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31/08/2018

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Quieren restablecer la confianza en los atletas rusos (Sergei Ilnitsky - EFE)

Rusia le ha dado a su antiguo jefe de policía militar la tarea de reformar su deteriorado sistema antidopaje. El Ministerio de Deportes de Rusia dice que el nuevo viceministro mayor, general Igor Sidorkevich, supervisará los cambios destinados a restaurar la confianza en los atletas rusos después de años de escándalos de dopaje.

Sidorkevich dirigió la policía militar de Rusia de 2013 a 2016 y también es un ex campeón mundial en el arte marcial ruso de sambo.

El ministro de Deportes, Pavel Kolobkov, asegura que “estamos fortaleciendo nuestro equipo y superaremos los desafíos que enfrenta el deporte ruso”.

Rusia fue excluida de los JJ.OO. de Invierno en febrero como castigo por la manipulación de las pruebas de dopaje al organizar los Juegos de Sochi 2014, aunque 168 atletas pudieron competir como “atletas olímpicos de Rusia”.

<https://www.mundodeportivo.com/juegos-olimpicos/20180831/451544607727/un-ex-jefe-de-la-policia-militar-dirigira-la-reforma-del-sistema-antidopaje-ruso.html>

AS

31/08/2018

Lawson, subcampeón mundial, da positivo por trembolona

Hannah McKay

REUTERS

El saltador de longitud estadounidense dio el resultado adverso en un control en junio por el esteroide. Lawson achacó el positivo al consumo de carne contaminada.

El estadounidense Jarrion Lawson, plata mundial en salto de longitud en 2017 y con una mejor marca de 8,58, ha sido sancionado provisionalmente tras haber dado positivo por epitrembolona, un esteroide, que se considera una vulneración del artículo 2.1 del reglamento antidopaje de la IAAF. Dio positivo el 2 de junio y resultado se reveló el 3 de agosto. El positivo lo anunció la Unidad de Integridad del Atletismo (AIU), creada para perseguir el dopaje.

Lawson, de 24 años, alega que su positivo ha podido ser por un caso de carne de vacuno contaminada. "Hemos descubierto que la trembolona es un esteroide que es legal en Estados Unidos para la producción de carne. Los resultados de laboratorio han demostrado que había cantidades extremadamente pequeñas del metabolito en mi muestra. Estamos seguros de que demostraremos que entró en mi sistema a través de la contaminación", dijo el americano.

La trembolona es una sustancia que se utiliza para ganar masa muscular y tiene capacidad para quemar grasa. Lawson, que también tiene 10.03 en 100 y 20.16 en 200, se expone a una sanción de cuatro años, que es lo estimado tras una primera infracción por el Código Mundial Antidopaje.

https://as.com/masdeporte/2018/08/31/atletismo/1535733619_736856.html

INSIDE THE GAMES

01/09/18

Kenyan politician calls for report into progress of anti-doping law following positive tests

- By [Michael Pavitt](#)



A Kenyan Member of Parliament has called for a report on the anti-doping law as the country attempts to tackle a crisis following several positive tests in athletics.

Kathuri Murungi, a Member of Parliament for South Imenti, claimed an audit should take place to assess the situation.

Kenya introduced criminal laws as part of an anti-doping act back in 2016.

This included the creation of a national testing authority, Anti-Doping Kenya, while it made doping an offence which could be punished by imprisonment.

Revised legislation was published later that year after the World Anti-Doping Agency (WADA) declared the country non-compliant.

The changes led to them being made complaint again in time for the Rio 2016 Olympic Games.

Murungi reportedly called for the Ministry of Sport to do more to help tackle the crisis, asserting that they and Athletics Kenya need to better assess coaches for their credibility.

He also called for new policies to be introduced to boost Kenya's reputation following the positive tests.

"The WADA has been issuing incessant sanctions to Kenya for non-compliance and delays implementing the laws pose a threat to our social co-existence and integration globally," Murungi said, according to *All-Africa*.

