

**THE  
IRISH SPORTS  
COUNCIL**

**AN CHOMHAIRLE SPÓIRT**



The Irish Sports Council

**ANTI-DOPING ANNUAL REVIEW**

**2014**

[www.irishsportscouncil.ie](http://www.irishsportscouncil.ie)

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# INTRODUCTION

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Sport is an integral part of the culture of Irish people. Sport can raise the hopes and dreams of a Nation and inspire future generations to get involved in sport.

Doping threatens the integrity of sport and is an ongoing threat to sport and athletes. The Irish Sports Council's role is to work to promote our vision of clean sport in Ireland. Our aim is to drive and support compliance with the Irish Anti-Doping Rules and prevent doping in sport by education, testing, intelligence and investigations.

The Irish Sports Council is proud to have established strong relationships with Anti-Doping Organisations internationally and be seen as a leader in the fight against doping.

We are pleased to present the fifteenth annual review of the Anti-Doping Unit of the Irish Sports Council. The review provides details of the activities of the Programme in 2014, including the financial cost of the programme. In 2014 the Programme cost €1,533,143.

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A total of 1054 blood and urine tests were conducted in Ireland and overseas

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This incorporates both the National Testing Programme as well as User-Pays services.

2014 was another successful year for the Irish Sports Council with its Anti-Doping Programme building on the Intelligence work from 2013. This was highlighted by the close work conducted with UK Anti-Doping, Customs Revenue and the Health Product Regulatory

Authority in preparation for the Giro d'Italia in June 2014. The Council will continue to collaborate with our international colleagues and intelligence agencies on doping activities and trends so that we can ensure that our Programme continues to be one of the best anti-doping programmes in the world.

The Council recognises that the success of the Anti-Doping Programme in Ireland is due to the continued co-operation and commitment we receive from NGBs and athletes. It is through their good will and promotion of anti-doping that reassures the Irish sporting community that Irish athletes compete fairly.

The Council would like to acknowledge the relentless contribution that Dr. Una May and her team in the Anti-Doping Unit continue to provide to Irish sport. They work to constantly enhance the testing programme to keep up to date with global doping trends and continue to support NGBs with the education of Irish athletes.

Finally we would also like to express our appreciation to the distinguished individuals who provide dedicated service on various Committees. Prof. Brendan Buckley, as Chairman of the Anti-Doping Committee, continues to provide outstanding leadership. We appreciate their service and commitment to the Programme and to the wider interest of Irish sport.



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Kieran Mulvey  
Chairman



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John Treacy  
Chief Executive



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# FOREWORD

In 2014 the Irish Anti-Doping Programme continued to make progress in education, research, testing and detection. This Annual Report, the fifteenth of the Programme, gives an account of these activities.

Performance enhancing substances in sport continue to present a worldwide problem and are likely to always do so. For over 15 years, the Irish Sports Council has been entrusted by Government to combat doping in Ireland and we are resolute that our fight against doping is constant, determined and ultimately successful. We are as determined and committed as are Irish sportsmen and women to Ireland's great sporting reputation. Like them, we do not accept defeat.

The members of the Anti-Doping Committee and the staff of the Anti-Doping Unit are motivated to combat doping in sport because we value the contribution of clean sport to the well-being of the nation. There continues to be a strong consensus that the use of performance enhancing substances is cheating and that doping devalues sport. It can corrode the confidence of those who enjoy following sport and it undermines the achievements of clean sportspeople. It destroys the illusory achievements of those who dope.

A major task in 2014 has been the preparation and completion of the new Irish Anti-Doping Rules, for implementation from the 1st of January 2015. These align with the new WADA World Anti-Doping Code. Henceforth the Irish Sports Council and those who have adopted the Irish Sports Council Rules must comply with their responsibilities under the new Code. To prepare these new rules, we have extensively consulted with all stakeholders in Ireland. Sports bodies throughout Ireland have fully committed to this, just as a true team does.

To prevent and detect doping cheats we rely heavily on intelligence, which directs focus rather than just random testing. We greatly appreciate the active collaboration of the Health Product Regulatory Authority (HPRA), of Revenue Customs and of the other law enforcement agencies throughout Ireland with whom we have a close relationship. Given the all-island nature of many sports, our deep collaboration with Sport Northern Ireland is crucial.

Much of our activity is conducted with amateur sports people and we are conscious that, for these athletes in particular, what we do may sometimes be inconvenient and intrusive. We thank them for their co-operation and we continue to try to learn from them.

We have been recognised internationally for many years as leaders in world anti-doping. We collaborate closely

with many other national anti-doping agencies and this was crucial, for instance, in our monitoring of the Giro d'Italia in Ireland. Ireland stages many major international sporting events and our anti-doping friendships across Europe and the globe aids detection of cheating.

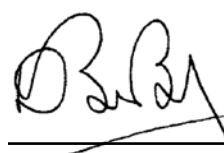
As a world-leading anti-doping agency we are able credibly to press for a 'level playing field' internationally for Irish athletes. We know that there is a wide disparity of anti-doping resources across the world but we realise that equality can only come by sustained effort. We actively influence the development of WADA policy and the evolution of the World Anti-Doping Code.

Our research collaboration with the WADA-accredited laboratory of the German Sport University, Cologne continues to yield new methods to detect doping, even in cheats who have already breathed a sigh of relief that they have not been detected so far. Testing techniques that we have helped to develop have been used to re-test stored urine samples from past competitions and this has resulted in a significant number of new adverse analytical findings and sanctions against athletes who had previously escaped detection.

The adverse findings, detailed in this report for 2014, are not surprising and align with the experience of those countries that we regard as our peers.

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

This Annual Report is not so much about looking back over 2014, but more about marking a stage in our unrelenting efforts to keep sport clean from contamination by doping. We look forward to further progress in 2015.



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**Professor Brendan Buckley**  
Chairman  
Anti-Doping Committee

# BACKGROUND



## LIST OF ABBREVIATIONS

<b>AAF</b>	Adverse Analytical Finding
<b>ADO</b>	Anti-Doping Officer
<b>ADU</b>	Anti-Doping Unit
<b>ERC</b>	European Rugby Cup
<b>HPRA</b>	Health Product Regulatory Authority
<b>IADR</b>	Irish Anti-Doping Rules
<b>IF</b>	International Federation
<b>IC</b>	In-Competition
<b>INADO</b>	Institute of National Anti-Doping Organisations
<b>ISADDP</b>	Irish Sports Anti-Doping Disciplinary Panel
<b>ISC</b>	Irish Sports Council
<b>ISTUE</b>	International Standard for Therapeutic Use Exemptions
<b>MIMS</b>	Monthly Index of Medical Specialities
<b>NADO</b>	National Anti-Doping Organisation
<b>NGB</b>	National Governing Body
<b>OOC</b>	Out-of-Competition
<b>OTC</b>	Over the Counter
<b>RCSI</b>	Royal College of Surgeons in Ireland
<b>SCP</b>	Sample Collection Personnel
<b>TUE</b>	Therapeutic Use Exemption
<b>UCD</b>	University College Dublin
<b>WADA</b>	World Anti-Doping Agency

## VISIONS OF THE PROGRAMME

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

### Testing

To provide an effective, quality-driven testing programme.

### Education

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

### Research

To establish a long-term research programme which compliments and progresses anti-doping research nationally and internationally.

### International

To keep abreast of international best practice and to collaborate with relevant international initiatives.

### Administration

To develop and maintain quality standards to ensure correct and transparent administrative procedures.



## BACKGROUND TO THE IRISH SPORT ANTI-DOPING PROGRAMME

The Irish Sports Council is mandated by legislation (the Irish Sports Council Act, 1999) to take appropriate actions to combat doping in sport.

