



THE FINNISH ANTI-DOPING AGENCY (FINADA)
ANNUAL REPORT 2005

A person wearing blue and white motocross gear is riding a blue motorcycle on a dirt trail. The rider is wearing a blue long-sleeved shirt, blue pants with white stripes, and white boots with black accents. The motorcycle is blue and white. The background is a dirt trail with some rocks and trees.

The values of FINADA are as follows:

- *ethics*
- *fairness*
- *quality, and*
- *expertise.*

FINNISH ANTIDOPING AGENCY FINADA

The Finnish Antidoping Agency (FINADA) is a non-profit organisation with most of its funding allocated by the Ministry of Education from the National Lottery funds.

FINADA promotes antidoping activities in sports and is in charge of doping control in Finland. FINADA works in close co-operation with sports and antidoping organisations.

FINADA's vision is to be a nationally and internationally established, reliable and competent antidoping organisation. Athletes and sports organisations are committed to clean sports.

FINADA's mission is to promote healthy and clean sports by conducting high-quality doping controls, and by expanding and developing antidoping education in co-operation with its partners and stakeholders.

FINADA contributes to international antidoping work by promoting equality in sports between different countries and by harmonising antidoping codes and practices.

INDEX

| | |
|--|-----------|
| CHAIRMAN'S REVIEW | 5 |
| ADMINISTRATION | 6 |
| GENERAL MEETINGS | 6 |
| BOARD | 6 |
| SUPERVISORY GROUP | 6 |
| OFFICE | 6 |
| DOPING CONTROL | 6 |
| DOPING TESTING | 6 |
| THERAPEUTIC USE EXEMPTIONS | 6 |
| QUALITY MANAGEMENT | 6 |
| EDUCATION AND TRAINING | 7 |
| INTERNATIONAL ACTIVITIES | 8 |
| THE WORLD ANTI-DOPING AGENCY (WADA) | 8 |
| THE COUNCIL OF EUROPE | 8 |
| THE UNITED NATIONS EDUCATIONAL, SCIENTIFIC AND CULTURAL ORGANIZATION (UNESCO) | 8 |
| ASSOCIATION OF NATIONAL ANTI-DOPING ORGANIZATION (ANADO) | 8 |
| INTERNATIONAL ANTI-DOPING ARRANGEMENT (IADA) | |
| NORDIC CO-OPERATION | |
| COMMUNICATIONS | 9 |
| EVENTS | 9 |
| THE IAAF WORLD CHAMPIONSHIPS | 9 |
| INTERNATIONAL PARALYMPIC COMMITTEE (IPC) OPEN EUROPEAN CHAMPI- ONSHIPS IN ATHLETICS | |
| FINADA MATERIALS | 9 |
| MEDIA CO-OPERATION | 9 |
| RESEARCH | 11 |
| FINANCES | 11 |
| KEY EVENTS DURING AND AFTER THE FINANCIAL YEAR | 11 |
| FUTURE DEVELOPMENTS | |
| EXTENT OF RESEARCH AND DEVELOPMENT | 11 |
| APPENDICES | 12 |



"The most important international achievement last year was UNESCO's adoption of the International Convention against Doping in Sport in October."



CHAIRMAN'S REVIEW

In many ways, the IAAF World Championships in Athletics, held in Helsinki on 6–14 August 2005, were the largest ever sports event in Finland. The games were a big effort for the Finnish Anti-Doping Agency (FINADA), as it implemented the doping testing during the games. Nearly 900 tests were carried out during the two weeks. In addition to testing, FINADA collaborated with the World Anti-Doping Agency (WADA) and the International Association of Athletics Federations (IAAF) to carry out the Outreach project, which included distributing anti-doping information to athletes, coaches and spectators. After the IAAF World Championships, Espoo hosted the International Paralympic Committee (IPC) Open European Championships in Athletics. FINADA was responsible for the doping testing in these games as well. The Outreach project was also implemented during the games in co-operation with WADA.

According to the report by WADA observers, FINADA staff handled the doping testing commendably. United Laboratories Ltd analysed the test samples from both games. The work of the laboratory also received excellent grades. Both the FINADA organisation and the laboratory proved that they are leaders in their field even by international standards.

The most important international achievement

last year was UNESCO's adoption of the International Convention against Doping in Sport in October. By this Convention, countries recognise WADA's status as the co-ordinator of international anti-doping activities. Finland will ratify the Convention in 2006.

WADA expanded its doping testing last year and carried out more than 3,000 out-of-competition tests. They mainly targeted sports and athletes from countries with limited doping testing. There are still many countries in the world with very little anti-doping activities, making the targeting of WADA's tests important.

The number of domestic tests in Finland in 2005 was 1,775, which is 60 to 70 tests less than in the two previous years. Due to analysis for EPO and other new substances, testing costs are on the increase and FINADA has not been able to increase the number of tests as planned. Instead, the numbers fell. However, FINADA's testers conducted more tests than ever commissioned by WADA and international sports federations (in excess of 400).

We should consider whether increasing the number of tests, for instance to 2,500 per year as once envisioned, is possible, or, indeed, necessary. Such levels cannot be attained with the present funding. Better targeting of tests helps to maintain the level of control. Increasing testing costs and

more accurate individual targeting of tests require more resources even to maintain the present level of testing. FINADA needs to reassess its testing strategy, and therefore also consider selectively targeting tests in areas with higher estimated risk of prohibited substance use. It should also be noted that some doping substances remain in the body for only a short time although their effect lasts longer. That is why it is important to time the tests correctly.

The most important thing is to use education and communications to make young athletes in particular understand the ethical and health repercussions of doping. Sports federations and clubs play a key role in this. FINADA produces materials and provides expert advice, but sports federations and clubs must invest in anti-doping work more than they now do.

I wish to thank FINADA's staff, testers and the Board, as well as all those involved in anti-doping activities for their excellent work in 2005.

