

# Annual Report

of the Anti-Doping Unit of the Irish Sports Council for 2007



**Annual Report**  
of the Anti-Doping  
Unit of the Irish Sports  
Council for **2007**

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# INTRODUCTION

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The Irish Sports Council is committed to developing healthy, fair, and enjoyable sport. In accordance with that guiding philosophy, sport must be drugs free and played in accordance with the spirit and letter of the rules. The Irish Sport Anti-Doping Programme, operated by the Council since its establishment in 1999, is the means by which the Council counters the main threat to the fairness of sport, doping.

In a challenging environment the Programme needs to continually develop and grow. The demands upon it nationally and internationally change and increase. In 2007 the main advance was that the Anti-Doping Unit took over complete administration and management of the testing programme, allowing the Unit more effective control over this key aspect of the doping control process.

The new system involves the Sample Collection Personnel reporting directly to the Unit rather than to an external agency. This change was a significant challenge for the Unit which it handled extremely well. It was considered necessary by the Council and the Anti-Doping Committee as it followed recommendations of the Council of Europe Monitoring Group and is based on best international practice.

The testing programme continued to expand in 2007, carrying out 886 tests under the National Programme, with 60% of tests taking place out of competition. 249 tests under the User Pays Programme brought to 1,135 the total number of tests carried out in 37 sports in 2007.

The testing programme included the full service provided to the IRB at the Under 19 Rugby World Championships in Belfast in April 2007, the largest event covered by the Irish Sports Council.

The Anti-Doping Unit remained active in the international front, cooperating throughout the year with World Anti-Doping Agency initiatives. Doping in sport is an international issue and the Council is proud to be involved in many of WADA's important initiatives.

In January 2007 the Council, in association with the Irish Nutrition and Dietetic Institute, hosted a conference on Nutrition in Sport. The event "Nutrition & Peak Performance" was a very successful event, bringing international speakers to address the wide range of relevant topics, some having a direct bearing on the area of doping in sport. In addition it brought the Council into contact with a new and influential audience, dieticians who work directly with sports people around the country.

2008 is an Olympic and Paralympic year and brings a renewed focus on the area of doping in sport. The Council is confident that the Anti-Doping Committee, under the excellent leadership of Chairperson Dr Brendan Buckley, and the executive led by Dr Una May, will meet each challenge in its customary professional manner.

The Council owes Dr Buckley and his Committee a sincere debt of gratitude for the dedicated service they have offered the Irish Sport Anti-Doping Programme. They are supported by many distinguished individuals who serve on various disciplinary, appeals and TUE committees. We appreciate their voluntary service and commitment to the Programme and to the wider interest of Irish sport.



**Ossie Kilkenny**  
Chairperson  
Irish Sports Council



**John Treacy**  
Chief Executive  
Irish Sports Council

## FOREWORD

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Doping in sport remains a major challenge. The work of anti-doping agencies will ensure that the fight against doping is constant, unrelenting and ultimately successful. However we must be realistic and accept that the fight will take a long time.

Cutting edge technologies, often developed with the best intentions to prevent or cure serious illness, will provide new means to challenge the rules of sport. However it is our knowledge of simple human nature, or the long and infamous history of cheating in sport, that leads us to conclude that we will always need an anti-doping programme.

The single biggest cause for optimism that sport can be clean is the existence of the World Anti-Doping Agency and the World Anti-Doping Code. The multi-national, multi-agency approach is the only way to win the global battle against doping. Ireland is a proud supporter of WADA and is willing to play its part wherever it can.

WADA sets the global standard and the Irish Rules, now well established, provide the framework for all activity in this area in Ireland. The nature of the area means that the Rules need to be constantly reviewed and updated. 2008 will see a lot of work in this area with a view to making any amendments that may be required.

The support of national governments is central to WADA. The Anti-Doping Committee acknowledges the support from the Irish Government with its Programme. It appreciates the sincere and ongoing support from the Minister for Sport, Mr Seamus Brennan T.D. and

the officials at the Department of Art, Sports and Tourism.

It is also important to acknowledge the unanimous support within Irish sport for the Irish Sport Anti-Doping Programme and to acknowledge the enormous work and commitment that sports bodies have invested in their anti-doping programmes.

During 2007 the Programme continued to make substantial progress in its three operational areas: testing, education and research. This report, the eighth Annual Report of the Programme, details those activities.

The executive of the Anti-Doping Unit deliver a world class programme in a professional manner. They set a high standard in delivering an essential programme for Irish sport. As always, I enjoyed working with them in 2007 and look forward to another productive year in 2008.

My colleagues on the Anti-Doping Committee continue to make an outstanding commitment of energy, time and expertise and in doing so have made an enormous contribution to the work of the Council. It is an honour to work with them.



**Dr Brendan Buckley**  
Chairperson  
Anti-Doping Committee

# LIST OF ABBREVIATIONS

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<b>ADO</b>	Anti-Doping Officer
<b>ADU</b>	Anti-Doping Unit
<b>ANADO</b>	Association of National Anti-Doping Organisations
<b>IDTM</b>	International Doping Tests and Management
<b>ICGP</b>	Irish College of General Practitioners
<b>ISC</b>	Irish Sports Council
<b>NADOs</b>	National Anti-Doping Organisations
<b>NGB</b>	National Governing Body
<b>OOCT</b>	Out of Competition Testing
<b>TUE</b>	Therapeutic Use Exemption
<b>TUEC</b>	Therapeutic Use Exemption Committee
<b>UNESCO</b>	United Nations Educational, Scientific and Cultural Organisation
<b>USADA</b>	United States Anti-Doping Agency
<b>WADA</b>	World Anti-Doping Agency

# VISIONS OF THE PROGRAMME

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The visions of the Irish Sport Anti-Doping Programme are:

## **Education**

to facilitate the development and delivery of quality education programmes for all major stakeholders.

## **Testing**

to provide an effective, quality-driven testing programme.