What is 'appropriate' is determined by the Country's ratification of the UNESCO Convention Against Doping in Sport which effectively binds the government to the implementation of a fully functioning National Anti-Doping Programme which complies with all of the relevant articles of the World Anti-Doping Code. The World Anti-Doping Code continues to be the cornerstone of the world-wide fight against doping in sport. In Ireland this code is reflected in, and consequently implemented through the Irish Anti-Doping Rules.

## ANTI-DOPING COMMITTEE

The Irish Sports Councils' Anti-Doping Committee is an advisory committee established under the Irish Sports Council Act 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 Committee met on three occasions throughout 2014. Various discussions took place on many critical subject areas with the key findings reported back to the Irish Sports Council.

## The Anti-Doping Committee members are:

- ▶ Dr. Brendan Buckley (Chairman)  
Consultant Physician, Cork Regional Hospital
- ▶ Dr. Joan Gilvarry  
Medical Director, Irish Medicines Board
- ▶ Prof. Patrick Guiry  
Chemist, UCD
- ▶ Dr. Bill Cuddihy  
Former Medical Officer to Athletics Ireland
- ▶ Dr. Anthony McCarthy  
Psychiatry, St Vincent's Hospital
- ▶ Mr. Mel Christie  
Senior Council
- ▶ Ms. Noreen Roche  
Dietician, Member of Sports Nutrition Interest Group
- ▶ Ms. Wendy Henderson  
Anti-Doping Education Officer, Sport Northern Ireland
- ▶ Ms. Susan Ahern  
Head of Legal Affairs, World Rugby
- ▶ Mr. Bernard Allen  
Former Sports Minister
- ▶ Mr. Patrick O'Connor  
Managing Partner at P.O'Connor & Son Solicitors
- ▶ Mr. John Treacy  
CEO, Irish Sports Council
- ▶ Dr. Una May  
Director of Ethics & Participation, Irish Sports Council



## IRISH SPORT ANTI-DOPING DISCIPLINARY PANEL

The Irish Sport Anti-Doping Disciplinary Panel continued to operate in 2014 as a panel of appropriate experts who were available to hear and determine a case or appeal arising out of the Irish Anti-Doping rules. The Panel has the power to determine whether an anti-doping rule violation has been committed and/or the consequences to be imposed pursuant to the Rules for an anti-doping rule violation found to have been committed.

### The Irish Sport Anti-Doping Disciplinary Panel members are:

Michael Collins	Chair
David Barniville	Vice-Chair
Helen Kilroy	Vice-Chair
David Casserly	Vice-Chair
Adrian Colton	Vice-Chair
Seamus Woulfe	Vice-Chair
Rory MacCabe	Vice-Chair
Hugh O'Neill	Vice-Chair
Margaret Corcoran	Admin Rep
Warren Deutrom	Admin Rep
Pat Duffy	Admin Rep
Liam Harbison	Admin Rep
Liz Howard	Admin Rep
Bill O'Hara	Admin Rep
Sarah Keane	Admin Rep
Philip Browne	Admin Rep
Damian McDonald	Admin Rep
Mary O'Flynn Flannery	Medical Rep
Colm O'Morain	Medical Rep
Pat O'Neill	Medical Rep
Martin Walsh	Medical Rep
Denis Cusack	Medical Rep
Alan Byrne	Medical Rep
Mick Molloy	Medical Rep
Rachel Cullivan-Elliot	Medical Rep

## THERAPEUTIC USE EXEMPTION (TUE) COMMITTEE

In line with the World Anti-Doping Agency International standard for Therapeutic Use Exemptions, the Irish Sports Council TUE Committee considers TUE applications for Irish athletes.

### The Therapeutic Use Exemption Committee members are:

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

Full details regarding Therapeutic Use Exemptions in 2014 are addressed in the Administration section.



# TESTING

## TESTING HIGHLIGHTS FOR 2014

- ▶ National Testing Programme increased by 186 tests (an increase of 18%)
- ▶ Blood Testing figures increased by 31%
- ▶ In Competition tests accounted for 25% of National Testing Programme, Out of Competition tests for 75% National Testing Programme
- ▶ Whereabouts Mobile App was launched for all Registered Testing Pool (RTP) athletes. In 2014, 35% of whereabouts submissions by athletes were provided through this website based app.
- ▶ Whereabouts Failures decreased by 80% (18 Whereabouts Failures in 2013 and 4 in 2014)
- ▶ Unsuccessful attempts on team sports decreased by 29%
- ▶ Unsuccessful attempts on the Registered Testing Pool increased by 12%

Table 1 shows a breakdown of testing figures for the 2014 National Programme

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

	Urine	Blood	Total
National Programme	775	279	1054
In-Competition	265	0	265
Out-of-Competition	510	279	789

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

National Governing Body	Comp	R-OOC	N-OOC	Blood	Total
Athletics Ireland	20	108	0	85	213
Badminton Ireland	4	0	0	0	4
Basketball Ireland	8	0	0	0	8
Canoeing Ireland	0	18	0	13	31
Cerebral Palsy Sport Ireland	0	7	0	3	10
Cricket Ireland	0	0	2	0	2
Cycling Ireland	38	77	4	61	180
Football Association of Ireland	28	0	24	0	52
Gaelic Athletic Association	44	0	45	0	89
Gymnastics Ireland	2	2	0	0	4
Horse Sport Ireland	9	5	0	5	19
Irish Amateur Boxing Association	8	49	0	30	87
Irish Fencing Federation	1	0	0	0	1
Irish Hockey Association	0	0	6	0	6
Irish Judo Association	0	6	0	0	6
Irish Martial Arts Commission	2	0	0	0	2
Irish Rugby Football Union	0	0	62	40	102
Irish Squash	2	2	0	0	4
Irish Surfing Association	3	0	0	0	3
Irish Tug of War Association	8	0	0	0	8
Irish Wheelchair Association Sport	0	20	0	3	23
Ladies Gaelic Football Association	4	0	0	0	4
Motor Cycling Ireland	20	0	0	0	20
Motor Sport Ireland	20	0	0	0	20
Rowing Ireland	8	16	4	0	28
SnowSports Association of Ireland	0	1	0	0	1
Swim Ireland	12	24	0	21	57
Tennis Ireland	3	0	0	0	3
The Camogie Association	4	0	0	0	4
Triathlon Ireland	9	17	5	15	46
Vision Sports Ireland	0	6	0	3	9
Weightlifting Ireland	8	0	0	0	8
<b>Total</b>	<b>265</b>	<b>358</b>	<b>152</b>	<b>279</b>	<b>1054</b>



**Table 3 User Pays**

	Urine		Blood	
Organisation	IC	OOC	OOC	Total
Athletics Ireland	16	0	0	16
Boxing Union of Ireland	4	0	0	4
Cycling Ireland	4	0	0	4
ERC	16	0	0	16
Irish Fencing Federation	1	0	0	1
International Triathlon Union	0	1	1	2
IMAC	2	0	0	2
IRFU	32	0	0	32
Irish Tug of War Association	5	0	0	5
Six Nations	20	0	0	20
UKAD	4	14	9	27
World Rugby	0	50	8	58
<b>Total</b>	<b>104</b>	<b>65</b>	<b>18</b>	<b>187</b>