"There are allegations that banned substances are used by athletes in the training camps and this is blamed on both local and international trainers."



Rita Jeptoo is among the major Kenyan athletes to be serving suspensions ©Getty Images

Currently, 18 Kenyans are suspended for a breaches of anti-doping rules by the Athletics Integrity Unit.

This includes world 800 metres bronze medallist Kipyegon Bett, who was last week confirmed to have tested positive for Erythropoietin (EPO).

Three-time Boston Marathon champion Rita Jeptoo and Jemimah Sumgong, the Olympic marathon gold medallist at Rio 2016, are other high-profile Kenyan athletes who are currently serving suspensions for doping offences.

Reigning Olympic steeplechase champion Ruth Jebet, who now represents Bahrain but continues to train and live in Kenya where she was born, has also been suspended since February following an EPO failure.

A further four are provisionally suspended by the AIU, including Athens Marathon champion Samuel Kalalei, distance runner Lucy Wangui Kabuu and sprinter Boniface Mweresa.

A case is also pending against three-time world champion and Beijing 2008 Olympic gold medallist Asbel Kiprop after he tested positive for EPO in an out-of-competition test in November 2017.

The International Association of Athletics Federations (IAAF) included the distance-running superpower on a list of nations most at risk of doping in July.

It came as part of new regulations by the IAAF Council which put more responsibility on National Federations to deal with the problem.

Kenya and Ethiopia were among four countries included in Category A - member federations the IAAF believe are most likely to have doping problems - along with Belarus, hosts of next year's European Games, and Ukraine.

Athletics Kenya last week announced the establishment of an Oversight Committee as they seek to tackle the spate of doping cases involving their athletes.

There was a boost earlier this week when it was confirmed that a first East African WADA accredited laboratory had been approved.

<https://www.insidethegames.biz/index.php/articles/1069462/kenyan-politician-calls-for-report-into-progress-of-anti-doping-law-following-positive-tests>

USA TODAY

03/09/2018

BALCO figures offer how to rid sports of doping 15 years after scandal

Josh Peter USA TODAY



The Bay Area Laboratory Co-Operative (BALCO) in Burlingame, Calif., was raided 15 years ago, setting off one of the biggest doping scandals in sports history.

AP

Can the drug cheats be stopped? Is it worth trying anymore?

The questions are being asked again 15 years after federal agents raided the Bay Area Laboratory Co-operative (BALCO) and triggered a steroids scandal that ensnared the likes of Barry Bonds and Marion Jones.

"Doping will always happen," Thomas Bach, president of the International Olympic Committee, said last month during an interview with CNN Money. "This is one of the wars you cannot win."

More: MLB pennant races: Six players who could make September sizzle

More: 2018 NFL record projections: Will Patriots falter on road to Super Bowl LIII?

Yet Travis Tygart, head of the United States Anti-Doping Agency (USADA), told CNN, "It's time to double down" on efforts to ensure fair competition.

With Monday marking the 15th anniversary of the raid on BALCO, Tygart and other central figures in one of the biggest doping scandals in history provide USA TODAY Sports five steps to crack down harder on cheaters:

1. Toughen the penalties – even more

You can forget about the scared-straight approach. There is still too much to gain in the form of lucrative contracts and fame and not enough to lose to keep athletes from doping.

Barry Bonds, Mark McGwire and Roger Clemens remain shut out of baseball's Hall of Fame because of their links to performance-enhancing drugs. But last month the San Francisco Giants retired Bonds' No. 25 jersey and McGwire has been a coach for various major league teams since 2010.

Simply put, the experts say it's time to ratchet up the penalties.



Jeff Novitzky is the former federal agent who led the raid on BALCO. He now oversees the anti-doping program at the UFC.