Espoo, 9 April 2006

Olli Puntilla
Chairman of the Board

ADMINISTRATION

The Finnish Anti-doping Agency (FINADA) has five members: the Finnish Sports Federation, the Finnish Olympic Committee, the Finnish Paralympic Committee, the Finnish Society of Sports Medicine and the Finnish Government, represented by the Ministry of Education.

GENERAL MEETINGS

FINADA's statutory spring meeting was held on 28 April 2005. The venue was the Finnish Sports Federation's headquarters in Helsinki.

The spring meeting dealt with the statutory matters, including adopting the financial statements and the annual report.

All FINADA members were represented at the

spring meeting.

FINADA's statutory autumn meeting was held on 24 November 2005. The venue was the Finnish Sports Federation's headquarters in Helsinki.

The autumn meeting dealt with the statutory matters, including electing the Board for 2006–2007 and ratifying the action plan and budget for 2007.

All FINADA members were represented at the autumn meeting.

BOARD

FINADA's Board convened nine times in the year under review. The members of the Board are listed in Appendix 1.

The Board, FINADA's Supervisory Group and office staff held a strategy meeting in the Pajulahti Sports Institute, Nastola, on 6 to 7 June 2005.

SUPERVISORY GROUP

The Supervisory Group convened 11 times in the year under review. The members of the Supervisory Group are listed in Appendix 1.

OFFICE

FINADA's office employed seven full-time and one part-time employee in 2005. The staff are listed in Appendix 1.

DOPING CONTROL

DOPING TESTING

In 2005, slightly fewer doping tests were conducted within the national testing programme in Finland than in the previous year, 1,775 (1,844 the previous year). The decrease in the number of tests was mainly due to an unforeseen rise in laboratory costs caused by WADA's new regulations, for instance in measuring the T/E ratios.

2005 was a landmark year in doping testing because of the IAAF World Championships in Helsinki. They were the largest games ever held in Finland and also the largest ones in which FINADA has implemented doping testing. A total of 884 tests were carried out during the games. Of these, 416 tests, mainly blood screens, were conducted in the athletes' village of Otaniemi before and during the games and 468, mainly urine tests, were carried out in the competition venue, the Olympic Stadium. Nearly 100 people worked in the testing organisation, all of whom (testers, people accompanying athletes, chaperones and office staff) were trained for the games.

WADA's independent observers evaluated FINADA's activities during the games, and according to their report, FINADA managed the testing commendably. The International Paralympic Committee (IPC) Open European Championships in Athletics, which were held after the World Championships, were also a major sports event. The games were very demanding as regards doping testing, although the number of tests was not as high.

In addition to international in-competition tests during the World Championships, FINADA carried out 404 in- and out-of-competition tests at

the request of international sports federations and WADA. Of FINADA's tests, 669 were out-of-competition and 1,106 were in-competition; 86 of the international tests were out-of-competition and 318 in-competition.

There were ten positive doping cases: 4 in powerlifting, 1 in weightlifting, 2 in American football, 1 in motor sports, 1 in indoor bandy and 1 in volleyball.

A training session for testers and tests assistants was arranged in Vierumäki on 4 to 6 June 2005. Issues that have emerged in test situations were a particular topic in the training. The aim of training both testers and their assistants was to further improve their professional skills and knowledge of anti-doping matters.

THERAPEUTIC USE EXEMPTIONS

The beginning of 2004 saw the adoption of therapeutic use exemption in accordance with the international standard confirmed by WADA. The aim of the international standard is to create a uniform global practice for various organisations in granting therapeutic use exemptions.

In 2005, exemptions continued to keep both FINADA's Supervisory Group and office busy. A total of 1,000 therapeutic use exemptions were dealt with during the year. Approximately 10 per cent were actual therapeutic exemption applications, the rest were abbreviated therapeutic use exemptions. The national definition of discipline-specific levels somewhat reduced the total number as compared with 2004.

QUALITY MANAGEMENT

Quality management harmonises international doping testing and aims to guarantee all athletes equal and safe doping testing. Its central goals include:

- maintaining and developing the quality management system in all sectors
- information dissemination and training on the quality management system to all those who need it
- internal auditing of all aspects of FINADA's quality management system and developing it
- outside assessment and continued certification of the quality management system
- developing an international quality system for doping testing

FINADA's quality management system was subject to ISO 9001:2000 assessment in 2005. Testing was assessed on 12 February and the entire system on 18 March. The assessment was carried out by Det Norske Veritas (DNV). 2005 also saw an internal audit of both administration and testing. Furthermore, WADA's independent observers evaluated FINADA's testing system in connection with the IAAF World Championships.

In 2005, FINADA developed the assessment of its quality management system in co-operation with DNV so that annual scheduled assessments no longer target the whole system, but instead focus on a few particular areas, which are assessed more thoroughly. At the same time, assessment will particularly focus on determining risk factors and improving their situation during the year.



"There were ten positive doping cases: 4 in powerlifting, 1 in weightlifting, 2 in American football, 1 in motor sports, 1 in indoor bandy and 1 in volleyball."

EDUCATION AND TRAINING

During the year under review, FINADA organised or participated in 91 education and training events. Sessions were mainly organised with sports federations but other sports organisations and bodies involved in sports collaborated to organise training and education. The main target group, as before, comprised young and elite athletes, but anti-doping education is increasingly provided in connection with instructor and coach education.

FINADA also co-operated with sports federations at different events, usually by setting up an information stand providing information on anti-doping activities and educating the various groups involved in sport about anti-doping issues. The IAAF World Championships in Helsinki were the main event of the year. FINADA's Education and Communication departments co-operated to implement a major campaign to increase the anti-doping awareness of athletes, coaches and spectators.