**Table 4 RTP Whereabouts Failures by Quarters**

	Filing Failures	Missed Tests	Unsuccessful Attempts
Quarter 1	0	1	26
		Cycling Ireland: 1	Athletics Ireland: 8
			Cycling Ireland: 7
			Horse Sport Ireland: 2
			Irish Amateur Boxing Association: 2
			Irish Wheelchair Association: 2
			Rowing Ireland: 1
			Swim Ireland: 1
			Triathlon Ireland: 3
Quarter 2	2	0	16
	Canoeing Ireland: 1		Athletics Ireland: 5
	Cerebral Palsy Sport Ireland: 1		Canoeing Ireland: 2
			Cycling Ireland: 2
			Irish Amateur Boxing Association: 4
			Rowing Ireland: 3
Quarter 3	1	0	25
	Rowing Ireland		Athletics Ireland: 6
			Canoeing Ireland: 1
			Cycling Ireland: 2
			Irish Amateur Boxing Association: 7
			Irish Squash: 2
			Irish Wheelchair Association: 1
			Rowing Ireland: 2
			Swim Ireland: 2
			Triathlon Ireland: 2
Quarter 4	0	0	18
			Athletics Ireland: 3
			Canoeing Ireland: 1
			Cerebral Palsy Sport Ireland: 1
			Cycling Ireland: 4
			Horse Sport Ireland: 1
			Irish Amateur Boxing Association: 1
			Irish Judo Association: 1
			Irish Wheelchair Association: 1
			Rowing Ireland: 3
			Swim Ireland: 1
			Vision Sports: 1

Please see the back page for definitions

**Table 5 NGB Unsuccessful Attempts**

NGB	Unsuccessful Attempts
GAA	5
FAI	4
IRFU	1



# ANNUAL TESTING FIGURES 2014

Anti-doping Unit National Programme



# 1054 TESTS

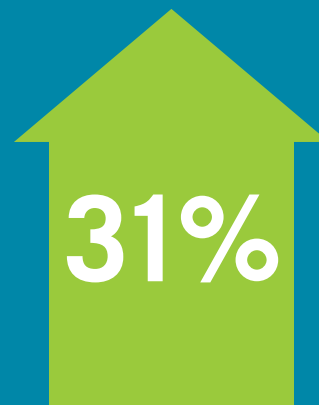
2014 NATIONAL PROGRAMME

NATIONAL TESTING PROGRAMME INCREASED BY

**186**  
TESTS



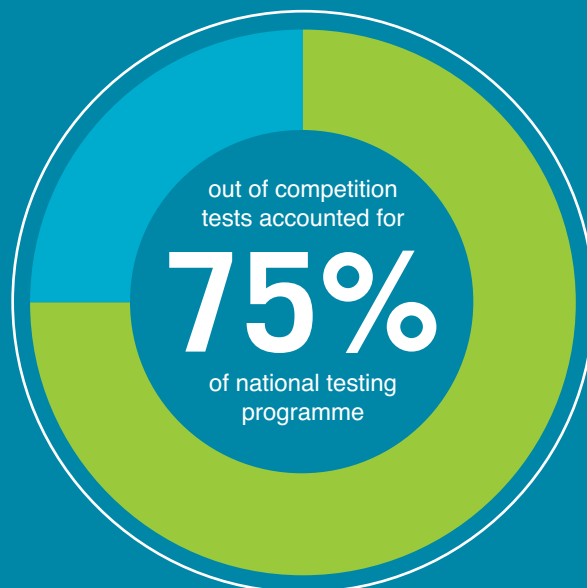
BLOOD TESTING FIGURES INCREASED BY 31%



## IN COMPETITION TESTS



## OUT OF COMPETITION TESTS





## TOP 5 TESTED SPORT

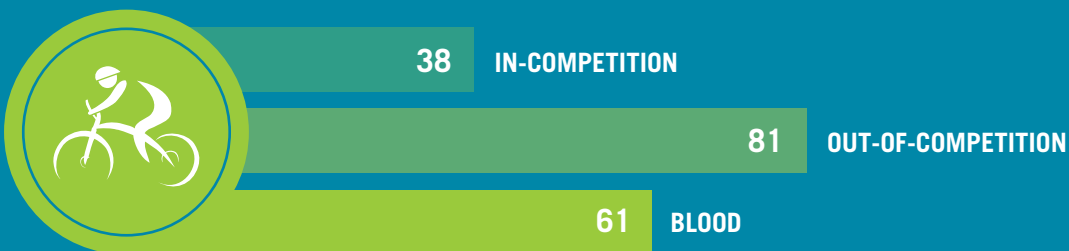
### ATHLETICS

TOTAL: 213



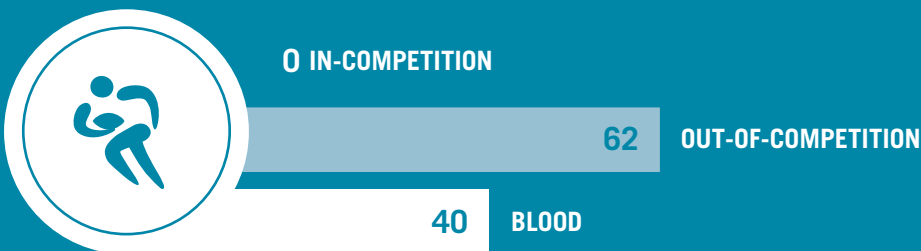
### CYCLING

TOTAL: 180



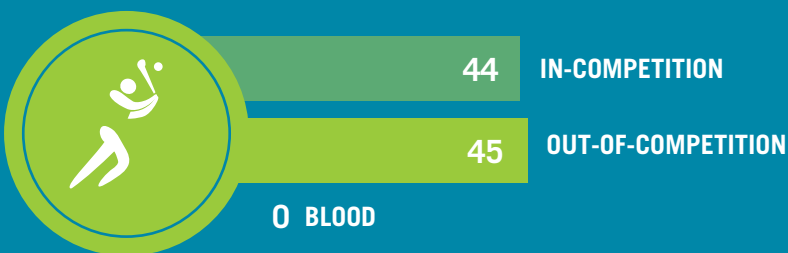
### RUGBY

TOTAL: 102



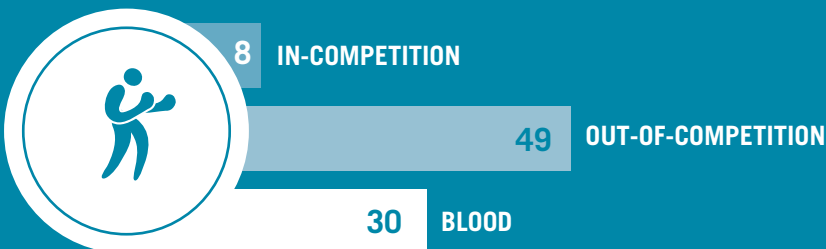
### GAA

TOTAL: 89



### BOXING

TOTAL: 87



# EDUCATION AND RESEARCH



Travis Tygart



Thomas Barr

The Irish Sports Council continues to work in partnership with its stakeholders to facilitate the development and delivery of quality education programmes for all major stakeholders.

We aim to provide up-to-date information to all athletes who are likely to be tested, as well as their support personnel, with particular focus on their responsibilities with regard to the Anti-Doping Programme. The services we provide to stakeholders for use in their education programmes are wide-ranging from our website, e-learning programmes, smartphone applications to more traditional channels such as leaflets and posters.

## E-LEARNING PROGRAMMES

The Irish Sports Council promotes two e-learning programmes for use by stakeholders.

### Real Winner - An Online Education Initiative

Real Winner, an online educational e-learning programme suitable for athletes, coaches and all support personnel to learn about anti-doping. Interactive videos introduce and reinforces athlete responsibilities and facilitates maximum understanding and compliance under the World Anti-Doping Code and the International Standard for Testing and Intelligence. 600 athletes and coaches completed the Real Winner online education programme in 2014.