Joshua Dahl, USA TODAY Sports

"If you put together a program where the risk clearly outweighs the reward, you're going to have significant impact on compliance," said Jeff Novitzky, the former federal agent who led the raid on BALCO and now oversees the anti-doping program at UFC. "You're not going to completely eradicate it, but the impact's going to be significant."

One of the culprits is the NFL, Novitzky said, pointing out that first-time violators face only a four-game suspension.

"Clearly in the NFL, risk does not outweigh reward," he said. "I mean, it sucks to be suspended for four games, but you're back for three-quarters of the season."

Novitzky said it's unclear if risk outweighs reward in Major League Baseball, where first-time violators face an 80-game suspension.

"Being out a half season, does that risk outweigh the reward of using some anabolic steroids in August or September, in the dog days when your body's just run down and doesn't have anything left," Novitzky said, "and you're at the end of a contract year and you're looking at tens of millions of dollars in a contact?"

At the UFC, Novitzky said, penalties for first-time offenders can range from a public warning to a four-year suspension. Two fighters have been hit with four-year bans for violating UFC's anti-doping policy and the UFC has issued more than two dozen two-year suspensions since Novitzky implemented the program in July 2015.

Victor Conte, 68, owned BALCO and was the mastermind behind various athletes' doping. He now works with professional fighters and runs SNAC Nutrition, a business he started after BALCO.

"Until you have consequences or punishment that equals the financial incentive (to cheat), you're going to continue to have the overwhelming majority of elite athletes cheating."

2. Close the big loophole

Before the BALCO raid, MLB didn't impose penalties for players who tested positive for performance-enhancing drugs. But that scandal and others forced baseball and other professional sports to significantly strengthen their anti-doping efforts. Experts say there's been progress over the past 15 years, but that most of the anti-doping programs suffer from the same flaw.

Anything less than the possibility of being tested at any moment creates a serious loophole, said Conte, who says athletes will use "duck and dodge" to avoid being tested.

Conte's prime example: During the season, MLB players can be tested only at the stadium. That gives them roughly 16 hours to dope elsewhere and has popularized the practice of "micro-doping," according to Conte and others.

Micro-doping involves using banned drugs in amounts small enough and at the right times to escape detection.

"So at night you're healing and recovering and there's tissue repair and you're getting the anabolic benefits," Conte said. "By the time you show up at the stadium, you'll test negative."



Professional sports leagues in the U.S. are testing athletes more than ever before. But is there more that can be done to deter doping?

Robert Hanashiro, USA TODAY Sports

Responding to Conte's assertions, MLB provided a statement to USA TODAY Sports explaining its medical testing officer has advised that baseball's anti-doping program is equipped to detect micro-dosing.

"While it is accurate that most in-season drug tests are conducted at the ballpark, testing can occur any time pre-game, post-game, or both pre- and post-game with no advance notice to players or their Club," the statement read. "Testing also commonly occurs multiple days in a row with no notice. Given the significant number of tests that are conducted each year as well as the analytical capabilities of the equipment and methods that are currently utilized by our drug testing laboratory, including, but not limited to, the use of longitudinal profiles and mandatory/random (Isotope-ratio mass spectrometry) testing, our medical testing officer Dr. Christiane Ayotte has advised us that doping in any amount will not only be deterred, but also detected."

UFC's program is the only one in America professional sports that allows for round-the-clock, unannounced drug testing 365 days a year, according to Novitzky.

"You're going to be susceptible to micro-dosing when you have a level of predictability in your testing," he said. "And with our program, athletes don't. They never know when the tester's coming. They could come early, they could come late, they could conceivably come in the middle of the night if they had some cause. Because of that, even if you're micro-dosing, the odds are eventually the tester's going to catch you around the period of time that you micro-dose and they're going to be able to detect it or see a spike in that biological passport (that scientists use to track athletes' biological markers)."

"Now if you have predictability in your testing like some of the other professional leagues do – and that could be as little as knowing you're only going to be tested when you're at the facility – that's when you're vulnerable, in my experience, to micro-dosing."