## **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.

# BACKGROUND TO THE IRISH SPORT ANTI-DOPING PROGRAMME

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Since the establishment of the Irish Sports Council in July 1999 the anti-doping unit has worked to ensure that the Council's objectives in relation to fair and ethical sporting practices are met. The Irish Sports Council pursues two high level goals:

- The Council will focus its efforts on increasing the number of people participating in sport and physical activity.
- The Council will work to ensure Ireland's performances in elite international sport improve.

Having evolved from a time when a wide variety of anti-doping regulations were applied by NGBs to one in which there is a unified and harmonised approach to anti-doping across all sports in the country, Ireland has moved into a leading position in the International Anti-Doping Arena. The Irish Sports Council has met its anti-doping objectives consistently and to a very high level. The Council's fundamental objectives are based on the firm base of the Council of Europe's Anti-Doping Convention which was the first formal mechanism for international standardisation. This convention was formally ratified by the Irish government in 2003. At the same time the government also signed the Copenhagen Declaration committing to the support of the World Anti-Doping Code. With the advent of the World Anti-Doping Code the Council moved ahead in developing the Irish Anti-Doping Rules, to which all Irish NGBs are now signatories. These Rules were adopted in 2004 and are now the basis of all Anti-Doping matters in Ireland.

## ANTI-DOPING COMMITTEE

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The Irish Sports Council's Anti-Doping Committee is an advisory committee established under the Irish Sports Council Act of 1999. Each member provides specialist guidance and all have their own wide ranging areas of expertise to support the Anti-Doping Unit.

The Anti-Doping Unit met on four occasions throughout 2007, March, June, September, and December. Numerous important subject matters were critically discussed with the key findings reported back to the Sports Council.

The Anti-Doping Committee comprises;

**Dr. Brendan Buckley (Chairperson)**

Consultant Physician  
Cork Regional Hospital

**Ms Noreen Roche**

Dietician, Member of Sports Nutrition  
Interest Group

**Dr. Geraldine Barniville**

ADO Irish Squash and World Squash Federation

**Mr Neville Maxwell**

Former Irish Olympic Athlete

**Dr. Joan Gilvarry**

Medical Director, Irish Medicines Board

**Mr Tony McCarthy**

Irish Sports Council Board Member

**Dr. Patrick Guiry**

Chemist, UCD

**John Treacy**

CEO Irish Sports Council

**Dr. Anthony McCarthy**

Psychiatry, St Vincent's Hospital

**Dr Úna May (Secretariat)**

Programme Manager, Anti-Doping Unit

**Dr. Bill Cuddihy**

Medical Officer to Athletics Association  
of Ireland

**Eammon McCartan**

CEO Sports Council Northern Ireland

**Mr. Mel Christle**

Senior Council

**Ronnie Smyth (Observer on behalf of  
Eammon McCartan)**



# IRISH SPORT ANTI-DOPING DISCIPLINARY PANEL

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At the inception of the Programme in 1999, NGBs were responsible for appointing members to a Disciplinary Panel when an anti-doping violation occurred. However in 2004, as required by the Irish Sport Anti-Doping Rules the Irish Sports Council appointed an Irish Sport Anti-Doping Disciplinary Panel who has the power to hear and determine the consequences of the Anti-Doping Rule violations.

This Panel consists of three experts from each of a legal, medical and sports (administration/ former athlete) background.

The Disciplinary Panel included the following members:

## **Mr Paul Gallagher, Chair, Legal**

**Mr David Barniville**  
Legal

**Ms. Helen Kilroy**  
Legal

**Mr Philip Browne**  
Sport Administrator

**Mr Paddy Boyd**  
Sport Administrator

**Dr Derek McGrath**  
Medical

**Mr Jack Watson**  
Sport Administrator

**Dr Martin G Walsh**  
Medical

**Dr Pat O'Neill**  
Medical

On 14th June 2007, Mr Paul Gallagher was appointed to the distinguished position of Attorney General. Mr Gallagher will no longer be in a position to act as Chairperson of the Irish Sport Anti-Doping Disciplinary Panel. The Irish Sports Council wishes him well in his new position.

## IRISH SPORT ANTI-DOPING APPEAL PANEL

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The World Anti-Doping Code stipulates that certain parties have the right to appeal the decision of the Irish Sport Anti-Doping Disciplinary Panel. Parties include the athlete who is subject to the decision being appealed, NGB concerned, the Irish Sports Council, relevant International Federation, any other Anti-Doping Organisation, International Olympic/Paralympic Committee where the decision may have an effect in relation to the Olympic/Paralympic Games and WADA.

This Panel consists of three experts from each of a legal, medical and sports administration/former athlete background. The Irish Sports Council appointed the following members to the Irish Sport Anti-Doping Appeal Panel:

### **Judge Frank Murphy, Chairperson, Legal**

**Prof. Denis Cusack**  
Medical

**Mr Dermot Gleeson**  
Legal

**Ms. Debbie Massey**  
Sports Administrator

**Dr Mick Molloy**  
Medical

**Mr Bill O'Hara**  
Sports Administrator



Chapter 1

# TESTING





## TESTING PROGRAMME

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The Council completed 1,135 tests in 2007, an increase of 86 tests from 2006. The total comprised of 886 tests under the National Programme and 249 tests under the User Pays Programme.

Under the National Programme, 60% of tests carried out were out of competition which was in line with the intended target. In total thirty seven sports were tested under the National Programme. Testing was conducted at International Events in Ireland including the Setanta Sports Trophy in hockey, the European Wheelchair Basketball Championships and Celtic Tri-Nations in swimming.

The Council conducted User Pays testing for seven organisations in 2007. 249 tests is the largest number of tests conducted under this programme since it started in 2002. This was due to the staging of the Under 19 Rugby World Championships in Belfast from April 4<sup>th</sup> to 21<sup>st</sup>. In association with the International Rugby Board (IRB) 168 tests were completed at this tournament 88 tests in competition and 80 tests out of competition. The Anti-Doping Unit was extremely pleased with the success of testing at this event as it was the largest sporting event where testing was conducted by the Irish Sports Council since its inception in 1999.