### Coach True - An online education programme for coaches

The World Anti-Doping Agency has developed a free e-learning programme specifically aimed at coaches. The programme covers topics such as health consequences of doping, results management, therapeutic use exemptions, the whereabouts system and decision making. A number of National Governing Bodies have encouraged their membership to participate in the e-learning programme.

## NATIONAL GOVERNING BODY SUPPORT

In order to support National Governing Bodies and enhance the education of their members, the Irish Sports Council provides seminars to groups of athletes and athlete support personnel on a regular basis. The intent of the seminars is to provide direct and necessary information to those who are subject to the testing programme as well as to raise the level of awareness of anti-doping work to a wider audience.

Priority groups are those athletes and individuals most likely to be currently subject to testing when in Ireland or when competing overseas, those who may be tested in the foreseeable future and those who provide advice/services to them (e.g. coaches and doctors).

### Education Seminars

In 2014, 29 seminars were delivered for organisations including Athletics Ireland, the Irish Amateur Boxing Association, Badminton Ireland, Irish Wheelchair Association, Basketball Ireland, IRFU, Setanta College, Masters in Sports Management students at University College Dublin and sports medicine students at Trinity College Dublin. Over 900 athletes and athlete support personnel attended these seminars.

### NGB 2015 Code Conference

On the 18th of November 2014 a conference took place in Croke Park to educate all stakeholders about changes to the Irish anti-doping rules. The event included a keynote address from Travis Tygart CEO of USADA. The event also included an anti-doping update from Una May. Gary



Rice DAC Beachcroft gave an update on some of the key changes for NGBs Irish Anti-Doping Rules in accordance with the new WADA 2015 code. Siobhan Leonard gave an update on the internal changes to testing. Rachel Maguire gave an update on the responsibility of NGBs in relation to anti-doping education and how to minimise the risk of athletes consuming a contaminated supplement.

### **Outreach at the National Athletic Championships**

In July 2014, an anti-doping outreach was conducted at the National Athletic Championships. This was a successful event engaging with our elite and young athletes alike.

### **Third level Education**

In 2014 we commenced work with various institutions such as Setanta College and Limerick Institute of Technology. The goal was to implement anti-doping into existing coaching qualifications such as strength and conditioning so athlete support personnel understand their roles and responsibilities in relation to anti-doping to encourage a drug free ethos with all athletes they work and engage with.

## **EIRPHARM**

### **Introduction**

Since 2001, the Irish Sports Council has endorsed Eirpharm.com the Irish Pharmacy website as an online source of accurate anti-doping information. The status in sport of over 3000 prescription and non-prescription medications marketed in the Republic of Ireland can be checked either online or through the Medication Checker App. The medicines and sport database is regularly updated in accordance with changes to the WADA Prohibited List, as products are discontinued and new products are marketed. It includes photographs of most non-prescription medicines as a reference. In 2014, the Eirpharm.com "Ask the Pharmacist" section received 30 queries on the use of medicines or supplements in sport.



## KEY STATISTICS: 2014 FIGURES (2013, 2012 FIGURES IN BRACKETS RESPECTIVELY)

### 1. Number of successful database searches:

**35,009** (28,503, 29,214), which is a 22.8% (6506) increase on 2013

### 2. Number of products of listed in database:

**3,474** (3,346, 3,311) products

### 3. Searches performed on

**2,149** (1,961, 1,824) different products

### 4. Most commonly searched individual products:

Rank (2014)	Product Name	No of times searched (2013, 2012 figures in brackets)	What is the product?	Legal status
1 (1)	Nurofen Cold and Flu Tablets	581 (567, 492)	Combination ibuprofen and pseudoephedrine tablet for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies
2 (2)	Lemsip Max Cold and Flu Powder for Oral Solution	545 (426, 381)	Paracetamol solution for relief of the symptoms associated with the common cold or influenza	Over the counter
3 (3)	Lemsip Max Sinus & Flu Hot Lemon Oral Solution	482 (383, 315)	Combination paracetamol and pseudoephedrine powder for symptomatic relief of common colds, influenza etc.	Over the counter from pharmacies
4 (5)	Lemsip Cold & Flu Capsules with Caffeine	430 (338, 307)	Combination Paracetamol and Caffeine product for the relief of symptoms associated with the common cold and influenza	Over the counter
5 (7)	Nurofen Plus Tablets	396 (314, 415)	Combination Ibuprofen, Codeine Phosphate Hemihydrate for the relief of pain and symptoms associated with the common cold and influenza	Over the counter from pharmacies

Nurofen Cold and Flu has been the most popular successful search each year since 2012. There was no change in the order of popularity from 2013 to 2014, for the first three most popular. The over the counter decongestant Sudafed Tablets containing pseudoephedrine decongestant Sudafed Tablets which was in fourth place for the last two years is now in seventh place. Nurofen Plus Tablets is fifth in 2014 and was seventh in 2013.

This table reflects the overall market of commonly used non-prescription medicines.



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## 5. The most commonly searched prescription products

Following the trend of 2012 and 2013, Ventolin Inhaler/ Evohaler, which contains the inhaled beta-2-agonist Salbutamol was the most queried prescription product for which 368 (364, 439) successful searches were reported. This was followed by the inhaled Long Acting Beta- 2-Agonist/ Glucocorticoid Symbicort Tubohaler (239 successful queries). Other prescription products with high number of queries were the Long Acting Beta- 2-Agonist/ Glucocorticoid combination product Seretide Diskus and Evohaler, with 89 and 88 searches respectively followed by tramadol and diclofenac products.

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## 6. The most commonly searched therapeutic class of product

More searches were associated with non-prescription medicines and of these, over-the-counter remedies for colds and influenzas were the most commonly searched therapeutic class accounting for 7177 (20.5%) of all successful searches. In 2013 and 2012, this class was associated with 18.7% (6312) and 21.6% (5530) of all successful searches.

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## 7. Most commonly searched brand range of products:

Lemsip is the most commonly searched brand on the Eirpharm database for 2014. Successful searches accounted for 3620 or 10.3% of all queries. This reflects a similar situation to the previous year where Lemsip was also just over 10% of 2013 successful searches. As some products in the Lemsip range contain pseudoephedrine, which is prohibited in competition, users can check the status of a number of products in this range to ensure that they are using the correct one. Ventolin which contains the Short Acting Beta-2-Agonist Salbutamol was the highest searched prescription product in 2014. In general 2014 successful searches reflect the trend of previous years.

## TRENDS IN DATA

The overall increase in the use of the Eirpharm drugs in sport database in 2014 has been significant with a 22% increase in successful searches over 2013 figures. Usage patterns associated with the types of searches successfully completed and the pharmacological class of medicines where there were searches completed was similar to previous years. Over-the-counter cold and 'flu treatments are associated with the highest number of searches. Many of these can contain the stimulant pseudoephedrine which is prohibited in competition and athletes are advised to stop taking any pseudoephedrine containing products at least 24 hours before competition.

## MIMS

MIMS Ireland is a monthly medical publication, which has been in print for over 50 years. On average, 6,600 copies were distributed each month in 2014 to medical professionals in primary and secondary care in Ireland. Each medication is assigned a symbol denoting its status in sport. There are 2,391 product entries in MIMS in accordance with their therapeutic category.

