

Fighting drugs in sport

UK Anti-Doping

Doping in sport never seems to be far from the headlines, but what is being done to catch the cheats and encourage athletes to compete cleanly? Turia Tellwright and Richard Faulkner report

UK Anti-Doping (UKAD) is responsible for protecting UK sport from the threat of doping. UKAD is tasked with ensuring sports bodies in the UK comply with the World Anti-Doping Code through implementation and management of the UK's National Anti-Doping Policy.

Why do some athletes take drugs?

There are many reasons why athletes choose to take performance-enhancing substances. Some common causes and tipping points include:

- career instability
- pressure from peers and coaches
- injury before a major event
- performance plateau
- personal distress outside of sport
- physiological weakness
- financial concerns

Accidental dopers?

The risks associated with supplements are high, but they are becoming increasingly popular as athletes strive for optimum performance. Supplements are not subject to the same strict manufacturing regulations as medications and consequently they may contain banned

and dangerous substances. These could lead to positive test results and bans, as well as adverse side effects.

How are athletes tested?

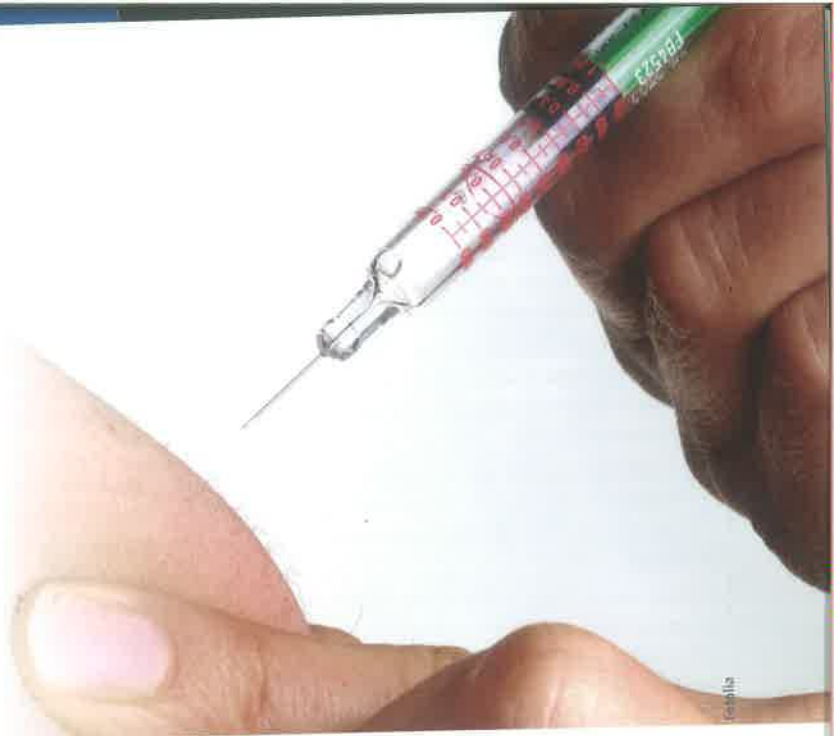
UKAD administers the testing programmes of over 40 sports, collecting urine and blood samples and transporting them to World Anti-Doping Agency (WADA) laboratories. In 2012 approximately 7,500 tests were administered in the UK. Testing occurs both in and out of competition and athletes can be called for tests at any time of year.

Box | Bernice Wilson case study

An in-competition sample provided by British sprinter Bernice Wilson in June 2011 was found to contain testosterone and clenbuterol. Her defence was that her sample was contaminated and the test had not been conducted under correct and official procedures. Wilson's claims that the Doping Control Officers (DCOs) administering the test had removed the strip sealing one of the samples, leaving it unsealed and out of view, were found to be untrue.

The independent National Anti-Doping Panel that heard the case decided to give a 4-year ban rather than the standard 2 years, owing to aggravating factors (as defined by the World Anti-Doping Code) of:

- the use of more than one anabolic steroid
- repeated use of testosterone
- setting a bad example as a role model
- not accepting guilt but instead making untrue allegations in an unjustified attempt to blame the DCOs and others



Exam links

- AQA A2 Unit 3
- Edexcel AS Unit 3
- OCR AS Unit G451

Whereabouts

'Whereabouts' is a system designed to support out-of-competition testing. Athletes are required to supply details of their whereabouts so that they can be located for testing at anytime and anywhere without advance notice. They must provide a 1-hour daily slot between 6 a.m. and 11 p.m. in a specified location when they will be available for testing. This information must be up-to-date at all times; athletes not in their specified locations at the allocated hour

Box 2 Lance Armstrong case study

Although prohibited substances were never found in any samples Armstrong provided, the testimonies of others enabled him to be charged with five ADRVs, something that he decided not to contest and eventually admitted to.

Armstrong had been the subject of an investigation by the US Anti-Doping Agency (USADA), which used sworn testimonies of 11 former team-mates and 15 other witnesses, such as team officials and medical professionals, to build a case against the former seven-time Tour de France winner.