The Education committee updated the 2003 Education strategy in autumn 2005. The new, updated strategy covers the years 2006–2008 and defines the vision of educational activities as follows: FINADA's educational activities participate in devel-

oping an ethically sustainable sports culture. The educational activities in 2006–2008 have set the following targets: that elite athletes would make a commitment to clean sports, that an athlete's safety network would support the athlete's ability to make ethically sustainable choices in his or her career, that sports organisations take an active role in and assume responsibility for developing children's and young people's sports, that the media address anti-doping issues and the ethics of sports from many angles, and that FINADA would seek to promote the important role of education in international anti-doping work.

Together with the Communications department, FINADA's Education department produced anti-doping materials (see Communications).

Education provided by sports federations was developed together with them. FINADA participated in drawing up and implementing the anti-doping programmes of various sports federations, and also sent a questionnaire to the federations on their anti-doping activities, the implementation of their anti-doping programmes and need for co-operation. FINADA will develop its activities based on the results of the survey.

INTERNATIONAL ACTIVITIES

THE WORLD ANTI-DOPING AGENCY (WADA)

In 2005, the World Anti-Doping Agency (WADA) focused strongly on regional development. The year saw the launch of several projects, in which WADA helps small countries to form regional centres, which will take care of the anti-doping activities of a number of countries. WADA collaborates with international sports federations and national anti-doping agencies to develop codes of practice and best practices at an annual convention in Lausanne. FINADA also participated in the convention in 2005.

Finland is represented in WADA's Ethics & Education Committee, which acts as an expert body for the WADA Executive Committee, creates policies and develops the anti-doping education implemented by WADA. The most important projects in 2005 included education seminars arranged in Montevideo, Uruguay, and Moscow, Russia. A large number of countries from the region were invited to both events and they were given concrete advice on building an anti-doping education system. Finland helped to organise the Moscow seminar, which also had the Council of Europe as a co-operation partner. Finland and WADA are considering arranging a follow-up meeting to the Moscow seminar.

FINADA engaged in major co-operation with WADA to plan and implement the education and information project connected to the IAAF World Championships in August 2005. It was the first project to be implemented in collaboration with WADA and a national anti-doping agency.

WADA planned a reform of its Independent Observer programme and revised its manual for observers. Finland is a member of the programme's development group. A group of independent observers also visited Finland for the first time during the IAAF World Championships. Their report can be read at WADA's website (www.wada-ama.org).

THE COUNCIL OF EUROPE

The Council of Europe Anti-Doping Convention and its Monitoring group have concentrated on the creation of an international UNESCO convention, development of education and research activities and building up an electronic monitoring system of its own. The Council of Europe decided to abolish

its Sports Committee by the end of the year. The committee has politically supported the work of the Anti-Doping Convention and has worked towards developing European sports and exercise culture. However, funding will still be provided for both the Convention on Spectator Violence and Misbehaviour at Sports Events and the Anti-Doping Convention.

Finland has actively participated in the work of the Council of Europe and endorses continuing its work even after the adoption of the UNESCO Convention. Finland chairs the Legislative Committee and has participated in the meetings and work of the Educational and Scientific committees. The Moscow education seminar in collaboration with WADA was an important project for the Council of Europe as well.

THE UNITED NATIONS EDUCATIONAL, SCIENTIFIC AND CULTURAL ORGANIZATION (UNESCO)

UNESCO's International Convention against Doping in Sport is a new international treaty by which nations commit themselves to supporting the activities of WADA. UNESCO's General Conference adopted the convention in October 2005. The global ratification of the convention is under way. The signatory countries will convene once every two years.

ASSOCIATION OF NATIONAL ANTI-DOPING ORGANISATIONS (ANADO)

ANADO is a rapidly growing co-operation body of national anti-doping agencies. At the time of its establishment in 2003, there were 16 members while the membership now numbers more than 50. ANADO was very active in 2005. FINADA's representative Pirjo Krouvila is the Vice-President of ANADO.

In March, ANADO held co-operation talks with international sports federations in Lausanne at a seminar organised by WADA. May saw an education seminar with more than 70 participants organised in co-operation with UK Sport in London. In the same context, the ANADO Executive Committee engaged a consultant to help in drawing up strategic focuses for its activities. Central tasks in the future include membership services (the Internet, press releases,

seminars and mentoring), improving co-operation with WADA in particular, but also with other players in the field of sports, as well as developing testing and educational services.

In November, ANADO organised the Caribbean Whereabouts Information and Model for New NADOs Workshops and the Annual General Assembly in Barbados. The central issues in the training for member organisations included athletes' whereabouts information systems and their functioning in practice. Regional training addressed the creation of an anti-doping system. The Annual General Assembly also adopted the strategy drawn up by the Executive Committee for 2006–2008. After the meeting, WADA organised the inaugural meeting of the Regional Anti-Doping Organization in the Caribbean region.

INTERNATIONAL ANTI-DOPING ARRANGEMENT (IADA)

IADA has helped WADA for years as an expert in drawing up various standards and guidelines. WADA is still interested in benefiting from the expertise of IADA countries. IADA is a government-to-government agreement, and 2005 saw discussions as to its future in relation to the activities of ANADO, for instance. IADA is a collaboration of the world's leading anti-doping countries, which spearhead development in the field. The Netherlands runs the Secretariat until the end of 2006, after which Denmark will take over. The Netherlands' Secretariat is preparing IADA's future strategy and action plan.

NORDIC CO-OPERATION

Nordic co-operation is important for the development of FINADA's activities and joint efforts at international impact. Annual meetings address organisational solutions, funding, testing, education and research. The 2005 meeting was held in Helsinki in June. A one-day session on developing research in behavioural and social sciences was arranged in connection with the meeting. Since the meeting, researchers have been preparing a co-operation project, which is currently seeking funding. The meeting also agreed on the bodies responsible for educational activities to meet separately to improve collaboration in the field.