## RESEARCH

In 2014 the ISC supported a study into Determination of Synacthen® in dried blood spots for doping control analysis using liquid chromatography tandem mass spectrometry. This research study highlights for the first time the development of a screening assay for the analysis of the synthetic human adrenocorticotrophic hormone tetracosactide hexaacetate in DBS using liquid chromatography tandem mass spectrometry. As a consequence of speed, simplicity and minimal invasiveness, DBS recommends itself as the preferential technique in sports drugs testing. The benefits of this study is the stability of the synthetic peptide in DBS may be sustained for 10 days at room temperature compared to rapid degradation in conventionally applied matrices such as urine or plasma is well known. The results of this study will be published early 2015.

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# ADMINISTRATION HIGHLIGHTS FOR 2014

## SAMPLE COLLECTION PERSONNEL

Sample Collection Personnel Training Days- The annual training day for sample collection personnel day took place on October 11th 2014 and also on November 24th 2014 for those who could not attend the October meeting. 46 sample collection personnel were trained and re-accredited for 2015.

## AUDITS

Internal Audits - An internal audit took place on September 24th 2014 and one minor finding was raised by Deloitte, the ISC's Internal Auditors. This minor finding was corrected immediately as it was minor admin error.

External Audit- On October 24th 2014 the Anti-Doping Unit had our ISO 9001:2008 Surveillance Visit by EQA, our External Auditors. No findings/observations were found during this audit and the auditor remarked that staffs were very committed to the Quality Management System.

## SPORT IRELAND BILL

The Anti-Doping Unit had considerable consultation with the Department of Art, Transport, Tourism and Sport in the drafting of the Sport Ireland Bill in relation to the anti-doping provisions. The draft of the Sport Ireland Bill strengthens the powers of the Sports Council in relation to anti-doping, in particular in the areas of information sharing and intelligence and investigations. It is hoped that the Sport Ireland Bill will be passed into legislation during 2015.

## CLEARINGHOUSE WEBSITE

The Clearinghouse website was redesigned in 2014 to give it a better structure and make it more user-friendly. Several new features were added to include a brand new education and results management section. This new updated website will be launched in 2015.

## INTELLIGENCE

The Giro d'Italia came to Ireland in May 2014. The Anti Doping Unit worked closely with UK Anti Doping, Customs Revenue and the Health Products Regulatory Authority in preparation for this event. The event allowed the ISC to forge new links with Revenue Customs and our efforts gained the attention of international bodies such as WADA. In late 2014, the Anti-Doping Unit finalised policy documents for the Intelligence programme

## POLICIES AND PROCEDURES

In late 2014, the Anti-Doping Unit finalised policy documents for the Intelligence programme. The Council will formally launch the programme in 2015 with an

emphasis on reporting suspicious activity to the Anti-Doping Unit. The ADU will continue to foster relationships with international and domestic anti-doping partners.

## THERAPEUTIC USE EXEMPTIONS (TUE)

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

## TUE COMMITTEE

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

Applications are assessed based on the criteria set out in the WADA International Standard for Therapeutic Use Exemptions.

## TUE COMMITTEE MEETING

In 2014, the TUE Committee meeting was held on December 4th. There was discussion across a broad range of issues including:

- ▶ the ISC anti-doping program 2015
- ▶ a summary of TUE Applications received for 2014
- ▶ the WADA Prohibited List and Monitoring Program 2015
- ▶ updates from the recent WADA TUE Expert meeting in Paris

## THERAPEUTIC USE EXEMPTIONS

There were 71 TUE applications in 2014, this was an increase of 8.5% from 2013 (n=65; 2012 n=78) and once again these applications came from a diverse range of sports. Rugby accounted for almost one-third of the TUE applications in 2014, with cycling and athletics the next largest portions, while there were 11 sports represented in the 'other sports' category (Fig 1.1). Yearly TUE application levels are broadly similar to those of 2012 and 2013 (Fig 1.2), and TUE applications overall have reduced in total number due to changes implemented on the WADA Prohibited List over the past number of years, the post-test TUE process and the continuing anti-doping education and seminar program operated by the Irish Sports Council.

Fig 1.1 Origin of TUE application by Sport

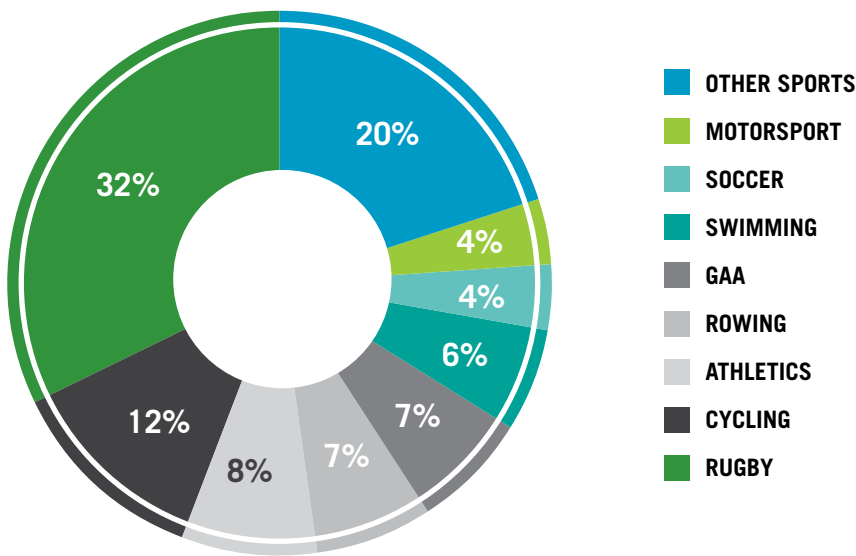
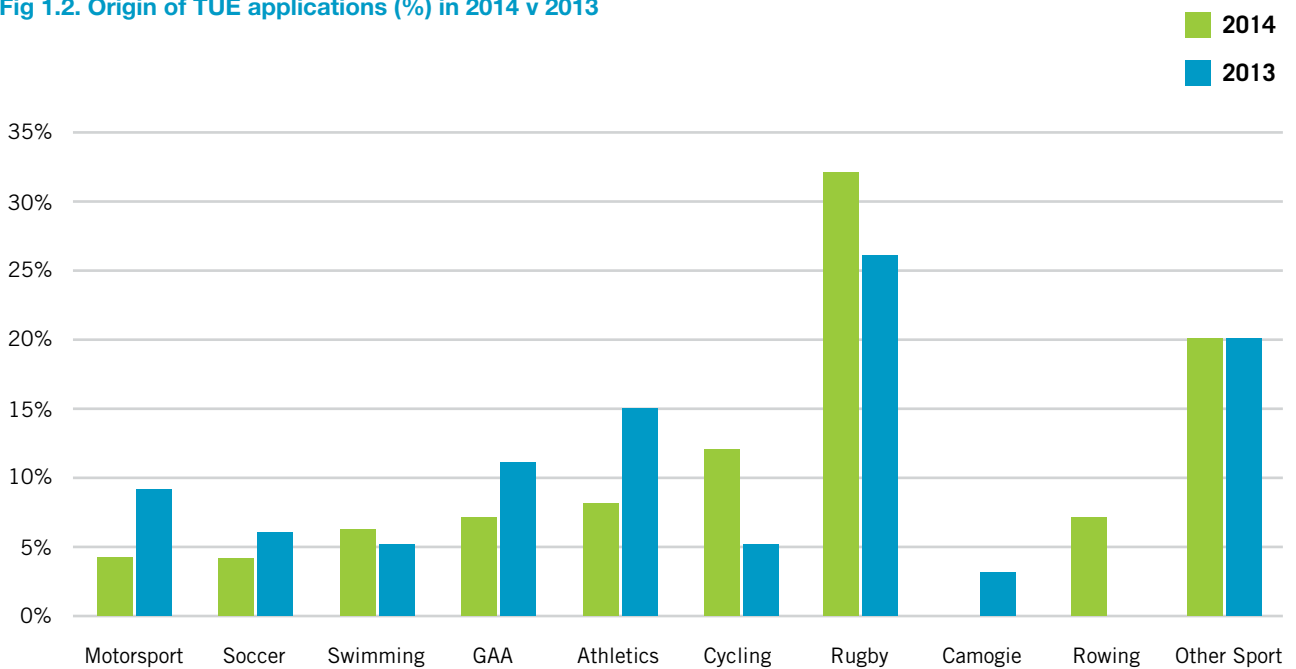