### Unavailable for Testing

Article 5.4.5 of the Irish Anti-Doping Rules states:

*“Any Athlete in the Irish Sports Council Registered Testing Pool who is unavailable for Testing on three attempts during any period of eighteen (18) consecutive months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4 (Whereabouts Violations). Notice shall be sent to the Athlete in respect of each unavailability.”*

Six athletes in three sports received their first formal warning due to unavailability for testing. No athlete received a second formal warning for unavailability for testing.

Sport	No of First Warnings	No of Second Warnings
Athletics	4	0
Cycling	1	0
Rowing	1	0
Total	6	0

## Whereabouts

Article 5.4.4 of the Irish Anti-Doping Rules states:

*Any Athlete in the Irish Sports Council Registered Testing Pool who fails to timely submit a required quarterly whereabouts report after receipt of two formal written warnings from the Irish Sports Council to do so, in the preceding eighteen (18) months, shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4 (Whereabouts Violations).*

Twenty-four athletes received their first formal warning as they did not return their whereabouts details by the requested deadline. Five athletes received a second formal warning.

Sport	Number of First Warnings	Number of Second Warnings
Athletics	6	1
Badminton	1	0
Boxing	1	0
Cycling	5	1
Equestrian	4	0
Rowing	1	1
Sailing	2	0
Swimming	1	0
Tennis	3	2
<b>Total</b>	<b>24</b>	<b>5</b>

## Sample Collection Personnel

2007 saw a significant change in the management of the Testing Programme. It was the first year that the Council was wholly responsible for providing sample collection personnel. Twenty-one new sample collection personnel were trained on June 9<sup>th</sup> -10<sup>th</sup> 2007 adding to the numbers already trained in 2006. At the end of 2007, the Council had 47 sample collection personnel fully trained with 4 more sample collection personnel still in training. The Anti Doping Unit are grateful to Wendy Henderson and Alan Mc Murray who work as Tutor Doping Control Officers for their assistance to the Anti-Doping Unit in the practical training of new personnel on this course.

The Annual Sample Collection Personnel training day took place on December 8<sup>th</sup> 2007. The revised Sample Collection Manual (standard operating procedures) was issued to all sample collection personnel. The Anti-Doping Unit had revised this manual in 2007 to ensure that it was more user -friendly.

Overall the management of the testing programme was very successful. The Anti-Doping Unit would like to thank all of the contracted sample collection personnel for their hard work and dedication to ensure a very effective and quality driven testing programme.

The Council contracts IDTM and USADA to test athletes on the programme who are living or training outside of Ireland.

Chapter 2

# INTERNATIONAL





## CONFERENCES AND MEETINGS

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### **Council of Europe Advisory Group on Education – 14<sup>th</sup> February 2007**

A representative from the ADU attended the Meeting of the Advisory Group on Education in Amsterdam on 14 February 2007. The purpose of the group is to improve and enhance the quality of education and information for anti-doping by offering strategies and programmes for each participating country. Resources are shared and initiatives launched such as developing a strategy for social and behavioural research relating to anti-doping.

### **25<sup>th</sup> and 26<sup>th</sup> meeting of the Council of Europe Monitoring Group**

As part of the ADU's international co-operation on anti-doping issues, a representative of the Anti-Doping Unit attended both the 25<sup>th</sup> meeting of the Council of Europe Monitoring Group in Strasbourg on 9-10 May 2007, and the 26<sup>th</sup> meeting of the Council of Europe Monitoring Group in Madrid on 12 November 2007. The meetings dealt with co-operation with WADA as well as reports from the Council of Europe legal, education and science advisory groups.

### **International Doping Control Seminar in**

#### **Tromsø, Norway 24-25 May 2007**

A representative from the Anti Doping Unit and Wendy Henderson, a Tutor Doping Control Officer attended an International Doping Control Seminar in Tromsø, Norway 24-25 May 2007, hosted by Anti-Doping Norway, in cooperation with the World Anti-Doping Agency and with the support of the City of Tromsø. The focus of the seminar was to evaluate how anti-doping organisations can harmonise doping control procedures to enhance the quality of sample collection worldwide, focusing on the areas of athlete notification, athlete supervision, sample collection, Anti-Doping Rule Violations and Doping Control Officer (DCO) Reporting.



## **Association of National Anti-Doping Organisations (ANADO)**

### **ANADO Workshop and Annual General Assembly**

**– Warsaw 3<sup>rd</sup> – 5<sup>th</sup> May 2007**

A representative of the Anti-Doping Unit attended the ANADO workshop and Annual General Assembly in May. The main topics discussed at the workshop were the revised World Anti-Doping Code, the revised International Standard for Testing and Anti-Doping Administration & Management System (ADAMS). WADA updated the National Anti-Doping Organisations on changes between drafts of the World Anti-Doping Code.

### **ANADO Workshop – Tokyo – September 15<sup>th</sup> -17<sup>th</sup> 2007**

The Council was represented at the ANADO meeting in Japan on September 15<sup>th</sup> -17<sup>th</sup> 2007. Various topics were discussed at the meeting including a number of revised International Standards including Testing, Therapeutic Use Exemption and Prohibited List. David Howman, Director General of WADA, gave an update on operational issues of the Agency outlining their main objectives for the next year.

## WADA

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### The World Anti-Doping Conference – Madrid November 15<sup>th</sup> -17<sup>th</sup> 2007

The Third World Conference on Doping in Sport took place in Madrid in mid November and concluded with a resolution accepting revisions to strengthen the World Anti-Doping Code and bolster the fight to protect athlete health and the integrity of sport. The conference was attended by representatives of the Irish Sports Council, the Department of Arts, Sport and Tourism and the Olympic Council of Ireland.

The updating of the Code took place following a lengthy period of consultation with all stakeholders from athletes and their sporting federations to the governments of the world.

