based over-the counter pharmacy treatments account for the most commonly searched medicines on the Eirpharm database with the anti-inflammatory Ibuprofen Tablets as the most searched item in 2017. Of the cold and 'flu' remedies, Lemsip Max Cold and Flu Powder for Oral Solution followed by Nurofen Cold and Flu have remained in the top three searches consistently for the last 5 years. The paracetamol and pseudoephedrine combination product Lemsip Max Sinus & Flu Hot Lemon Oral Solution was ranked fourth in 2017. Non-Drowsy Sudafed Decongestant Tablets accounts for the fifth position in 2017.

The most commonly searched prescription products

Ventolin Inhaler/Evohaler, which contains the inhaled beta-2-agonist salbutamol was the most queried prescription product for which **659** (493; 449) successful searches were reported. This follows the trend of the last four years. Also following the same trend, Difene capsules, which contain the anti-inflammatory diclofenac was the second highest at **217** successful searches in 2017. These were followed by Ventolin Syrup (beta-2 agonist - salbutamol), which was searched **214** times and the inhaled Long Acting beta- 2-agonist/Glucocorticoid Symbicort Turbohaler (**204** successful queries). Salamol inhaler, also containing the inhaled beta-2 agonist salbutamol took the 5th position with **162** searches.

International Highlights for 2017

NADO Leader Summit

Sport Ireland continued to play a leadership role in maintaining the strong voice of NADOs in protecting clean athletes in 2017. Sport Ireland hosted leaders from 19 National Anti-Doping Organisations (NADOs) on January 9th-10th 2017 in Farmleigh House and attended a second summit in Denver, USA on September 12th-13th.

Sport Ireland alongside its international colleagues consistently called for a strengthening of WADA, in particular through improved governance by removing the conflict of interest arising out of sport's involvement at the highest decision making levels within the organisation. In addition, John Treacy attended the WADA working group on Governance Review, as an observer in a supporting role for NADO representatives on the group.

Visit of Anti-Doping Sweden, Swedish Sport Confederation

Two staff members from the Anti-Doping Unit of the Swedish Sport Confederation (SSC) visited Sport Ireland's Anti-Doping Unit on January 11th 2017. SSC are currently reviewing their Information Management Systems and the Anti-Doping Unit showed them how SIMON, Sport Ireland's information management system, assists the Unit in the day to day operational management of the anti-doping programme.

International Meetings Attended

| | |
|--|-----------------------------|
| NADO Leaders Summit | 9th-10th January |
| Tackling Doping in Sport Conference | 8th- 9th March |
| iNADO Workshop & AGM | 11th – 12th March |
| World Anti-Doping Agency's (WADA) Annual Symposium | 13th- 15th March |
| Council of Europe Legal Seminar on Independence of Hearing Panels | 4th April |
| Council of Europe T-DO Advisory Group on Legal Issues | 5th April |
| Council of Europe T-DO Education Group | 10th April |
| Council of Europe Monitoring Group of the Anti-Doping Convention | 3rd May |
| CAHAMA meeting | 4th May |
| Visit to Anti-Doping Denmark | 4th May |
| Visit to Nordic Athlete Passport Management Unit | 5th May |
| Anti-Doping Organisations Investigators Meeting | 23rd -24th May |
| International Conference on Doping & Public Health | 7th-9th June |
| Council of Europe Meeting of Ad hoc Group on Independence of NADOs | 4th July |
| Council of Europe T-DO Education Group | 8th-9th September |
| NADO Leaders Summit | 12th -13th September |
| CAHAMA Meeting | 14th -15th September |
| UNESCO Conference of Parties to the International Convention against Doping in Sport | 25th to 26th September |
| USADA's Symposium on Anti-Doping Science | 29th September –2nd October |
| WADA Working Group on Governance Matters | 15th October |
| iNADO Athlete & Leader Summit | 31st October –1st November |

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

Education and Research

In 2018 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 2018 is to support the current 53 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 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 aim to raise the voice of the clean athlete in 2018. 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 present the findings of the research at a clean sport forum in London in 2019.

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 intends to develop suite resources to aid the delivery of education about values and principles and ethical decision making in sport. Sport Ireland will do this by conducting a small research project with anti-doping tutors and other tutors delivering education within sport to:

1. To investigate the baseline attitudes and confidence of Sport Ireland tutors in delivering values and ethical decision making scenarios as part of their programmes.
2. To investigate if an online resource with available tools and resources assisted the tutors' confidence in delivering more values based education and delivering ethical decision making scenarios.