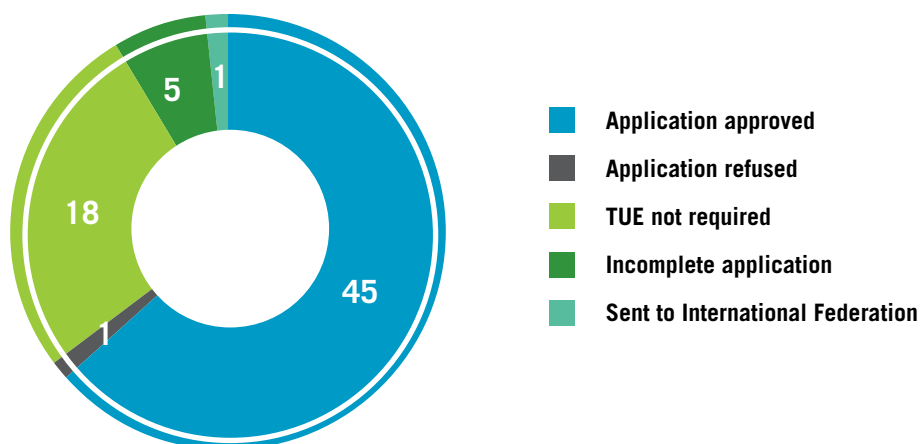
Fig 1.2. Origin of TUE applications (%) in 2014 v 2013



Of the TUE applications made to the Irish Sports Council in 2014, 63.5% (n=45) of TUE applications received were approved by the Therapeutic Use Exemption Committee, while one application was refused (Fig 1.3). A further 25.4% (n=18) were applications that did not require a

TUE. The remainder were not processed as Irish Sports Council TUEs because (a) the Applicant discontinued the medication (n=1); (b) the application needed to be processed by the International Federation (n=1) or (c) the application was incomplete (n=5).

Figure 1.3. Outcome of TUE applications as a % of total (2014)



Athletes and their representatives are urged to familiarise themselves with the TUE Application Process Guidelines available at [www.irishsportsCouncil.ie/Anti-Doping/Medicines\\_TUEs/](http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/) and also to check the status of their medications using the free 'medication checker app', MIMS, on [www.eirpharm.com](http://www.eirpharm.com) or [www.globaldro.com](http://www.globaldro.com) before completing the TUE Application form.

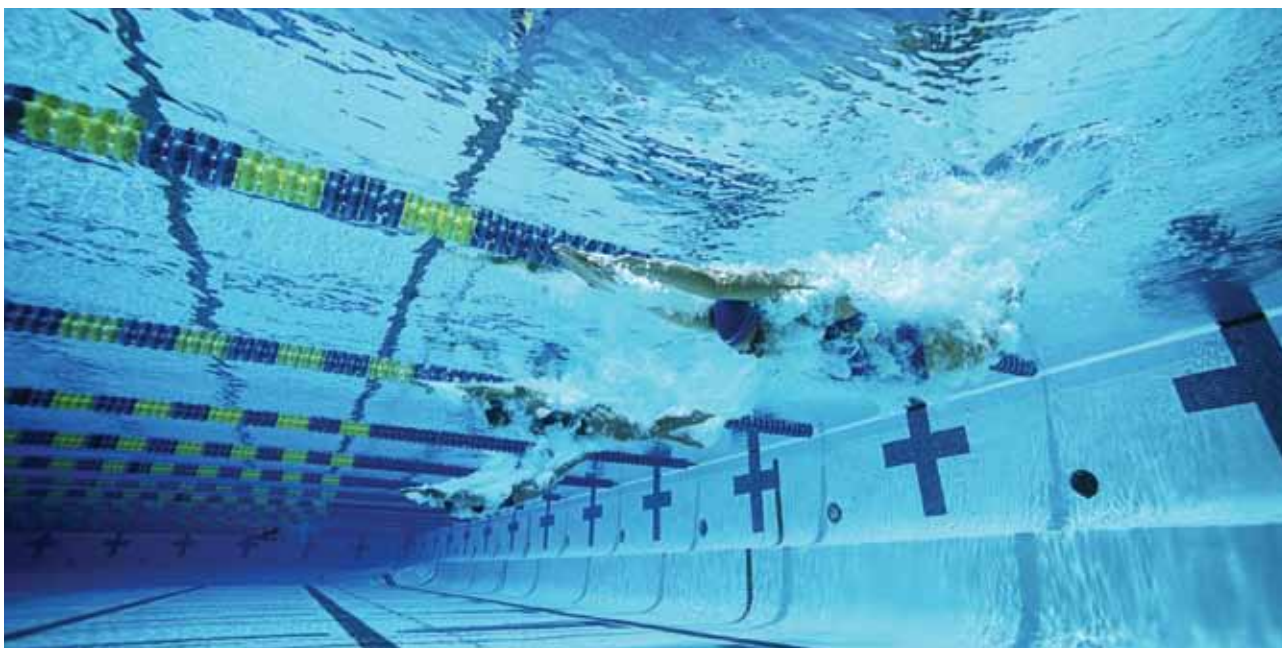
## DRUG ENQUIRIES

The Irish Sports Council continued to engage with members of the public, National Governing Bodies and healthcare professionals to ensure that queries in relation to Drugs in Sport and administration of the Therapeutic Use Exemption Process are effectively addressed. During 2014, the TUE Secretariat was involved in responding to 80 queries via telephone and email. Medicines information is taken from [www.eirpharm.com](http://www.eirpharm.com), [www.globaldro.com](http://www.globaldro.com) and MIMS Ireland.

Irish Anti-Doping Rules Implementation	
January – July 2014	Anti-Doping Unit and DAC Beachcroft drafted a number of versions of the IADR to ensure that the draft IADR were in line with the 2015 World Anti-Doping Code and 2015 International Standards.
June 12th 2014	Executive Summary of IADR presented to the Irish Sports Council
June 23rd 2014	Executive Summary of IADR presented to the Anti-Doping Committee
July 8th -29th 2014	Consultation period for stakeholders on the draft Rules.
July 8th 2014	Sent to WADA to confirm compliance with the World Anti-Doping Code
July 31st 2014	WADA Feedback received
August 2014	Anti- Doping Unit and DAC Beachcroft reviewed the IADR in line with feedback received from WADA and stakeholders
September 11th 2014	Executive Summary of IADR and Draft Version of Rules Presented to Irish Sports Council
September 17th 2014	Revised version sent to WADA
September 30th 2014	WADA Feedback received
October 30th 2014	Revised version sent to WADA
November 11th 2014	WADA confirmed that IADR were in compliance with the 2015 World Anti-Doping Code and 2015 International Standards
November 18th 2014	Anti-Doping Information for NGBs and other stakeholders
November 23rd 2014	Irish Sport Anti-Doping Disciplinary Panel Training
December 8th 2014	Anti-Doping Committee recommends 2015 IADR for Council sign off
December 16th 2014	Irish Sports Council sign off 2015 IADR



# INTERNATIONAL HIGHLIGHTS FOR 2014



- ▶ Minister Leo Varadkar represented the EU at a World Anti-Doping Agency Foundation Board Meeting in Montreal (May 18th). This was the final meeting of the Minister's term on the Foundation Board after 18 months. The position coincided with Ireland's Presidency of the EU. In his role as EU representative the Minister noted work being carried out on data protection matters within the EU, commented on the need for consequences in relation to non-compliance with basic World Anti-Doping Code requirements and in particular thanked WADA for work currently underway to facilitate an IT solution which will be critical to Ireland as well as a number of other countries.
- ▶ The Anti-Doping Unit participated in three WADA hosted webinars, which were to assist stakeholders with the implementation of the 2015 World Anti-Doping Code. The webinars were called "Technical Document for Sport Specific Analysis (for NADOs and RADOs)", "How to Develop and Implement more effective Testing Programs (for NADOs and RADOs)" and "Results Management (for NADOs and RADOs)".
- ▶ Kenneth Egan's term on the WADA Athlete Commission finishes at the end this year. The Council re-nominated Kenneth for this Committee but the Council was notified in November that his nomination was unsuccessful.