COMMUNICATIONS

EVENTS

FINADA implemented an extensive education and communication campaign during two major sports events, the IAAF World Championships in Helsinki on 6 to 14 August 2005 and the IPC Open European Championships in Athletics in Espoo on 22 to 28 August 2005. The planning and implementation was a joint effort of FINADA's Education and Communication departments.

THE IAAF WORLD CHAMPIONSHIPS

FINADA collaborated with the World Anti-Doping Agency WADA and the International Association of Athletics Federations IAAF to plan and carry out the Outreach project, which included distributing anti-doping information to athletes, coaches and spectators.

The practical implementation was mainly by FINADA and WADA, which arranged an information stand in the athletes' village and another one for spectators at the Stadium 'Market Square'.

The information stands distributed information but also organised activities such as allowing athletes, stakeholders and spectators to design anti-doping T-shirts. A total of 350 shirts were designed.

FINADA produced an 8-minute video on which the children and young people of EastTeam Helsinki sports club talked about sports, fair play and the use of doping. The Finnish Broadcasting Company, YLE, screened parts of the video in June, when the Uusimaa regional news did a story on the role of sports clubs in educating children and young people. The

video will be used in FINADA's education sessions.

During the World Championships, 13 volunteers manned the information stand. They had two training sessions, 12 February and 14 May 2005.

INTERNATIONAL PARALYMPIC COMMITTEE (IPC) OPEN EUROPEAN CHAMPIONSHIPS IN ATHLETICS

The Outreach project was also implemented in cooperation with WADA during the IPC European Championships. The information stand was located in the athletes' village in Otaniemi and the target groups were athletes and stakeholders. FINADA's office was responsible for the practical implementation and operation.

FINADA'S MATERIALS

Prohibited Substances and Prohibited Methods in Sports was published on FINADA's website on 1 January 2005 and the printed version came out early on in the year. The publication was reprinted once when the first edition ran out.

FINADA also updated its printed and Internet materials early in 2005. A new Finnish language brochure was published on therapeutic use exemptions and prohibited substances. Swedish-language materials that were updated included the anti-doping brochures for young athletes, the parents of young athletes, and coaches.

FINADA's general brochure in Finnish, Swedish and English was updated for the IAAF World Championships. Postcards and posters in Finnish and

English were designed and printed for the World Championships. The printed materials and new badges were also distributed at education and training sessions and other events after the World Championships.

The Communications department worked together with the Education department to produce the materials.

MEDIA CO-OPERATION

FINADA organised an education and training session at the facilities of United Laboratories Ltd. The session focused on the doping testing process at the IAAF World Championships. It was also the first time that the doors to the doping testing laboratory were opened to journalists, photographers and cameramen. One of the aims was to provide fresher footage.

Provincial newspapers became active before the World Championships and many published stories on doping testing during the games and ran profiles on local testers or assistants who worked at the games.

FINADA collaborated with the Idrottsbiten sports magazine TV show, which talked about doping testing in two programmes. The first part explained how doping tests are carried out and the second part dealt with analysing the sample in the laboratory. FINADA will also use the programmes in its education sessions.



"The functions of FINADA and their necessity are recognised by the Finnish sports community, so FINADA's financial resources can be expected to remain at least at the present level."

RESEARCH

FINADA strives to promote research in the field by organising negotiations, informing about funding alternatives and possibly supporting the launch of smaller projects. Co-ordination meetings of research in the field are organised every second year.

WADA funds research in the field to the amount of USD 6 million for biomedicine and USD

100,000 for behavioural and social sciences. In 2005, important research was carried out by United Laboratories Ltd. with WADA funding in Finland. The research aimed at developing analysis methods. FINADA also contributed a small sum towards a Master's thesis on the history of organised anti-doping activities in Finland. Following an initiative in

2004, a Nordic meeting of behavioural and social scientists was organised in connection with the meeting of Nordic anti-doping agencies in June in Helsinki. The scientific meeting resulted in a co-operation project that is currently seeking funding.

FINANCES

KEY EVENTS DURING AND AFTER THE FINANCIAL YEAR

The finances of FINADA are based on operational assistance and aid granted for separate projects by the Ministry of Education. No initiation or membership charges apply to members. For 2005, the Ministry of Education granted €1,350,000 of operational assistance. The unused portion of the grant for the Anti-doping Passport from the aid issued for separate projects, i.e. € 17,712.25, was transferred for use during 2005. The Anti-doping Passport grant was used in its entirety during 2005. In 2005, the Ministry of Education additionally awarded a subsidy of €275,000 for purchasing laboratory equipment and €8,000 for preparations for the UNESCO Convention.

FINADA applied to the Ministry of Education for €1,515,000 in operational assistance for 2006.

This appropriation would have made it possible to increase the number of tests to approximately 2,000. The Ministry of Education, however, only granted €1,350,000 in operational assistance for 2006. An estimated 1,700 doping tests will be carried out within the national testing programme.

FUTURE DEVELOPMENTS

The economic framework of FINADA's activities in the years to come will be defined by the development of aid granted by the Ministry of Education. The entire Finnish doping testing system was transferred at the beginning of 2004 within the sphere of FINADA's appropriation. This makes it possible to target doping testing more effectively on the basis of FINADA's risk analyses and testing strategy. WADA has tightened the requirements associated with the analysis of prohibited substances and methods in

sports and new doping substances used in sport have come to light. All this has increased laboratory costs. The general rise in costs is increasingly reflected in FINADA's testing costs. Increasing the number of tests from the present level is not possible without a corresponding rise in appropriations.

The functions of FINADA and their necessity are recognised by the Finnish sports community, so FINADA's financial resources can be expected to remain at least at the present level.

EXTENT OF RESEARCH AND DEVELOPMENT

FINADA does not do anti-doping related research of its own, but monitors and supports the activity of universities as well as other research institutes and researchers in the field.