Sport Ireland will work to strengthen the downloadable resources available to all NGBs through the use of the Clearinghouse. The ADU, 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 2017 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 2018. This will be done through collaboration with National and International Research, Anti-Doping and Government Agencies that are concerned with the fight against doping.

Administration

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.

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). Sport Ireland will continue to contribute to the field of anti-doping at an international level. 2018 will see the start of the 2021 World Anti-Doping Code Review process and Sport Ireland will provide WADA with feedback regarding the World Anti-Doping Code.

Intelligence

In 2018 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 look 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.

Sport Ireland will attend the Anti-Doping Investigators Network Meeting on 27th March in Helsinki, Finland.

Appendices

Appendix 1: Anti-Doping Rule Violations

2016

| Sport | In/OOCT | Rule violated | Substance | Substance category | Sanctions |
|--------|----------------|---------------|-------------------|---------------------|-----------|
| GAA | In Competition | IADR 2.1 | Methylhexaneamine | S6. Stimulants | 21 weeks |
| Boxing | OOCT | IADR 2.1 | Methandienone | S1. Anabolic Agents | 4 years |

Pending Cases 2017

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

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

Appendix 2: Costs of the Programme

| | 2016 | 2017 |
|------------------------|------------|------------|
| Testing | €937,429 | €886,958 |
| Education and Research | €43,918 | €65,680 |
| Salaries | €176,629 | €198,129 |
| Other Costs | €597,193 | €599,740 |
| Total | €1,755,169 | €1,750,507 |
| Income from Testing | €124,474 | €145,708 |

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, 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

The types of products searched when classified by brand range were very similar to patterns of previous years. Lemsip continues to be most commonly searched brand on the Eirpharm database for 2017. Successful searches accounted for 4608 or 10.7% of all logged queries. As some products in the Lemsip range contain pseudoephedrine, which is prohibited in competition, users can check the status of several products in this range to ensure that they are using the correct one. Ventolin which contains the short acting beta-2-agonist salbutamol was the highest searched prescription product in 2017.

| Non-Prescription Products | | | | | |
|---------------------------|--|------|------|------|------|
| Brand | Type of products in range | 2017 | 2016 | 2015 | 2014 |
| Lemsip | Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs | 4608 | 5738 | 3141 | 3620 |
| Nurofen | Ibuprofen based range of anti-inflammatory and cold and influenza products | 3180 | 3453 | 2155 | 2337 |
| Benylin | Paracetamol-based range of products for symptomatic relief of pain and fever | 1631 | 1760 | 914 | 992 |
| Prescription Products | | | | | |
| Brand | Therapeutic class | 2017 | 2016 | 2015 | 2014 |
| Ventolin | Beta-2-agonist, primarily inhaled products | 1139 | 915 | 594 | 716 |

Number of unsuccessful database searches:

Berocca and Berocca Boost, which are classified as food supplements rather than as medicines were associated with 95 and 30 logged unsuccessful database searches in 2017. The figure was 94 and 39 respectively for these products in 2016. Berocca does not have a marketing authorisation and is thus not included in the medicines and sport database. There were 66 incorrectly spelled "Neurofen" queries and 48 unsuccessful queries on creatine.

Outcome of Search Results:

| Status in Sport | No. of successful searches | 2017 | 2017 (%) | 2016 (%) | 2015 (%) | 2014 (%) |
|---|----------------------------|-------|----------|----------|----------|----------|
| Permitted | | 33697 | 78.42 | 80.4 | 81.4 | 81.2 |
| Prohibited in-Competition only | | 5192 | 12.08 | 12.7 | 11.3 | 11.3 |
| Restricted-Inhaled Salbutamol | | 1705 | 3.97 | 3.0 | 2.7 | 3.0 |
| Prohibited | | 1405 | 3.27 | 2.1 | 2.5 | 2.4 |
| Restricted-Inhaled Formoterol | | 388 | 0.90 | 0.6 | 0.7 | 0.8 |
| Restricted- Inhaled Salmeterol | | 233 | 0.54 | 0.5 | 0.5 | 0.6 |
| Prohibited in-Competition or Permitted (depends on route) | | 157 | 0.37 | 0.3 | 0.4 | 0.4 |
| Prohibited in specific sports | | 139 | 0.32 | 0.3 | 0.4 | 0.3 |
| Prohibited in men only | | 64 | 0.15 | 0.2 | 0.2 | 0.2 |

Following trends established over the last few years, 78% 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 increased from 2.1% of all successful searches in 2016 to 3.27% in 2017. Medicines that are prohibited in-competition only make up 12.08% of successful searches. Salbutamol, formoterol and salmeterol, which are beta-2 agonists only restricted at higher inhalation doses and by non-inhaled routes, when combined accounted for 5.41% of results in 2017 and 4.03% of the outcomes in 2016.