Major shifts include:

- » Mandatory education;
- » More focus on investigations to catch doping activity; proof of doping expanded to include testimony, evidence, or sample profiling;
- » Stronger sanctions for certain kinds of doping based on aggravated circumstances;
- » Emphasis in the Prohibited List placed on steroids, hormones, and some stimulants with most other substances becoming “*specified substances*” which are generally available in medicinal products or are less likely to be abused as doping agents.

Alongside the changes to the Code itself WADA also worked on the refinement and development of the International Standards for Testing, for Therapeutic Use Exemptions (TUEs) and for Laboratories. During the process of this consultation some significant changes have been proposed. The magnitude of these changes has resulted in an extension of the development phase for the first two of these standards with a view to completing them within the next six months. In relation to the Testing standard the main changes are in the area of whereabouts and missed tests. The abbreviated TUE process has been the main focus of changes proposed for the TUE standard.

Sports and Governments are expected to implement the revisions to the Code by 1st January 2009. With this deadline in mind the Irish Sports Council will be updating the Irish Anti-Doping Rules during 2008 and will launch a revised version prior to this deadline. All other educational materials will also be revised in tandem with the rule changes. Any necessary changes to the testing and administration processes will also be prepared during 2008 in preparation for full implementation by 2009. The Council will be carrying out a full and comprehensive education and information campaign during 2008 to ensure that everyone is fully aware of all changes and their impact.

## WADA Presidency

Mr John Fahey, former Finance Minister of Australia and a representative of Governments, was selected by the WADA Foundation Board to serve as its next President. Prof Arne Ljungqvist, IOC Member, Chairman of WADA's Health, Medical and Research Committee and representing the Olympic Movement, was chosen as the Vice President.

## Feedback on World Anti-Doping Programme

The World Anti-Doping Agency reviewed the World Anti-Doping Programme which encompasses all of the elements needed to ensure optimal harmonisation and best practice in international and national anti-doping programs, and specifies the responsibilities of its stakeholders. The Programme includes both the World Anti-Doping Code (the Code) and various International Standards which are mandatory for National Anti-Doping Organisations.

The Anti-Doping Unit consulted with the National Governing Bodies of Sport and athletes on the Registered Testing Pool regarding the proposed amendments to both the Code and International Standards. The Council gave feedback on the following documents:

- » World Anti-Doping Code Version 1 and 2
- » International Standard for Testing Version 1 and 2
- » International Standard for Laboratories
- » International Standard for Therapeutic Use Exemptions
- » 2008 Prohibited List



Chapter 3

# EDUCATION



## NUTRITION & PEAK PERFORMANCE CONFERENCE

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The Sports Nutrition Interest Group of the Irish Nutrition & Dietetic Institute approached the Irish Sports Council with regard to holding a conference on nutrition issues relevant to the sports community. The initial connection was through the Irish Sport Anti-Doping Programme with the use of supplements an issue of mutual concern. On January 27<sup>th</sup>, 2007 the Nutrition & Peak Performance Conference was held in Croke Park Stadium in Dublin. The event was chaired by Shane O'Donoghue from RTÉ Sport. Of particular relevance to Anti-Doping were two presentations – *Nutritional Supplements in Sport* by Greg Cox, Senior Sports Dietician with the Australian Institute of Sport, and *Nutritional supplements cross-contaminated and faked with prohormones, “classic” anabolic steroids and “designer steroids”* by Dr Hans Geyer, German Sport University, Cologne. 450 delegates attended the conference.

## ASTHMA SOCIETY EDUCATION

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The Anti-Doping Unit supported the Asthma Society in producing educational material for young athletes with asthma. The aim of the campaign is to encourage young people with asthma to participate fully in sport and exercise and to provide them, their parents, teachers and coaches with the necessary knowledge so that they can participate meaningfully and safely in sporting activities. Featured in the educational material was information on Therapeutic Use Exemption Forms which athletes with asthma may have to complete and submit to the Anti-Doping Unit.



## EDUCATIONAL RESOURCES

The Council continued to deliver on its objective of providing up to date, accurate information to all athletes who are likely to be tested in 2007.

Educational material sent out to various stakeholders in 2007:

	2000	2001	2002	2003	2004	2005	2006	2007
Wallet Cards	5,340	9,150	13,559	7,559	5,052	8,454	22,323	23,702
Wallet Card 2007 reprint								8,350
Sample Collection Leaflets	3,530	8,500	7,516	2,045	1,086	922	7,574	2,062
Irish Anti-Doping Rules					5,399	781	363	136
Guide to the Irish Anti-Doping Rules					5,264	894	338	5
Irish Anti-Doping Rules Handbook for Athletes					7,150	1,441	470	320
Anti-Doping Officer Handbooks			128	40	328	23		
Fact Sheets						74	161	560
Food for Sport								850

## DRUG ENQUIRIES DIRECTLY TO THE ADU

The ADU responds to direct enquiries from the public on the status of specific drugs

	2000	2001	2002	2003	2004	2005	2006	2007
Drug Inquiries	45	92	206	173	199	236	195	159

## EIRPHARM

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Endorsed by the Irish Sports Council since 2001, Eirpharm.com, the Irish Pharmacy website, provides information on the status of medicines in sport in accordance with the World anti-doping code. The medicines and sports database is routinely updated as new medicines are marketed, as the marketing status of some medicines change and as the Code is updated.

In 2007, there were 12,688 users of the Eirpharm.com/sports section which includes the medicines and sport database, healthtips on use of medicines in sport, information on supplements, drugs abused in sport etc. The highest number of users was in the months of July (1361) and June (1300).

During that time, there were 5,464 successful searches reported using the medicines and sports database. Each search result is logged with a unique search number, recording actual time and date of search, computer IP number and result of search. Unsuccessful searches are not counted.

Of the approximately 3000 prescription and non-prescription medicines listed on the database, searches were successfully completed in relation to 981 medicines, of which the majority related to non-prescription items. In relation to ranges of products, the greatest number of queries related to the Lemsip range (268), Benylin Cough preparations (197) followed by the Nurofen range (203) of which Nurofen plus alone accounted for 87 queries. The highest number of individual product queries reported, was for the multivitamin Pharmaton (113). More specifically, queries on prescription items were associated with beta-2-agonist inhalers, particularly Ventolin inhalation products (75) and the Difene range of anti-inflammatories (68). The most commonly queried medication classes were anti-histamines, headache treatments, cold & flu remedies, anti-inflammatories and inhaler products.

