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**RECORD (México)**

23/04/2019

## CONADE NO PROHIBIRÁ CONSUMO DE CARNE ROJA DURANTE PANAMERICANOS



Ana Guevara durante una conferencia de prensa | Foto: IMAGO7

Ana Gabriela Guevara informó que los atletas pueden ingerir el alimento, pero deben hacerlo en sitios seguros

Tras el resultado analítico adverso de **Guadalupe González**, las autoridades deportivas mexicanas refuerzan las medidas para evitar este tipo de casos rumbo a **Juegos Panamericanos** de Lima y los Olímpicos de Tokio 2020.

La subcampeona olímpica y mundial de marcha enfrenta una suspensión temporal por positivo del esteroide anabólico Trembolona, el cual su defensa argumenta que se debió a la contaminación de carne, por lo que se espera que el fallo sea a favor de González Romero.

“Hemos solicitado ya los reactivos para poder tener satisfechas todas las pruebas y todas las posibles alarmas que pudieran resultar de este proceso pero hasta hoy no tenemos ningún reporte.

“De los que se le han hecho a los atletas, los doping sorpresa y los que se solicitan también previos a las competencias, van a ser satisfechos”, mencionó Ana Gabriela Guevara.



Ana Guevara durante la presentación del cinturón maya | IMAGO 7

La directora de la **Comisión Nacional de Cultura Física y Deporte (Conade)** declaró que previo a la justa continental, que se celebrará del 26 de junio al 11 de agosto en Lima, van a realizar exámenes antidopaje sorpresa.

"(Vamos a estar) Cerca de ellos y también mantener un monitoreo que hemos estado llevando a cabo tan cercano y tan estrecho desde el aspecto médico, no sólo lo técnico y lo táctico. Estamos tratando de retomar todo eso y tratar de evitar accidentes. Lamentablemente los casos de dopaje que hemos tenido han sido por descuidos, por ignorancia y también porque en el mercado no hay un control del mercado de las sustancias", expuso Guevara.

La subcampeona olímpica en **Atenas 2004** aseguró que no han limitado el consumo de carne roja a los deportistas, pero sí los han alertado.

"Estamos trabajando sobre el plan alimenticio que podemos garantizar en nuestras instalaciones para que no se vean limitados. La proteína es importante en el desarrollo de un atleta. Algunos por controles de peso y de dietas no la ingieren u otros por necesidad si lo requieren.

"Que (su consumo) sea adentro de la instalación y/o también buscar aquellos lugares donde podamos tener garantía", informó Guevara.

<http://www.record.com.mx/otros-deportes/conade-no-prohibira-consumo-de-carne-roja-durante-panamericanos>

**REUTERS**

23/04/2019

## Doping: Lab director hits back at ex-WADA head over testing criticism

[Alan Baldwin](#)

LONDON (Reuters) - The director of a top Belgian laboratory has criticized former World Anti-Doping Agency (WADA) head David Howman for suggesting drug testing was stuck in the 1970s and needed to be more innovative.

FILE PHOTO: Director General of the World Anti-Doping Agency (WADA) David Howman talks to reporters at the WADA symposium in Lausanne, Switzerland, March 14, 2016.  
REUTERS/Denis Balibouse

Howman, in an address to an anti-doping conference in London last week, had said urine analysis had not advanced much over the decades and that testing was not catching the real cheats.

"We're still in a position where we're getting the same number of positive cases each year, and many of them are in the category of what I call the 'dopey dopers' - the inadvertent dopers, or the ones who are just darned stupid," he said.

Professor Peter van Eenoo, director of the WADA-accredited laboratory at the University of Ghent, said Howman had got it wrong.

"It's incredible that somebody said this," he told Reuters in a telephone interview. "What he says is the percentage of positive samples hasn't changed much over the years. And therefore science has not made any progress.

"What he completely forgets is that for every step of progress we made, of course, the others adapt."

Howman, who left the World Anti-Doping Agency (WADA) in 2016, is now chairman of the Athletics Integrity Unit board and has previously criticized his former employers for failing to support clean athletes and for allowing the reinstatement of Russia's anti-doping agency.

Van Eenoo said the substances being used, the doses and how they were being used by drugs cheats had changed over the decades.

Data from re-testing, using urine samples from the 2008 Beijing and 2012 London Olympics, had also demonstrated the advances of science.

"There were about 10,000 samples, 25 positives. What they've done is stored all those samples and re-tested 1,000 of these negative samples," he said.

"Out of those 1,000 samples, 100 at re-testing later turned out to be positive. That is only through scientific progress, because nothing has changed. It's the same urine.

"And because they know we can now detect substances for a longer period, they (athletes) switch to other substances or take them in smaller doses. So they adapt everything and that is only pushed by scientific progress."