## International Meetings Attended During 2014

Meeting with Cologne Lab	January 15th
International Conference on the Implementation of the 2015 WAD Code	January 14th-17th
Joint Meeting with USADA/Anti-Doping Switzerland/NADA Germany/UKAD	February 19th
Tackling Doping In Sport Conference	March 19th -20th
iNADO Workshop and AGM	March 24th
WADA Anti-Doping Organisation Symposium	March 25th-26th
WADA Foundation Board Meeting	May 18th
Meeting of the Council of Europe's Advisory Group on Education	June 18th
Meeting of the Council of Europe's Advisory Group on Science	June 19th
WADA TUE Symposium	October 23rd-24th
USADA Symposium "Stimulation of Erythropoiesis and O2 Utilization"	October 3rd-6th

# THE YEAR AHEAD



## TESTING

The Irish Sports Council will continue to apply innovative approaches to the testing programme and in 2015 will further involve the use of information gathered through intelligence. The focus will again be on more strategic intelligence lead testing.

The testing programme will be further developed by the use of the Council's Test Distribution Plan and will be continued to be developed in line with the revised International Standard for Testing and Intelligence which comes into force on January 1st 2015. The ISC will implement WADA's Technical Document for Sport Specific Analysis (TDSSA).

## EDUCATION AND RESEARCH

The focus for 2015 will be to further empower the NGBs to become more self-sufficient regarding their own anti-doping education programmes. This will be facilitated by rolling out a tutor training programme to NGB's to empower them to deliver anti-doping education to their members. This programme will include new education material that tutors can use to deliver education. The ISC will also work to develop some E-learning material.

The ISC will hope to continue to engage new stakeholders such

as various third level education institutions that deliver coaching education to include anti-doping in their coaching education programmes.

The ISC will work to strengthen the downloadable resources available to all NGBs through the use of the clearinghouse website. The ADU, in conjunction with Sport Northern Ireland, will roll-out a programme to assist NGBs to develop an anti-doping education strategy which will include key measurable, in-line with new compliance requirements. Additionally, the ISC will continue to develop its information and education programmes through both traditional and digital means.

The ISC also plan to engage with the health and leisure industry to promote a clean gym policy. This will involve including anti-doping in the health and fitness industry education programmes, including anti-doping into compliance within the health and fitness industry and rolling out a clean gym campaign.

The Irish Sports Council will continue to use research to inform its programme development in 2014. This will be done through collaboration with National and International Research, Anti-Doping and Government Agencies that are concerned with the fight against doping.

## ADMINISTRATION

The ISC will review the Clearinghouse website for NGBs and IFs to make it more user friendly and add easier access to negative results of athletes and also add an educational section for NGBs to access educational material including presentations etc.

The ISC will also strive to maintain our ISO accreditation and continue to follow policies and procedures to uphold the integrity of our testing programme.

## INTERNATIONAL

The ISC will continue to contribute to the field of anti-doping at an international level. The ISC will also actively contribute to the global anti-doping fight by participating in the EU Anti-Doping Expert Group as well as the Institute of National Anti-Doping Organisations.

## INTELLIGENCE

The Council will formally launch the Intelligence programme in 2015. Part of that launch will include the announcement of an online submission form for reporting suspicious activity to the Anti-Doping Unit. The ADU will also continue to foster relationships with international and domestic anti-doping partners.

# APPENDIX

## APPENDIX 1 - ANTI-DOPING RULE VIOLATIONS 2014

Sport	In / OOC	Rule Violated	Substance	Substance Category	Sanctions
Motorcycling	In Competition	IADR 2.1	Methylecgonine (cocaine)	S6.Stimulants	2 years

### Pending Cases

Sport	In / OOC	Rule Violated	Substance	Substance Category	Sanctions
	In Competition	IADR 2.1	Clenbuterol	S1. Anabolic Agents	pending
	OO	IADR 2.1	Erythropoietin	S2. Peptide Hormines, Growth Hormones Factors and Related Substances	pending

## APPENDIX 2 - COSTS OF THE PROGRAMME

Expenditure Heading	2013 Cost		2014 Cost	
Testing	659,064	(1)	756,336	(1)
Education and Research	49,462	(2)	44,331	(2)
Salaries	185,561	(3)	189,314	(3)
Other Costs	354,689	(4)	543,154	(4)
Total	1,228,776		1,533,143	
Income from Testing	78,384		83,085	

1. Includes the cost of sample collection, transportation, laboratory analysis contracts, mobile unit costs and the in-house testing programme.

2. Includes direct education and research costs associated with the programme

3. Gross salary costs, including Employers PRSI of the four staff members of the Anti-Doping Unit.

4. Includes legal advice associated with the programme, consultancy fees, travel and subsistence, advertising, printing, insurance and other related costs in administering the programme.

## APPENDIX 3 - MOST COMMONLY SEARCHED BRAND RANGE OF PRODUCTS:

Non –Prescription Products					
Brand	Type of products in range	2014	2013	2012	2011
Lemsip	Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs	3620	2910	2534	1251
Nurofen	Ibuprofen based range of anti-inflammatory and cold and influenza products	2337	1876	1859	1952
Benylin	Range of products used for symptomatic relief of coughs, colds and influenzas.	1433	1058	996	879
Panadol	Paracetamol-based range for colds, influenza, pain, temperature	992	938	787	644
Sudafed	Range of decongestants with tablet and liquid pseudoephedrine and a nasal spray containing Xylometazoline Hydrochloride	644	691	629	520

Prescription Products					
Brand	Therapeutic class	2014	2013	2012	2011
Ventolin	Beta-2-agonist, primarily inhaled products	716	441	635	731
Difene	Non-steroidal anti-inflammatory	501	442	407	469

### Most commonly searched brand range of products:

Lemsip is the most commonly searched brand on the Eirpharm database for 2014. Successful searches accounted for 3620 or 10.3% of all queries. This reflects a similar situation to the previous year where Lemsip was also just over 10% of 2013 successful searches. As some products in the Lemsip range contain pseudoephedrine, which is prohibited in competition, users can check the status of a number of products in this range to ensure that they are using the correct one. Ventolin which contains the Short Acting Beta-2-Agonist Salbutamol was the highest searched prescription product in 2014. In general 2014 successful searches reflect the trend of previous years.