The Eirpharm.com "Ask the pharmacist", email query service received 40 queries in 2007. While not all users indicated their background, these queries were from athletes, coaches and medical professionals and were on a broad range of antidoping issues. It would appear that as the database usage is increasing, the number of individual queries is diminishing.



# EDUCATION SEMINARS

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In total 27 Seminars were held in 2007. The Breakdown is as follows –

## ALL SPORTS

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An Open Invitation Athlete Seminar was held on March 6<sup>th</sup> 2007 in the Park Inn Hotel, Smithfield, Dublin, for athletes and athlete support personnel, with 25 attendees present. This seminar addressed areas such as Sample Collection Procedures, the Therapeutic Use Exemption process, the Whereabouts System, Team/Squad testing along with a Questions and Answers session.

## FAI

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The Anti Doping Unit in conjunction with the FAI undertook to individually visit each Eircom League club around the country. Over 500 Players (senior and U21), club management and medical staff of FAI Eircom League teams attended 20 individual anti doping seminars. The seminars addressed Sample Collection Procedures, TUE requirements and the use of sport supplements.

## SWIM IRELAND

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Two seminars were held at Officials Workshops on April 1<sup>st</sup> 2007 and April 22<sup>nd</sup> 2007 concentrating on the duties of an Event Contact Person when testing takes place at competitions. A similar seminar was held for participants on a Pilot Swim Ireland Team Managers Level 2 Course on 13<sup>th</sup> October 2007.

A general information seminar was held on the July 29<sup>th</sup> 2007 for the National Junior Ladies Water Polo Squad at a squad session prior to traveling to Crete for the 2007 European Championships.

## ATHLETICS ASSOCIATION OF IRELAND

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Coaches are a vital stakeholder in Anti Doping, and the Anti Doping Unit views the education of coaches as an integral part of our work. Two seminars took place on Athletics courses – on April 30<sup>th</sup> 2007 on a Level One Coaching Course in the University of Limerick, and a second seminar on a Level 3 Coaching Course held in Santry September 23<sup>rd</sup> 2007.

## CUSAI

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Prior to the 2007 World University Games in Bangkok, on May 31<sup>st</sup> 2007, Anti Doping Unit representatives met with the Chief Medical Officer and coaching and management staff of the delegation. The Anti Doping Unit advised the delegation of their rights and responsibilities with regard to Anti Doping and advised the delegation regarding the completion of Therapeutic Use Exemptions for their International Body and also the Procedures for Sample Collection.

chapter 4

# RESEARCH



## RESEARCH SUB-COMMITTEE

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The Anti-Doping Committee formed a research sub-committee during 2005 composed of the following members:

Dr Brendan Buckley, Dr Joan Gilvarry, Prof Patrick Guiry and Dr Una May.

## SOCIAL BEHAVIOURAL STUDY/UCD

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An anti-doping project, co-funded by the Irish Sports Council and WADA is currently underway in the School of Psychology in UCD. The research team, headed by Prof. Aidan Moran and including Dr. Suzanne Guerin, Dr. Tadhg MacIntyre and Kate Kirby have been investigating doping in sport from a psychological perspective. Phase 1 of the project examined the relationship between attitudes to performance enhancement and psychological variables like motivation, perfectionism, coaching climate and confidence. Over 330 high performance athletes from 14 different nations and across 28 sports have already been surveyed, and analysis of the resultant data shows that both individual personality characteristics and coach behaviour may influence doping attitudes. The project has been running for 2 years, and data collection is currently underway for phase 2, which involves one-on-one interviews with athletes who have been involved in doping.

## GP SURVEY

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In 2006, the Irish Sports Council Survey of General Practitioners was completed. This survey examined the knowledge levels and current practice of Irish GP's in relation to doping in sport. The Anti-Doping Unit will use the results in addressing the anti-doping training requirements of GP's. Further details of this survey are contained in Appendix 4.



Chapter 5

# ADMINISTRATION



## SAMPLE ANALYSIS SERVICE

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Following EU procurement regulations the service of sample analysis was put to tender during 2007. This tender process is followed on a biannual basis. All tenders received were reviewed by an evaluation committee comprised of relevant members of the Council's Anti-Doping Committee and at the conclusion of the process the Duestsche Sporthochschule in Cologne was deemed the successful tenderer. The Council has had many years of good service from Kings College in London and looks forward to an equally successful relationship with the relevant experts at the Cologne lab.

## THERAPEUTIC USE EXEMPTIONS (TUE)

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The ADU implements the International Standard for TUEs, which is provided for the support of athletes who need to be treated with a substance or method that is on the Prohibited List. Athletes can obtain a TUE from the Irish Sports Council or from their International Federation, in the case of International Level athletes, to protect themselves in the event of therapeutically necessary substances or methods being detected in the course of routine doping controls. The Council's TUE system is based on requirements of the International Standard for TUEs.

As required in the Standard, the Irish Sports Council appointed a Sub-Committee to consider requests for TUEs. This Sub-Committee consists of the following members:

**Prof. John Horgan, (Chairperson)**

Cardiology

**Dr James Gibney**

Endocrinology

**Dr Stephen Lane**

Respiratory Disease

**Dr Philip Murphy**

Haematology

**Prof. John O'Byrne**

Orthopaedics

The role of the TUEC is to review requests for medical exemptions and determine if an athlete will receive an exemption for the prohibited substance or method. The criterion for the granting of a TUE follows the International Standard for TUEs.

# TUE COMMITTEE

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The TUE Committee met once in 2007 and discussed a range of issues including:

- » Draft 2008 Prohibited List
- » WADA Medical Guidelines for TUE Committees
- » The status and application of specific substances/products
- » Steroid abuse in bodybuilding

The Anti-Doping Unit also met with the TUE Committee Chairman on several occasions to discuss various TUE matters.