Rafael Palmeiro and Alex Rodriguez are among more than four dozen big leaguers suspended for violating the MLB's steroids policy. Dozens of NFL players have been suspended too.

"Has all of the sudden everybody found God and decided they're going to be clean athletes and respect the fact that everybody deserves to compete on a level playing field? I don't think so," Conte said. "But since BALCO the testing has improved."

"You don't see multiple people hitting 60 home runs (in a season). That's because they're having to duck and dodge. ... They're still gaining a competitive edge and that may be 25%, maybe 50% of what it was without testing where you could use all you like."

Tygart cited a 2017 USADA survey when asked what percentage of athletes likely are cheating. Less than 10% of more than 800 athletes polled said they would feel tempted to use PEDs even if their financial well being was threatened, and only 5% said they would feel tempted to use PEDs if most of their teammates and competitors were using them, according to USADA.

3. Demand more from WADA

Don Catlin, whose scientific work helped break open the BALCO case, said more is needed from the World Anti-Doping Agency (WADA), created in 1999 by the International Olympic Committee to oversee the fight against drugs in sports. He said the organization needs to be pushed "to improve on their performance."

"They've done a great job in some way and in others ways they've failed to make the grade," said Catlin, 80, who retired about five years ago.

But progress will require more funding, according Catlin, who said WADA would benefit from the input of outside researchers and scientists. This year WADA's budget is \$32 million.



Victor Conte owned BALCO and was the mastermind behind various athletes' doping.

Martin Klimek

4. Address the Eastern European problems

As big as BALCO was, it has been dwarfed by Russia's state-sponsored doping program, which benefited more than 1,000 Russian athletes, according to the independent McLaren report released in 2016.

When Conte was distributing steroids, it was primarily about "the cream and the clear," then-undetectable synthetic steroids. As the Russia scandal illustrated, there are now a variety of substances and doping cocktails being used by athletes around the world.

"We've had to continue to progress to get more and more sensitivity and be able to expand the scope and scale of what we can find," said Oliver Catlin, the son of Don Catlin and president of Banned Substances Controlled Group. "It's enabled us to use a whole new set of equipment to continue to build and grow."

But technology can only test what you're looking for, and Oliver Catlin said it's time to expand the search for potential performance-enhancing drugs. He noted that WADA's list of banned substances includes only two medications developed in Eastern Europe compared to more than 300 drugs developed in the West.

"Drug testing is a Western-focused business and industry, Western medicine," said Oliver Catlin, whose company certifies dietary supplements that, if contaminated with a banned

substance, can lead to a positive drug test. "I believe there's Eastern European medicine options that would be good doping choices that are not being considered to be added to the prohibited list, simply because they're Eastern European medicines."

5. Change the current sports culture

"I could be making so much money getting people around the system if I wanted to," Oliver Catlin said.

Conte would tell you the same thing. And it speaks to the culture of sports, with athletes looking for an edge because fame and a disproportionate financial reward go to the winner. That must change, said Travis Tygart, the head of USADA.

"Sport is about victory. No doubt about it," Tygart said. "But we have created an environment now where winning is everything and we lionize the winner at the expense of the second-place person. That creates an environment where people are going to do anything possible to get ahead, even if it means breaking the rules."

Tygart said the disparity in financial reward for the winners and the also-rans has widened. "Those kinds of differences are what influence people to try to break the rules," he said. "So if we're serious about stopping it, there has to be a conversation around that and some decisions that might equalize or take some of those pressures off, where athletes are OK if they're ultimately not standing on the podium."

While Bach represents pessimism about the anti-doping effort, Tygart said he can imagine a day when doping and the use of performance-enhancing drugs have been eradicated from sports.

"Man, I can," he told USA TODAY Sports last week.

<https://eu.usatoday.com/story/sports/2018/09/03/balco-doping-peds-five-steps-rid-sports/1182307002/>