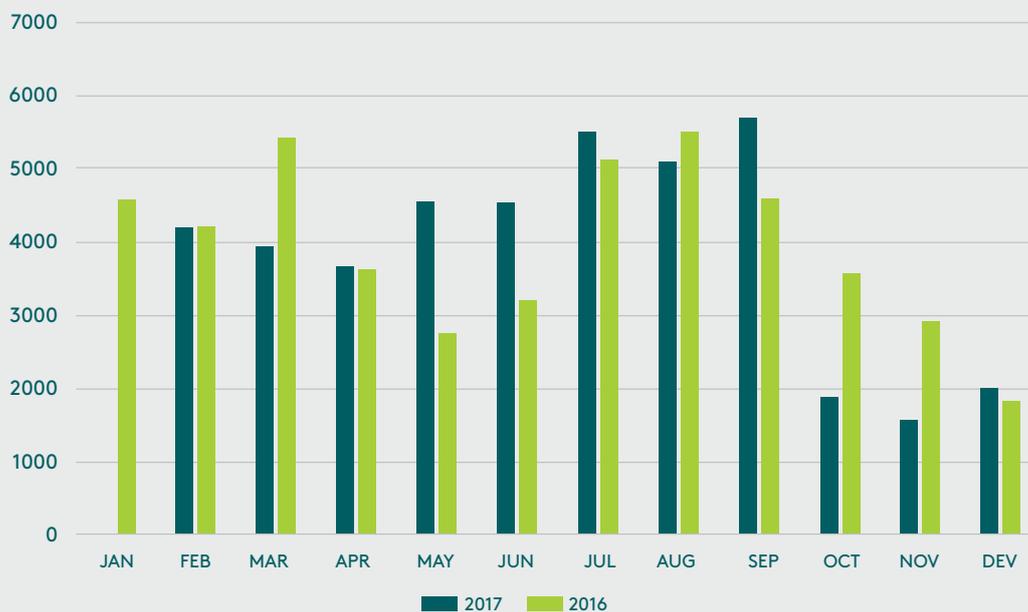
Appendix 4: Searches based on time of year

All months in 2017 had over 1500 successful searches. September (5732 searches) followed by July (5530 searches) were the busiest months. As explained software updates by some smartphone providers from October 2017 have meant that the App is not as accessible as it once was. The App is currently being updated to address this issue.

| | 2017 | 2016 | 2015 | 2014 |
|--------------|---------------|--------------|--------------|--------------|
| Jan | 4585* | 4585 | 3149 | 2674 |
| Feb | 4227 | 4230 | 2635 | 3348 |
| Mar | 3974 | 5438 | 3434 | 3554 |
| Apr | 3687 | 3649 | 3070 | 3035 |
| May | 4571 | 2752 | 3129 | 2911 |
| Jun | 4546 | 3225 | 2484 | 2783 |
| Jul | 5530 | 5157 | 3248 | 2627 |
| Aug | 5126 | 5525 | 2780 | 3837 |
| Sept | 5732 | 4639 | 2375 | 2624 |
| Oct | 1947 | 3627 | 2227 | 2735 |
| Nov | 1596 | 2933 | 1682 | 2746 |
| Dec | 2034 | 1859 | 1602 | 2135 |
| Total | 47555* | 47619 | 31815 | 35009 |

*Searches took place in January 2017 but were not logged. Sample figure taken from January 2016.

Number of successful searches each month:



Appendix 5: Trends in Data

The analysis of the data generated by logged successful queries on the Eirpharm medicines and sport data base would suggest the continued high regular usage of the database as a source of anti-doping information for medicines marketed in Ireland. Over-the-counter cold and 'flu treatments continue to be associated with the highest number of searches as these are readily available. As many of these products can contain the stimulant pseudoephedrine - which must be discontinued at least 24 hours before competition, they are a group of products which are potentially a source of concern for athletes. Therefore, it is not surprising that they are associated with such high number of successful queries.

MIMS

MIMS Ireland is a monthly medical publication which is primarily circulated to GPs and consultants, and also pharmacists and nurses each month. There are 2,533 product monographs in MIMS organised according to their therapeutic category. In 2017, on average over 5,750 copies were distributed each month. Each medication is assigned a symbol denoting its status in sport.



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