The evidence gathered against Armstrong included financial payments, e-mails, scientific data and laboratory test results. It revealed how he pressured athletes in the team to take banned substances, and how he had also taken performance-enhancing drugs himself while evading detection.

USADA said that the investigation 'shows beyond any doubt that the US Postal Service Cycling Team ran the most sophisticated, professionalised and successful doping program the sport has ever seen'.

may receive a missed test whereabouts failure. Three missed tests result in an **anti-doping rule violation (ADRV)**.

Legal

As well as managing the results process after the sample has been analysed, UKAD's legal team manages cases that result from a positive result (known as an **adverse analytical finding**). In the event that the case goes to a hearing, UKAD prosecutes the athlete (Box 1).

Anti-doping rule violations

Failing a test is one of eight possible ADRVs. These are established by WADA and apply to athletes and athlete support personnel. An athlete may be deemed to have committed an ADRV if:

- 1 a prohibited substance is detected in a sample
- 2 they use, or attempt to use, a prohibited substance and/or method
- 3 they fail or refuse to complete testing procedures and to provide a sample once notified
- 4 inaccurate athlete whereabouts information is provided, resulting in any combination of three missed tests and/or filing failures in an 18-month period
- 5 they tamper, or attempt to tamper, with any part of the doping control process
- 6 they possess a prohibited substance and/or method
- 7 they traffic a prohibited substance and/or method

8 they administer, or attempt to administer, a prohibited substance and/or prohibited method to any athlete; or assist, encourage, aid, abet or cover up an anti-doping rule violation

Support personnel may be deemed to have committed an ADRV if they are found guilty of numbers 5 to 8 of the above.

In 2012 cyclist Lance Armstrong was found to have committed five of the eight ADRVs (2, 5, 6, 7 and both sections of 8) over a period of 8 years (Box 2).

Anti-doping strategies

UKAD runs a prevention programme that aims to stop doping through education, deterrence and prosecution.

Education

Athletes and support personnel receive education about clean sport and their anti-doping responsibilities through UKAD's education programme, **100% me**.

100% me aims to instil integrity and fairness in sports and performers, and promotes and encourages personal responsibility. It recognises that choice, personal strength and attitude make someone a champion. 100% me athletes must demonstrate effort, commitment and determination to perform at the highest level without doping.

100% me education sessions are delivered to athletes at all stages of the performance pathway, from gifted and talented to elite international athletes.

Often these sessions take place in the build-up to key events in the sporting calendar, from elite events such as the Olympic and Paralympic Games to competitions for rising stars such as the School Games. Competitors from the home nations will receive support in the lead up to the 2014 Winter Olympics in Sochi and the 2014 Commonwealth Games in Glasgow.

Intelligence

The UKAD intelligence team receives information related to doping activities from law enforcement and the general public (Box 3). Partnerships with the Serious Organised Crime Agency (SOCA), the UK Borders Agency (UKBA) and others help UKAD to investigate and uncover doping activities and to develop effective testing strategies. For example, 40% of tests conducted annually by UKAD are targeted from intelligence data.

Another way of gaining intelligence is through the Report Doping in Sport phone line (hosted by Crimestoppers) or online reporting form, which allow anyone to pass on information (in confidence) that they might have about doping in sport (Box 4).

Science and medicine

UKAD coordinates scientific projects and research aimed at improving anti-doping efforts to ensure that it can prevent and detect doping and assess the threat of future doping. Some major projects include the following:

- the **athlete biological passport** measures biological variables (such as haemoglobin content or naturally occurring testosterone levels) over time to detect the use of prohibited substances and methods by looking at the effects they may have on an athlete's body
- **Global Drug Reference Online (Global DRO)** allows athletes and support personnel to check the status of any licensed medication in the UK, USA or Canada
- **therapeutic use exemption (TUE)** allows athletes to apply for approval to use a prescribed prohibited substance or

method for the treatment of a medical condition when there is no permitted alternative

What are the consequences of doping?

As well as threatening the integrity of sport, doping can be damaging to the health of athletes. In some cases the substances and methods used in doping have not been tested or approved for use by healthy individuals. There are often side effects associated with their use.

Side effects of steroids

- Acne, libido disorders and high blood pressure.
- Impotence and breast enlargement in men.
- Development of features such as deepening voice and excessive facial and bodily hair on women.