## Applications for Therapeutic Use Exemptions

	2004	2005	2006	2007
Abbreviated TUE Applications	395	509	422	526
Standard TUE Applications	59	94	105	115

The Unit distributed 1412 Standard TUE forms and 1442 Abbreviated Forms in 2007.

Three Standard TUE applications were rejected in 2007 for the following reasons:

- » Not licensed in Ireland for the treatment for which it was prescribed
- » Not indicated for the purpose for which it was prescribed
- » Many permitted alternatives available.

# NEW TUE FORMS

In 2007, new TUE Forms were designed and issued to the National Governing Bodies of Sport and their teams' Medical Personnel. It was hoped that the new forms would be more user friendly. The new forms are illustrated below.

Anti-Doping Unit  
Irish Sports Council  
July 2007  
Application no. ISC STUE

## STANDARD THERAPEUTIC USE EXEMPTION FORM

Please PRINT clearly using BLOCK CAPITALS

**1. Athlete Information**

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_  
 (Sex) Male  Female  Date of birth (day/month/year): \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Home Tel: \_\_\_\_\_ Work Tel: \_\_\_\_\_ Mobile: \_\_\_\_\_  
 Sport: \_\_\_\_\_ Discipline/Position: \_\_\_\_\_  
 Club/Team: \_\_\_\_\_ National Governing Body: \_\_\_\_\_  
 If athlete with a disability, please indicate disability: \_\_\_\_\_

**2. Medical Information (attach any additional information on a separate sheet if necessary)**

Diagnosis of condition or injury sustained: \_\_\_\_\_  
 Supporting medical information: \_\_\_\_\_

*Evidence confirming the diagnosis must be attached and forwarded with this application.*  
 The medical evidence should include a medical history and / or the results of all relevant examinations, laboratory investigations and imaging studies. Copies of the original reports or letters should be included where possible.  
 Evidence should be as objective as possible in the stated circumstances and in the case of non-demondable conditions independent supporting medical opinion will assist with this application.  
 If a permitted medication can be used to treat the medical condition, provide clinical justification for the requested use of the prohibited medication: \_\_\_\_\_

**Each Standard TUE must be accompanied by medical records, including results of any relevant tests. A brief medical history is also required where appropriate.**  
 Incomplete applications will be returned and will need to be resubmitted!  
 Renewal of the TUE is the athlete's responsibility.  
 If you are on your International Federation's Registered Testing Pool you must apply to your International Federation!



Anti-Doping Unit  
Irish Sports Council  
July 2007  
Application no. ISC ATUE

## ABBREVIATED THERAPEUTIC USE EXEMPTION FORM

Please PRINT clearly using BLOCK CAPITALS

**1. Athlete Information** (Sex) Male  Female

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_ Date of birth (day/month/year): \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_ Contact telephone number(s): \_\_\_\_\_ or \_\_\_\_\_  
 Sport: \_\_\_\_\_ National Governing Body: \_\_\_\_\_ Discipline: \_\_\_\_\_  
 Club/Team: \_\_\_\_\_ If athlete with a disability, please indicate disability: \_\_\_\_\_

**2. Asthma Inhalers**

Diagnosed by GP   
 Diagnosed by Respiratory Specialist

Age when diagnosed: \_\_\_\_\_ years old

Since 2006/07, use:  
 Inhaled Corticosteroids  Inhaled Long Acting Beta Agonists   
 Short Acting Beta Agonists  Combination Inhalers   
 Other (Please state): \_\_\_\_\_

Other (Please state): \_\_\_\_\_

Prohibited Substance	Brand Name e.g. Ventolin	Dosage e.g. 200mcg	Route of Admin. Inhalation	Frequency of Admin. e.g. BID	Date of Admin.	Medical Condition of Treatment (New, approved in 3 years)
Salbutamol		mcg	Inhalation			
Formoterol		mcg	Inhalation			
Salmeterol		mcg	Inhalation			
Terbutaline		mcg	Inhalation			
Glucocorticoid		mcg	Inhalation			

← Please check MSD or [www.atc2006.com](http://www.atc2006.com) to see if medications require notification →

**3. Non-systemic Glucocorticosteroid Injections**

History diagnosed: \_\_\_\_\_  
 Re-inject abnormalities investigated: \_\_\_\_\_

Confirmed by:  X-ray   
 Biopsy   
 CT Scan   
 MRI Scan   
 Clinical Examination   
 Other: \_\_\_\_\_

Brand Name	Dosage	Route of Admin. (Non-systemic)	Frequency of Admin.	Date of Admin.	Medical Condition of Treatment

This form covers Inhaled Beta 2 Agonists and Glucocorticosteroids and Non-systemic Glucocorticosteroid Injections - All other Prohibited Substances must be notified on the Standard (Blue) TUE Form. Please check MSD or [www.atc2006.com](http://www.atc2006.com) to see if a medication is Prohibited in Sport.





Chapter 6

# THE YEAR AHEAD



## TESTING

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The Council will monitor and review its sample collection programme to ensure it is of the highest standard by increasing the number of internal audits and by reviewing its internal processes in this field. The Council will also monitor the co-operation of NGBs with the implementation of the sample collection programme.

A new alcohol testing policy will be put in place with relevant NGBs.

All processes and procedures will be reviewed in order to ensure that in January 2009 the Council's anti-doping programme will be fully aligned with the revised World Anti-Doping Code which will be launched at that time.

## EDUCATION

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The educational and information materials of the anti-doping programme will be revised and re-issued during 2008.

The Unit will launch a new athlete Outreach programme aimed at increasing awareness of anti-doping amongst young and developing athletes.

The Council will continue to provide seminars and workshops to key persons identified by the NGBs.

## RESEARCH

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The Council will undertake a survey of its key stakeholders – the athletes – during 2008. This will contribute to an overall review of all aspects of the programme, including in particular the sample collection process.