APPENDICES

ORGANISATION AND STAFF

Board 2004–2005

Chair:

OLLI PUNTILA
Senior Lawyer
Finnish Olympic Committee

Deputy Chair:

MIRJA VIRTALA
Senior Advisor, Cultural Affairs
Ministry of Education

Members:

OLLI J. HEINONEN
Senior Physician, MD
Ministry of Education

HILKKA SALMENKYLÄ
Attorney-at-Law
Ministry of Education

KERSTIN EKMAN
Director of Sport Policy
Finnish Sports Federation

TOMMI VASANKARI
Docent in Sports Physiology,
Senior Physician, MD
Finnish Society of Sports Medicine

Permanent expert member:

MARJUT ROLIG
Health Care Entrepreneur
Finnish Olympic Committee,
Athletes' Commission

Deputy member:

KARI NIEMI-NIKKOLA
Sports Director
Finnish Olympic Committee

HANNU TOLONEN
Senior Officer
Ministry of Education

URHO KUJALA
Professor of Sports and Exercise
Medicine, MD
Ministry of Education

RAUNO ANTILA
Director
Ministry of Education

TUIJA BRAX
Member of Parliament
Finnish Sports Federation

ARJA UUSITALO-KOSKINEN
Specialist in Sports and Exercise
Medicine, MD,
Finnish Society of Sports Medicine

Office

JUHA VIERTOLA
Secretary General

PIRJO KROUVILA
Director, International Affairs and
Development

TIMO SEPPÄLÄ
Medical Director, MD (part-time)

MARJORIT NURMI
Quality Co-ordinator
(leave of absence since 5 November
2002)

KATJA HUOTARI
Doping Control Manager

SUSANNA SOKKA
Information Manager

TEUVO VALTANEN
Doping Control Manager

ANNA SIMULA
Pharmacist, Doping Control

MAARIT JUVONEN
Assistant

Working Group on Education (convened twice)

Chair:

MIRJA VIRTALA
Senior Advisor, Cultural Affairs
FINADA Board

KALERVO ILMANEN
Senior Assistant

PEKKA NIKULAINEN
Director of Education

MATTI VIRTANEN
Coaching and Education Director

TANJA KARI
Director of Youth Sport

TEEMU JAPISSON
Development Director

KATJA PELTOLA
PhD, MD

PIRJO KROUVILA
Director, International Affairs and
Development
FINADA

KATJA HUOTARI, *Secretary*
Education Manager
FINADA

Supervisory Group 2004–2005

Chair:

TAPIO KALLIO
Specialist in Sports Medicine and
Orthopaedics, MD

Members:

EERO J. AARNIO
Counsellor of Legislation

HEIKKI LAAPIO
Colonel, MD

OUTI LAPATTO-REINILUOTO
Senior Physician, MD

DOPINGTESTS IN FINLAND 2005

| | TESTS | | | | WADA/INTERNATIONAL FEDER. | | |
|-------------------------|--------------|----------|-------|------|---------------------------|----------|-------|
| | Out-of-comp. | In comp. | Total | | Out-of-comp. | In comp. | Total |
| American football | 39 | 27 | 12 | 39 | | | |
| Archery | 8 | | 8 | 8 | | | |
| Aviation | 0 | | | | | | |
| Badminton | 12 | 12 | | 12 | | | |
| Bandy | 16 | | 16 | 16 | | | |
| Baseball | 0 | | | | | | |
| Basketball | 74 | 10 | 64 | 74 | | | |
| Biathlon | 35 | 16 | 11 | 27 | 8 | | 8 |
| Biljard | 4 | | 4 | 4 | | | |
| Bobsleigh | 9 | | | 0 | 9 | | 9 |
| Boothrowing | 0 | | | | | | |
| Bowling | 7 | | 7 | 7 | | | |
| Boxing | 18 | 3 | 15 | 18 | | | |
| Canoeing | 16 | 10 | 6 | 16 | | | |
| Chess | 0 | | | | | | |
| Climbing | 2 | | 2 | 2 | | | |
| Curling | 5 | | 5 | 5 | | | |
| Cycling | 27 | 5 | 22 | 27 | | | |
| Dance sport | 4 | | 4 | 4 | | | |
| Darts | 0 | | | | | | |
| Diving | 4 | | 4 | 4 | | | |
| Fencing | 11 | | 5 | 5 | | 6 | 6 |
| Field hockey | 4 | 4 | | 4 | | | |
| Figure skating | 15 | 6 | 9 | 15 | | | |
| Finnish dart | 2 | | 2 | 2 | | | |
| Fitness | 17 | 13 | 4 | 17 | | | |
| Floorball | 54 | 14 | 40 | 54 | | | |
| Frisbee | 0 | | | | | | |
| Golf | 7 | 3 | 4 | 7 | | | |
| Handball | 20 | 4 | 16 | 20 | | | |
| ITF-Taekwondo | 2 | | 2 | 2 | | | |
| Ice Hockey | 214 | 55 | 144 | 199 | 15 | | 15 |
| Judo | 43 | 12 | 17 | 29 | | 14 | 14 |
| Karate | 16 | 5 | 11 | 16 | | | |
| Kickboxing | 5 | | 5 | 5 | | | |
| Modern pentathlon | 3 | 1 | 2 | 3 | | | |
| Motorbike sport | 28 | 4 | 24 | 28 | | | |
| National baseball | 16 | 8 | 8 | 16 | | | |
| Orienteering | 70 | 36 | 22 | 58 | | 12 | 12 |
| Paralympia | 90 | 7 | | 7 | 14 | 69 | 83 |
| Powerboat racing | 4 | | 4 | 4 | | | |
| Powerlifting | 140 | 40 | 66 | 106 | | 34 | 34 |
| Pétanque | 3 | | 3 | 3 | | | |
| Racegolf | 0 | | | | | | |
| Rally | 8 | | 8 | 8 | | | |
| Riding | 8 | | 8 | 8 | | | |
| Ringette | 8 | | 8 | 8 | | | |
| Rinkball | 12 | 4 | 8 | 12 | | | |
| Rowing | 14 | 9 | 5 | 14 | | | |
| Sailing | 6 | | 6 | 6 | | | |
| Senior sport | 6 | | 6 | 6 | | | |
| Shooting | 20 | 4 | 16 | 20 | | | |
| Skiing sport | 293 | 64 | 101 | 165 | 14 | 114 | 128 |
| Sleddog racing | 0 | | | | | | |
| Snowboarding | 8 | 8 | | 8 | | | |
| Soccer | 110 | 46 | 64 | 110 | | | |
| Soldier sport | 5 | | | | | 5 | 5 |
| Speedskating | 22 | 14 | 8 | 22 | | | |
| Sportdiving | 13 | | 5 | 5 | | 8 | 8 |
| Squash | 12 | 2 | 10 | 12 | | | |
| Svoli | 15 | 5 | 10 | 15 | | | |
| Swimming | 41 | 10 | 31 | 41 | | | |
| Synchronised swimming | 0 | | | | | | |
| Tabletennis | 4 | | 4 | 4 | | | |
| Taekwondo | 16 | 10 | 6 | 16 | | | |
| Taido | 3 | 3 | | 3 | | | |
| Tennis | 8 | | 8 | 8 | | | |
| Track&Field | 285 | 140 | 89 | 229 | 26 | 30 | 56 |
| Triathlon | 16 | 7 | 9 | 16 | | | |
| Visually impaired sport | 0 | | | | | | |
| Volleyball | 75 | 15 | 60 | 75 | | | |
| Waterball | 4 | | 4 | 4 | | | |
| Weightlifting | 44 | 12 | 32 | 44 | | | |
| Wrestling | 35 | 21 | 14 | 35 | | | |
| Total | 2135 | 669 | 1088 | 1757 | 86 | 292 | 378 |