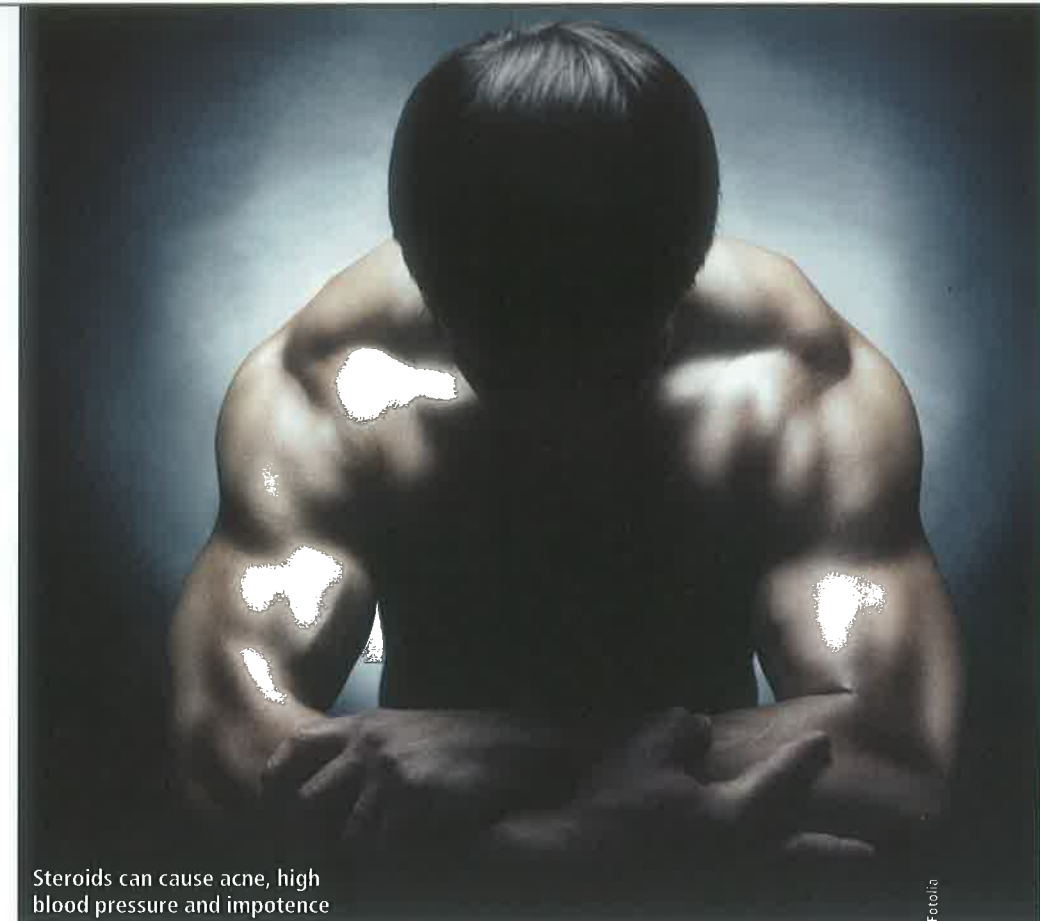
Side effects of human growth hormones

- Hypertension and cardiac deficiency.
- Abnormal growth of organs.
- Accelerated osteoarthritis.

Side effects of erythropoietin (EPO)

Increased risk of:

- heart disease
- stroke
- cerebral or pulmonary embolism



Steroids can cause acne, high blood pressure and impotence

Social consequences

The damage is not necessarily restricted to an athlete's physical health. The social consequences of committing an ADRV can be damaging to an individual. Apart from the loss of income and sponsorship deals, athletes involved in doping may lose their reputation and previous achievements, and damage their future career prospects. Doping

can also lead to isolation from peers, as well as having an effect on emotional and psychological wellbeing.

Clean sport for all

Doping is cheating and contrary to the spirit and integrity of sport. Fans should be able to enjoy sporting events, confident that all the participants are competing cleanly and fairly.

UKAD's mission is to protect the right to participate in clean sport, and only by taking a concerted and comprehensive approach to the fight against doping is it possible to protect the integrity of sport worldwide.

Box 3 Craig Windsor Jr case study

In the build-up to a fight in early 2013, the British professional boxer Craig Windsor Jr admitted and detailed his use of anabolic steroids in a Facebook conversation with Larry Olubamiwo, a banned fellow boxer. Olubamiwo informed UKAD of the conversation, which in turn charged Windsor, who initially denied the accusations. After admitting all the charges shortly before the trial, he was banned for 3 years and 9 months, while Olubamiwo had a significant portion of his ban reduced on a suspended basis for providing substantial assistance.

Box 4 Carl Fletcher case study

UKAD received information from a number of sources, including the Report Doping in Sport hotline, about shot putter Carl Fletcher, who owned a sports supplements shop in northwest England. The police raided the shop and Fletcher was charged, along with several other men, with the possession of numerous controlled drugs with intent to supply, something he later admitted.

Information obtained from the police was passed to UKAD's legal team, leading to Fletcher being charged with ADRV 7. In November 2011 Fletcher was sentenced to 9 months in prison and banned from sport for 4 years for his role in the doping ring.

Useful sites

For more anti-doping resources, visit www.ukad.org.uk or one of UKAD's social media platforms:
[@ukantidoping](https://twitter.com/ukantidoping)
www.facebook.com/100percentme.uk
www.facebook.com/ukantidoping

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