## 'GOLD STANDARD'

Van Eenoo said urine testing, first introduced at an Olympics in 1968, had its limitations but would remain the 'gold standard' for some time to come.

He accepted that some substances, such as growth hormone, were hard to detect in urine and that blood was a better indicator of the effectiveness of drugs.

"That's why we are now investing in looking into blood concentration — dried blood spots, those kind of things — to complement urine," he said.

"If we are looking at a zero tolerance policy which is important for most of the substances and especially those which are most performance-enhancing — steroids, EPO — then urine is the gold standard and will remain for quite a long time to come."

Van Eenoo said it was difficult to look for 400 or 500 substances in a drop of blood.

## ADVERTISEMENT

"So that's why I'm saying urine as a first and then for some of these substances where you have issues... you can re-analyze that drop of blood only for one or two substances," he added.

"This makes absolute sense and we need to progress in that direction. That's additional scientific progress, it doesn't mean that the scientific progress we've made so far doesn't exist."

Reporting by Alan Baldwin, editing by Christian Radnedge

<https://www.reuters.com/article/us-sport-doping-interview/doping-lab-director-hits-back-at-ex-wada-head-over-testing-criticism-idUSKCN1RZ0UW>

**SPORTS INTEGRITY INITIATIVE**

24/04/2019

## Coach first to be charged with doping offence under Russian Criminal Code

[Andy Brown @journoAndy andy.brown@the-sii.com](#)

A coach has become the first Russian to be charged with inducing athletes to use banned substances in sport under Russia's Criminal Code. A doctor has also been banned from working with athletes for recommending use of meldonium, which features on the World Anti-Doping Agency's (WADA) Prohibited List, and two Russian athletes have been sanctioned for doping. In addition, the Russian Anti-Doping Agency (RUSADA) has said that it cannot allow Doping Control Officers (DCOs) to telephone athletes during the last five minutes of a testing window, if they have been unable to locate them, as requested by the Athletes Commission of the Russian Olympic Committee (ROC).

RUSADA said a preliminary investigation found that a **powerlifting coach** had chosen three promising athletes and had convinced them to use prohibited substances, after which he administered weekly testosterone injections from October 2017 to January 2018. In cooperation with law enforcement, the anti-narcotics division of the Ministry of Internal Affairs for the Arkhangelsk region arrested the coach and seized prohibited substances.

RUSADA [announced](#) that the case was the first in which criminal charges had been filed under Article 230.1 of Russia's Criminal Code. Russia [criminalised](#) the supply of prohibited substances to athletes in 2016.

RUSADA also [announced](#) that a St. Petersburg-based **doctor** has been banned from working with athletes, after recommending the use of meldonium to a minor athlete. The athlete refused to use meldonium and told the doctor that its use was prohibited in sport.

The Russian Athletics Federation (RusAF) [announced](#) that long jumper **Elena Mashinistova** (Елена Машинистова) has been sanctioned with a one year ban after returning an adverse analytical finding (AAF) for hydrochlorothiazide. Mashinistova's ban will run from 31 October 2018, the date of her AAF. Mashinistova gained [approval](#) to compete internationally as an Authorised Neutral Athlete (ANA) in July last year, however her International Association of Athletics Federations (IAAF) [profile](#) appears to indicate that she has only competed domestically.

RusAF also announced that shot put athlete **Ruslan Khalikov** (Халиков Руслан) has been sanctioned with a six month ban after testing positive for the same substance. His ban will run from 28 November last year, the date of his provisional suspension, to 27 May 2019, and his result from the Ural Federal District Championships, held in June last year in Chelyabinsk, will be annulled.

RUSADA also confirmed that it cannot accept a request to allow DCOs to phone athletes during the last five minutes of a testing window, if they cannot locate them. The [request](#) was made by the Athletes Commission of the ROC on 19 April, and was [denied](#) by RUSADA on 22 April.

Under [WADA's International Standard for Testing & Investigations](#) (ISTI – p97), sample

collection authorities such as RUSADA have the discretion as to whether DCOs can phone athletes during the last five minutes of their testing window, if they cannot locate them.

*“Some time ago, we contacted WADA with a request about the potential for telephone alerts for athletes during the last five minutes of the 60-minute time slot”, said RUSADA Deputy Director General, Margarita Pakhnotskaya (Маргарита Пахноцкая), in a [statement](#). “The answer was that the International Standard allows such an opportunity, but leaves it to the discretion of the testing organisation. According to WADA, RUSADA should not yet change its methods of anti-doping testing, in which it has been guided in recent years. These strong recommendations were due to Russia’s past serious problems in the fight against doping.”*

<https://www.sportsintegrityinitiative.com/coach-first-to-be-charged-with-doping-offence-under-russian-criminal-code/>