SUMMARY

A total of 1,775 doping tests were carried out within the Finnish national doping testing programme between 1 Jan 2005 and 31 Dec 2005. The number of tests carried out during the IAAF World Championships was 884. In addition, FINADA carried out 404 tests at the request of WADA and international sports federations.

There were 428 EPO tests in the following disciplines: Alpine skiing 1, biathlon 18, ski orienteering 12, Nordic skiing 58, ice hockey 10, bobsleigh 9, skating 16, cycling 10, rowing 3, orienteering 4, Taekwondo 2, swimming 6, Nordic combined 1, athletics 273. In five cases, the discipline is not known.

| | Sports federations | FINADA | International federation / WADA | Total tests |
|--------------------|--------------------|--------|---------------------------------|-------------|
| Out-of-competition | 3 | 666 | 86 | 755 |
| In-competition | 7 | 1099 | 318 | 1424 |
| Total tests | 10 | 1765 | 404 | 2179 |

| Positive cases | 10 | kielletty aine |
|-------------------|----|---|
| American football | 2 | Anabolic steroid x 2, hcg, tamoxifen |
| Volleyball | 1 | Salbutamol |
| Motor sport | 1 | Alcohol |
| Weightlifting | 1 | Testosterone |
| Indoor bandy | 1 | Cannabis |
| Powerlifting | 4 | Anabolic steroid x 2, testosterone x 1, refusal x 1 |

PUBLICATIONS

FINADA's own publications (in Finnish):

SEPPÄLÄ T., SIMULA A., SOKKA S., VIERTOLA J., VALTANEN T. (TOIM.): Kielletyt lääkeaineet ja menetelmät urheilussa 2006.

FINADA's brochures (in Finnish or Swedish):

Erivapaus urheilijan lääkityksessä ja kielletty lääkeaineet ja menetelmät urheilussa
Framåt med rena medel –
Antidopingguide för unga idrottare
Med rent spel till toppen –
Antidopingguide för tränare
Ren uppfostran –
Antidopingguide för föräldrar till unga idrottare

Scientific articles:

KURLING S, KANKAANPÄÄ A, ELLERMAA S, KARILA T, SEPPÄLÄ T: The effect of sub-chronic nandrolone decanoate treatment on dopaminergic and serotonergic neuronal systems in the brains of rats. *Brain Res* (2005) 1044: 67–75.

PIRKOLA S, SEPPÄLÄ T: Huumeet ja anaboliset aineet. Nuorten terveys 2000. Kansanterveyslaitoksen julkaisuja, KTL B7 / 2005, s 65–68.

VIERTOLA, JUHA: Urheilijan yksityisyyden suojausta dopingvalvonnassa. In *Urheilu ja oikeus* 2005. Jyväskylä 2005.

United Laboratories Ltd:

LEINONEN A., VUORENSOLA K., LEPOLA L.-M., KUURANNE T., KOTIAHO T., KETOLA R., KOSTIAINEN R. Applicability of liquid-phase microextraction (LPME) for sample preparation of free anabolic steroids in urine. In: *Recent Advances in Doping Analysis* (12): Proceedings of the Manfred Donike Workshop, 22nd Cologne Workshop on Dope Analysis, 7th to 12th February March 2004. SCHÄNZER W., GEYER H., GOTZMANN A., MARECK U. (Eds.) Verlag Sport and Buch Strauß, Köln (2004) 329–334.

LEINONEN A., KUOPPASALMI K. Doping ja huippu-urheilu – miksi käry käy? [Doping and top-level sports] (article in Finnish). *Duodecim* 121 (2005) 933–935.

LEINONEN A., KUURANNE T., RAUTAVA K. Dopinganalytiikka tänään [Doping analytics today] (article in Finnish). *KlinLab* 2 (2005) 25–33.

KUURANNE T., ELLFOLK M., KUOPPASALMI K., LEINONEN A., SCHÄNZER W., THEVIS M., HINTIKKA L., KOSTIAINEN R., Georgakopoulos C. Steroid glucuronides – synthesis and development of liquid chromatographic/mass spectrometric analysis in the detection of doping in sport. Manfred Donike Workshop, 23rd Cologne Workshop on Dope Analysis, 27th February to 4th March 2005. Abstracts.