The Unit will work closely with the recently formed research unit in the Council to develop an anti-doping related aspect to some of the Council's broad research topics.

## ADMINISTRATION

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The anti-doping unit will review its internal processes and procedures during 2008 in order to identify areas where efficiencies can be improved. A decision will then be made on the introduction of a web-based data management system which will be aligned with WADA's requirements in relation to the worldwide anti-doping administration and management system (ADAMS).

A revised version of the Irish Anti-Doping Rules will be issued in the final quarter of 2008 in order to align the Council's anti-doping programme with the new World Anti-Doping Code. All accompanying publications will also be re-issued. A comprehensive education programme will ensure that all stakeholders are fully informed of all changes to the Rules.

## INTERNATIONAL

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The Council will be represented once again on both WADA's independent observer programme and outreach programme in 2008.

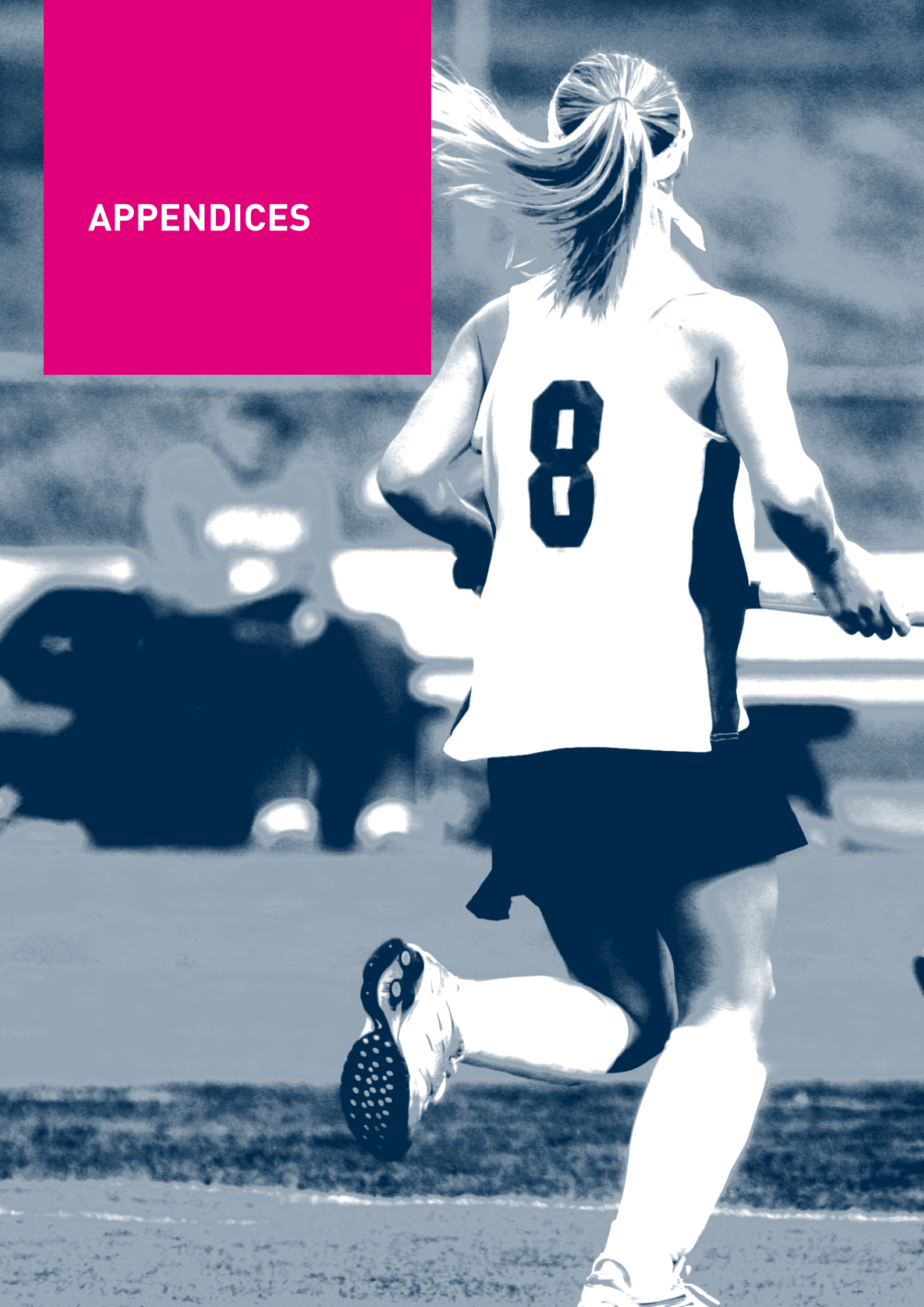
The review of the WADA International Standards will continue during 2008 and wherever appropriate the Council will continue to contribute to these developments.

The Council will continue to support the necessary action required to ensure that the UNESCO Convention is signed by the Irish Government in 2008.





# APPENDICES



## APPENDIX 1 TESTING FIGURES 2007

### National Programme

	Sport	Comp	OOC	Total
1	Archery	2	0	2
2	Athletics	31	101	132
3	Badminton	8	12	20
4	Basketball	0	7	7
5	Blindsports	2	4	6
6	Bobsleigh & Skeleton	0	6	6
7	Boxing	6	25	31
8	Camoige	4	4	8
9	Canoeing	0	19	19
10	Cerebral Palsy Sports	4	17	21
11	Clay Pigeon	5	3	8
12	Cricket	4	0	4
13	Cycling	41	56	97
14	Equestrian	4	9	13
15	Fencing	4	2	6
16	GAA - mens	48	17	65
17	GAA - ladies	8	0	8
18	Golf - mens	3	0	3
19	Golf - womens	4	0	4
20	Hockey	12	0	12
21	IMAC (Martial Arts)	7	6	13
22	Judo	4	1	5
23	Motorcycling	23	0	23
24	Motorsport	19	0	19
25	Rowing	26	55	81
26	Rugby	0	63	63
27	Sailing	5	21	26
28	Snow Sports	0	8	8
29	Soccer	28	27	55
30	Squash	4	11	15
31	Surfing	4	0	4
32	Swimming	16	12	28
33	Table Tennis	2	0	2
34	Tennis	4	7	11
35	Triathlon	6	2	8
36	Weightlifting	4	2	6
37	Wheelchair Sports	15	32	47
	<b>Total</b>	<b>357</b>	<b>529</b>	<b>886</b>