## APPENDIX 4 - EIRPHARM SEARCH DETAILS AND STATISTICS

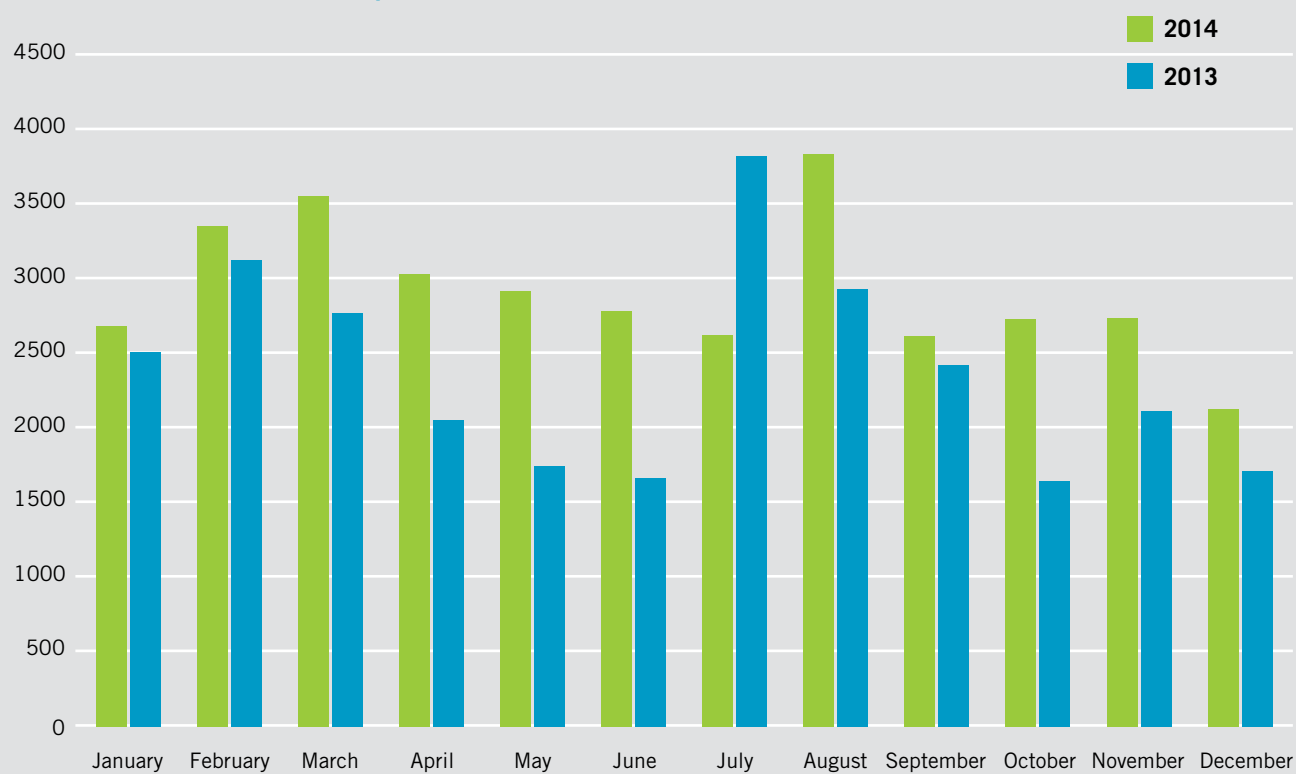
Status in Sport	No of successful searches 2014	2014 %	2013	2012	2011
Permitted	28415	81.16	80.63	79.84	78.23
Prohibited in-Competition only	3942	11.26	11.57	10.91	11.28
Prohibited	826	2.36	2.80	3.51	4.46
Restricted-Inhaled Salbutamol	1056	3.02	2.85	3.14	3.98
Restricted-Inhaled Formoterol	270	0.77	0.66	0.83	0.07
Prohibited in-Competition or Permitted (depends on route)	126	0.36	0.39	0.54	0.59
Restricted- Inhaled Salmeterol	193	0.55	0.52	0.52	0.74
Prohibited in specific sports	105	0.30	0.33	0.42	0.42
Prohibited in men only	74	0.21	0.26	0.28	0.22

The trend for 2014 was very similar to previous years with medications permitted to be used in sport at all times, accounting for about 80% of successful searches. This category has increased slightly over the years. Medicines that are prohibited in-competition only remain on about 11%. Prohibited Medicines are reducing from 4.45% of all successful searches in 2011 to 2.36% in 2014. This reflects that more slightly medicines are permitted in 2014 than 2011. Salbutamol, Formoterol and Salmeterol, which are beta-2-agonists only restricted at higher inhalation doses and by non-inhaled routes, accounted for 4.34% of results in 2014.

## APPENDIX 5- SEARCHES BASED ON TIME OF YEAR

All months in 2014 had over 2000 successful searches. August (3,837 searches) followed by March (3,550 searches) were the busiest months.

Number of successful searches per month



NO of successful searches each month

Month	2014	2013	2012	2011
January	2674	2497	2791	613
February	3348	3115	2745	1043
March	3554	2774	2596	1074
April	3035	2055	2426	1217
May	2911	1736	1856	6670
June	2783	1667	2188	3034
July	2627	3808	3620	2387
August	3837	2936	2629	2051
September	2624	2418	2581	1565
October	2735	1656	1869	1394
November	2746	2127	2082	3628
December	2135	1714	1831	1754
<b>Annual total</b>	<b>35009</b>	<b>28503</b>	<b>29214</b>	<b>26430</b>

# DEFINITIONS

Under the Irish Sports Council testing programme, the majority of testing is undertaken as part of the National Testing Programme. The main objective of the testing programme is Direct Detection and Indirect Detection.

## **Direct Detection:**

A urine or blood sample is analysed to detect prohibited substances or the use of prohibited methods (such as a blood transfusion). If the threshold of a prohibited substance is exceeded or any illegal manipulation detected, sanctions are imposed.

## **Indirect Detection:**

The Athlete Biological Passport is an indirect method of detection. The focus is on the effect of prohibited substances/methods on the body. An athlete's use of doping substances or methods can be identified by analysing his/her biological parameters and comparing a number of samples over a period of time. The Athlete Biological Passport is currently only being applied to certain sports in Ireland.

Indirect detection is more effective than direct detection because the effects on the body of using prohibited substances, as measured through the biological parameters, remain for a lot longer than the period during which it is possible to discover traces of the substances in the body, (i.e. after the substance is no longer in your body, the effect will still be seen on the biological profile). The Anti-Doping Unit has increased the number of tests for indirect detection.

## **Registered Testing Pool**

In 2014 the Council had approximately 128 athletes in our Registered Testing Pool (RTP). These athletes are subject to out of competition testing and are required to return a Whereabouts Filing every quarter. This information is critical for the

successful implementation of a no advance notice out-of-competition testing programme and failure to comply with the requirement has serious consequences for an athlete.

## **Whereabouts Failures**

The Irish Anti-Doping Rules state that an Athlete shall be deemed to have committed an anti-doping rule violation under Article 2.4 if he or she commits a total of three (3) Whereabouts Failures, which may be any combination of Filing Failures and/or Missed Tests adding up to three (3) in total, within any eighteen (18) month period\*, irrespective of which Anti-Doping Organisation has declared each of the Whereabouts Failures in question.

*\* (12 months from the 1st of January 2015)*

## **Filing Failure:**

"A failure by an Athlete to make a Whereabouts Filing in accordance with these Rules".

## **Missed Test:**

"A failure by the Athlete to be available for testing at the location and time specified in the sixty (60) minute timeslot identified in his or her Whereabouts Filing for the day in question".

## **An Unsuccessful Attempt:**

Is where an attempt is made to locate an athlete for testing, but they are not at the location specified on their whereabouts filing. Where the attempt is made outside of the specified 60 minute timeslot, it is recorded as an unsuccessful attempt, rather than a missed test and is not recorded as a Whereabouts Failure.

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