LEINONEN A., MOISANDER T., VUORENSOLA K., KUURANNE T., KOTIAHO T., KETOLA R., KOSTIAINEN R. Gas chromatographic/mass spectrometric determination of ethisterone in urine by liquid-phase microextraction with in-fiber silylation. Manfred Donike Workshop, 23rd Cologne Workshop on Dope Analysis, 27th February to 4th March 2005. Abstracts.

Other publications:

SEPPÄLÄ T: Doping. In *Pharmaca Phennica* 2006/1, eds. KETTUNEN K et al., Lääketietokeskus Oy, Helsinki 2006.

SEPPÄLÄ T, SIMULA A, HEINONEN OJ: Ajankoh- taista antidopingista – urheilijan lääkkeen käytön erivapaus. *Suom Lääk Lehti* 51–52/2005, s. 5272 – 5275.
SEPPÄLÄ T: Anaboliset aineet ja niiden väärinkäyttö. In *Liikuntalääketiede*, ISBN 951-656-188-8, eds. VUORI I, TAIMELA S, KUJALA U, Duodecim, Karisto Oy:n kirjapaino, Hämeenlinna 2005, s 605–616.

SEPPÄLÄ T: Kemiallista muotoilua urheilussa. *HS Vieraskynä*.24.02.2005.

SEPPÄLÄ T: Doping. In *Pharmaca Phennica* 2006/1, eds. KETTUNEN K et al., Lääketietokeskus Oy, Helsinki 2005, s. 613–616.

TRAINING AND EDUCATION ORGANISED BY FINADA

| Date | Place | Organiser, target group | Participants |
|-------|-------------|--|--------------|
| 5.1. | Turku | Turku Ringette, athletes | 15 |
| 9.1. | Lahti | Finnish Biathlon Association, athletes | 20 |
| 11.1. | Ruka | FINADA, chaperone training, Nordic skiing | 14 |
| 11.1. | Helsinki | Finnish Orienteering Federation, those responsible for training in clubs | 30 |
| 12.1. | Helsinki | Ice hockey physicians, physicians | 10 |
| 13.1. | Helsinki | Mäkelänrinne Secondary School (specialised in sport), young athletes | 25 |
| 15.1. | Helsinki | Football Association of Finland, men's 1st division, team management | 30 |
| 16.1. | Helsinki | Football Association of Finland, women's championship league, team management | 25 |
| 16.1. | Vöyri | Football Association of Finland, physical training course, managers | 17 |
| 19.1. | Vierumäki | Finnish Orienteering Federation, athletes and club coaches | 15 |
| 19.1. | Kuortane | Kuortane Sports Institute, vocational qualification in physical education | 5 |
| 21.1. | Helsinki | Football Association of Finland, 2nd division team management | 25 |
| 22.1. | Pori | Football Association of Finland, 2nd division team management | 20 |
| 26.1. | Rovaniemi | Ounasvaara Ski Club, athletes and coaches | 4 |
| 26.1. | Lahti | Lahti polytechnic, students | 13 |
| 27.1. | Jyväskylä | Finnish Orienteering Federation, those responsible for training in clubs | 15 |
| 29.1. | Jyväskylä | Football Association of Finland, 2nd division team management | 25 |
| 30.1. | Oulu | Football Association of Finland, 2nd division team management | 20 |
| 4.2. | Jyväskylä | Finnish Orienteering Federation, athletes | 20 |
| 6.2. | Eerikkilä | Football Association of Finland, managers | 13 |
| 12.2. | Helsinki | FINADA, IAAF World Championship training | 70 |
| 14.2. | Helsinki | The Finnish Prosecution Service, lawyers | 40 |
| 22.2. | Porvoo | FINADA, chaperone training, judo | 15 |
| 28.2. | Kuopio | Kuopion Klassillinen lukio secondary school and Kuopio Sports Academy, young athletes | 80 |
| 13. | Spain | Finnish Golf Federation, athletes | 45 |
| 5.3. | Pajulahti | Finnish Taido Association, coaches | 55 |
| 10.3. | Helsinki | Mäkelänrinne Secondary School (specialised in sport), young athletes | 20 |
| 10.3. | Vaasa | Vaasa Physicians Association, physicians | 25 |
| 18.3. | Helsinki | Finnish Sports Federation, good club network | 50 |
| 21.3. | Helsinki | War Veterans' Science Club | 15 |
| 26.3. | Kuusankoski | Finnish Diving Federation, athletes and coaches | 24 |
| 6.4. | Tampere | University of Tampere, Faculty of Medicine, students | 30 |
| 25.4. | Helsinki | Finnish Badminton Association, board | 10 |
| 26.4. | Tanhuvaara | Finnish Ice Hockey Association, coaches | 12 |
| 6.5. | Kisakallio | Finnish Gymnastics Federation SVoLi, group gymnastics, athletes | 31 |
| 7.5. | Vuokatti | Finnish Ice Hockey Association, coaches | 12 |
| 15.5. | Vierumäki | Finnish Weightlifting Union, coaches | 16 |
| 17.5. | Helsinki | Mäkelänrinne Secondary School (specialised in sport), young athletes | 20 |
| 17.5. | Hyvinkää | Rotary Club of Hyvinkää | 20 |
| 21.5. | Vuokatti | Finnish Olympic Committee, athletes | 40 |
| 21.5. | Kuortane | Finnish Athletics, physicians and athletes | 100 |
| 24.5. | Lahti | Salpausselkä Secondary School (specialised in sport), young athletes | 25 |
| 30.5. | Helsinki | Finnish Federation of the Visually Impaired, goalball players | 25 |
| 10.6. | Vuokatti | Finnish Ski Association, athletes | 30 |
| 11.6. | Pietarsaari | Finnish Powerlifting Federation, athletes | 25 |
| 20.6. | Mikkeli | Football Association of Finland, girls' Pohjola Cup, athletes | 450 |
| 22.6. | Lahti | Defence Forces Sports School, athletes | 55 |
| 10.7. | Vuokatti | Finnish Ski Association, athletes | 54 |
| 29.7. | Kisakallio | Dance sports, athletes | 25 |
| 29.7. | Kisakallio | Dance sports, athletes | 25 |
| 4.8. | Varala | Vocational qualification in physical education, students | 25 |
| 5.8. | Pajulahti | Finnish Gymnastics Federation SVoLi, coaches | 35 |
| 5.8. | Helsinki | Finnish Association of Sports for the Disabled, athletes and coaches | 40 |
| 6.8. | Vuokatti | Finnish Paralympic Committee, athletes | 7 |
| 16.8. | Jyväskylä | Voionmaa Secondary School (specialised in sport), young athletes | 100 |
| 20.8. | Vierumäki | Figure skating, national team | 25 |
| 27.8. | Kisakallio | Finnish Ringette Association, Finnish Championships officials | 40 |
| 27.8. | Kisakallio | Finnish Ringette Association, national team | 40 |
| 27.8. | Kisakallio | Finnish Ringette Association, regional teams | 40 |
| 4.9. | Helsinki | Finnish Swimming Association, coaches | 50 |
| 10.9. | Turku | Finnish Gymnastics Federation SVoLi, aerobic, athletes | 56 |
| 10.9. | Vuokatti | Kainuun liikunta, powerlifters | 8 |
| 12.9. | Helsinki | Mäkelänrinne Secondary School (specialised in sport), young athletes | 28 |
| 710. | Pajulahti | Finnish Triathlon Association, coaches | 12 |
| 1710. | Vierumäki | Sport Institute of Finland, Degree Programme in Sports and Leisure Management, coaches | 18 |
| 2010. | Helsinki | FINADA, sports federation education officers | 20 |
| 2310. | Hämeenlinna | Finnish Canoe Federation, athletes | 30 |
| 2410. | Vuokatti | Vuokatti Secondary School (specialised in sport), young athletes | 54 |
| 2710. | Rovaniemi | Rovaniemi Institute of Health and Welfare, physiotherapists | 20 |
| 2710. | Vierumäki | Finnish Olympic Committee, athletes | 70 |