## Ratio In Comp : Out of Comp

In Competition	40%
Out of Competition	60%
	<b>100%</b>

## User Pays Testing

	Comp	OOC	Total
AAI	5	0	5
ANADO	0	20	20
British Boxing Board of Control	2	0	2
Boxing Union of Ireland	6	0	6
IRB	88	80	168
IRFU	32	0	32
Six Nations	16	0	16
	<b>149</b>	<b>100</b>	<b>249</b>

## APPENDIX 2 ANTI-DOPING RULE VIOLATIONS 2007

Sport	Cycling	IMAC	Rugby
Anti-Doping Rule Violation	IADR 2.1*	IADR 2.3~	IADR 2.1*
Comp/OOCT	OOCT	Comp	Comp
Category of Drug	Anabolic Agents	N/A	Cannabinoids
Substance detected	Elevated testosterone: epitesterone ratio	N/A	Tetrahydrocannabinol (THC)
Action taken	Further investigation established no evidence of the administration of a prohibited substance	Case forwarded to International Federation, who imposed a one year sanction	Warning

\* IADR 2.1 The presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's bodily Specimen

~ IADR 2.3 Refusing or failing without compelling justification to submit to sample collection after notification as authorised in applicable anti-doping rules or otherwise evading Sample Collection



## APPENDIX 3 COSTS OF THE PROGRAMME 2007

Expenditure Heading	2007 Cost (€)		2006 Cost (€)
Testing	754,810	(1)	903,413
Education and Research	87,063	(2)	64,070
Salaries	279,214	(3)	212,356
Other Costs	625,050	(4)	543,861
<b>TOTAL</b>	<b>1,746,137</b>		<b>1,723,700</b>
Income from Testing	45,651		67,129

### Notes:

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 (i.e. does not include the cost of printing education material etc)
3. Gross salary costs, including Employers PRSI of the five staff members of the Anti-Doping Unit.
4. Includes legal advice associated with the programme, consultancy fees, travel and subsistence, advertising, printing, insurance and other related costs in administering the programme.

# APPENDIX 4 IRISH SPORTS COUNCIL SURVEY OF GENERAL PRACTITIONERS 2006

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## Journal Article Version

DATE 27 March 2008

Report Prepared By:

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## Abstract

Objectives: To examine the knowledge levels and current practice of Irish GPs in relation to doping in sport, and to determine their training requirements and to compare and contrast the findings of the findings with those of similar surveys carried out elsewhere in Europe.

## Methods

A postal survey consisting of 20 questions was delivered to all 2,083 GPs on the Irish College of General Practitioners (ICGP) register of GPs.

## Results

The response rate was 37% (484 male and 283 women; ranging from 28 to 74 years, mean  $46.2 \pm 9.25$  SD). Twelve percent had completed specific modules in doping or sport while 24% said they were connected with a specific sport as a team doctor or advisor. GPs regard themselves as having poor knowledge of doping agents (54%), masking agents (80%), prohibited methods of administration (64%), sources of prescribing information to athletes (48%), the effects of doping agents on athletic performance (45%), the risks associated with commonly used doping agents (47%), and the side effects of commonly used doping agents (50%). Male GPs, those who have completed specific modules in doping and sport and team doctors/advisors have significantly better knowledge on all areas of doping than their colleagues. Twenty percent of GPs ( $n=154$ ) were aware of ISC resources available to combat the fight against drugs in sport and 33% ( $n=256$ ) possessed the current list of substances prohibited in sport. Twenty-five percent ( $n=190$ ) were aware of ISC drug testing procedures. Fifty-six percent of GPs ( $n=434$ ) felt that current initiatives to discourage doping in sport were ineffective while 25% ( $n=191$ ) felt they were effective and 19% ( $n=146$ ) didn't know or didn't answer. Twenty-Eight percent ( $n=217$ ) of surveyed GPs confirmed that they had some time

previously been consulted for advice on doping. In the event of an athlete looking for a prohibited substance ninety percent of GPs (n=690) said they would discourage the use of the substance in all circumstances while 2% (n=13) confirmed that they would prescribe or supply the requested agent. One percent of GPs (n=6) deemed it acceptable for doctors to prescribe anabolic steroids for non-medical indications. Neither gender, training status nor affiliation to a sport as a team doctor/ advisor proved divisive in terms of practice with all GPs equally as likely to refuse to prescribe or supply any requested prohibited agents and to consider the prescription of non-medically indicated anabolic steroids as unacceptable. Ninety-two percent of surveyed GPs (n=716) felt that GPs and pharmacists have a role to play in the prevention of doping in sport. Despite this only 9% (n=66) felt adequately trained for such a role. Eighty-six percent (n=657) felt that they required further training in relation to doping issues

## Conclusions

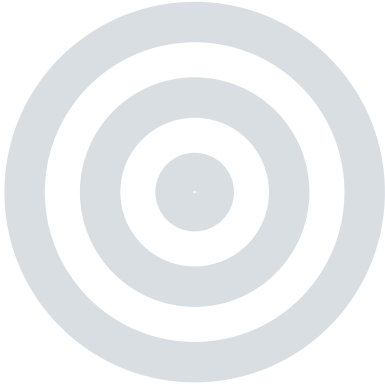
GPs in general have poor knowledge of doping in sport which is worrying since they are consulted at least occasionally. There is overwhelming support for further training among the GPs surveyed however the main policy question arising from this research is whether resources would be best allocated towards the education of those GPs already involved in sport, who are already relatively knowledgeable but are also regularly consulted, or in the education of the GP population at large, who are not as knowledgeable but are consulted less frequently











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