| | | | |
|------------|-----------|---|----|
| 1.11. | Turku | Turku Sports Academy, young athletes | |
| 4.11. | Eerikkilä | Football Association of Finland, physical training course, managers | 25 |
| 5.11. | Tampere | Equestrian Federation of Finland, athletes and coaches | 30 |
| 7.11. | Lahti | Defence Forces Sports School, athletes | 65 |
| 9.11. | Turku | Turku Secondary School (specialised in sport), young athletes | |
| 9.11. | Helsinki | FINADA, information session for sports federations | 50 |
| 10.11. | Helsinki | Mäkelänrinne Secondary School (specialised in sport), young athletes | 25 |
| 11.11. | Kuortane | Finnish Ice Hockey Association, coaches | 15 |
| 12.11. | Pajulahti | Martial arts, coaches | 35 |
| 12.11. | Helsinki | Finnish Ice Hockey Association, physicians | 10 |
| 13.11. | Lahti | Finnish Canoe Federation, athletes | 30 |
| 19.–20.11. | Lahti | FINADA, education officers | 15 |
| 20.11. | Espoo | Finnish Hockey Association, athletes and trainers | 5 |
| 22.11. | Tampere | Varala Sports Institute, vocational qualification in physical education, students | 25 |
| 23.11. | Kuortane | Degree Programme in Sports and Leisure Management, students | 15 |
| 26.11. | Kuortane | Finnish Athletics, federation coach qualification, coaches | 65 |
| 29.11. | Pajulahti | Prison Service, sports and exercise contact persons | 20 |
| 2.12. | Tampere | University of Tampere, Faculty of Medicine, students | 20 |
| 3.12. | Vierumäki | Finnish Basketball Association, club seminar | 50 |

ADT:N KANSAINVÄLISET EDUSTUKSET

The World Anti-Doping Agency WADA

| | |
|---|----------------|
| Ethics & Education Committee | Pirjo Krouvila |
| Independent Observers Management Group | Pirjo Krouvila |
| WADA educational seminar | Pirjo Krouvila |
| | Juha Viertola |
| WADA co-operation meeting with international sports federations and ANADO | Pirjo Krouvila |

The United Nations Educational, Scientific and Cultural Organization UNESCO

| | |
|--|---------------|
| International Convention against Doping in Sport Preparatory Committee | Juha Viertola |
|--|---------------|

Council of Europe

| | |
|---|----------------|
| Council of Europe Anti-Doping Convention Monitoring Group | Pirjo Krouvila |
| | Juha Viertola |
| WADA Coordination Forum | Juha Viertola |
| Education Committee | Pirjo Krouvila |
| Specialist group on legal issues | Juha Viertola |

Association of National Anti-doping Organisations (ANADO)

| | |
|---------------------|----------------|
| General assemblies | Juha Viertola |
| Board | Pirjo Krouvila |
| Educational seminar | Pirjo Krouvila |
| | Katja Huotari |

International Anti-doping Arrangement (IADA)

| | |
|---------------------|----------------|
| Executive Committee | Pirjo Krouvila |
| | Juha Viertola |

Nordic co-operation

| | |
|--|----------------|
| | Pirjo Krouvila |
| | Juha Viertola |
| | koko toimisto |

FINNISH ANTIDOPING AGENCY FINADA

RADIOKATU 20, FI-00240 HELSINKI

TEL: +358 9 3481 2020

FAX: +358 9 148 5195

INFO@ANTIDOPING.FI

WWW.ANTIDOPING.FI

