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**EFE**

13/08/2019

## La app NØDopApp, una ayuda al deportista en la lucha contra el dopaje



**La aplicación NØDopApp permite al deportista conocer si un medicamento contiene sustancias prohibidas en el deporte**

La **Agencia Española de Protección de la Salud en el Deporte** (AEPSAD) ha creado la aplicación **NØDopApp**, con el objetivo de que sus usuarios, los deportistas, puedan conocer de una forma fácil y accesible si un medicamento contiene alguna sustancia prohibida en el deporte.

En concreto, informa la AEPSAD, se trata de que el deportista disponga de forma rápida información sobre un medicamento que puede obtener en algún país de los integrados en esta plataforma, y si contiene alguna sustancia incluida en la Lista de sustancias y métodos prohibidos en el deporte aprobada cada año por la **Agencia Mundial Antidopaje** (AMA).

### Herramienta de consulta

La agencia explica que se trata de que el deportista disponga de una herramienta que permita evitar "el número de resultados antidopaje positivos no intencionados provocados en la mayoría de las ocasiones por el desconocimiento del propio deportista o de su entorno".

Además, **NØDopApp** cuenta con versión web **NoDopWeb** y está disponible para su descarga en todo el mundo tanto para dispositivos Android como para iOS a través de Google Play y App Store.

Mediante la aplicación, añade, se permite realizar la consulta introduciendo el nombre de la sustancia, del medicamento o bien la referencia del propio medicamento (código nacional o equivalente) que aparece en el etiquetado. También -añaden- se puede realizar la **consulta directa por sustancias concretas**.

Una vez seleccionado el medicamento que se quiere consultar, la aplicación informa sobre si su consumo en el deporte está o no permitido. Además, informa sobre las posibles restricciones de su uso.

Desde la AEPSAD se destaca que en la consulta aparece información relativa a la clasificación de las sustancias dopantes según aparecen reflejadas en la **Lista de sustancias y métodos prohibidos en el deporte** aprobada cada año por la Agencia Mundial Antidopaje (AMA) y que cada año publica en España el BOE.

#### Riesgos para la salud

Existe también un apartado en el que se incluyen los **riesgos que para la salud** supone el ilícito consumo o utilización de las sustancias y métodos prohibidos en el deporte fuera de las indicaciones autorizadas, con la intención de aumentar el rendimiento deportivo o la masa muscular entre otras.

Tanto la versión móvil como la web no proporcionan información sobre sustancias presentes en alimentos, complementos alimenticios, plantas, medicamentos a base de plantas medicinales o **medicamentos homeopáticos**.

Ambas herramientas han sido de consulta oficial en los pasados **Juegos Panamericanos y en los Parapanamericanos de Lima 2019**.

<https://www.efe.com/efe/espana/practicodeporte/la-app-n-dopapp-una-ayuda-al-deportista-en-lucha-contra-el-dopaje/50000944-4042304>

**CICLO 21**

12/08/2019

**Cecchini suspendido por clostebol**

Cecchini en el podio del GP Kranj. (Metauro)

**Redacción / [Ciclo 21](#)**

El italiano **Marco Cecchini** [aparece en el listado actualizado](#) de los corredores suspendidos por violaciones de la regulación antidopaje, la UCI ha incluido al joven de veinte años del Sangemini-Trevigiani por dar positivo por **clostebol** en un control realizado el 14 de junio al final de la primera etapa en la línea del **Giro d'Italia sub-23**, que terminó en el puesto 122. Según deslizan diversas informaciones, el corredor de Pesaro habría usado una crema para tratar heridas que contiene esta sustancia prohibida e inmediatamente habría sido detectada en un control antidopaje.

El clostebol es el mismo agente que, en el pasado, se encontró en las muestras de Stefano Agostini e Ilaria Sanguineti o, en otros casos recientes en otros deportes como el jugador de baloncesto Christian Burns y el nadador Gabriel Santos.

<https://www.ciclo21.com/dopaje-clostebol-cechini-2019/>

**INSIDE THE GAMES**

13/08/2019

## IWF provisionally suspends five Russian athletes based on McLaren Report and Moscow Laboratory data

- By [Liam Morgan](#)



**Five Russian weightlifters have been provisionally suspended by the International Weightlifting Federation (IWF) based on evidence uncovered in the McLaren Report and retrieved from the Moscow Laboratory.**

In a statement, the IWF said the five athletes had been provisionally suspended after it received evidentiary packages from the World Anti-Doping Agency (WADA) intelligence and investigations department.

The IWF said it had decided to provisionally suspend the athletes "in view of the severity of the asserted anti-doping rule violations and compelling nature of the evidence".

The list includes two-time world champion and London 2012 Olympic bronze medallist Ruslan Albegov and 2013 world champion Tima Turieva.

David Bedzhanyan and Oleg Chen, who have both won two European titles and three World Championships medals, and Egor Klimonov have also been provisionally suspended.

Chen and Albegov had their provisionally suspensions, imposed on suspicion of doping in November 2017, lifted in February of last year.

The IWF is the second Summer Olympic International Federation (IF) to sanction athletes based on evidence obtained from the laboratory by WADA and the McLaren Report.

WADA announced last month it had identified 300 athletes with the most suspicious data recovered from the facility in the Russian capital and had sent evidentiary packages on 43 competitors to the relevant IFs.

The IWF said it was conducting a joint investigation with the International Testing Agency which "may lead to further cases being brought in the future".

"The IWF regrets these additional cases of doping in our sport from some years ago," IWF President Tamás Aján said.

"We note without any satisfaction that weightlifting was far from the only sport to have been affected by the extensive and historical Russian doping revealed by whistleblowers, the media and WADA.

"We can be satisfied, however, that the IWF has shown once again our determination to protect clean sport and promote clean athletes.

"We have not shown any hesitation in taking the right decisions."

Albegov finished third in the over-105 kilograms heavyweight category at London 2012 behind Iranian duo Behdad Salimi and Sajjad Anoushiravani.

He is also a two-time world champion having won gold in 2013 and 2014 and claimed European titles in 2012 and 2013.

Albegov had been the only male Russian weightlifting medallist from London 2012 not to have already been barred for doping.

Chen won the men's under-69kg European titles in 2013 and 2014 and claimed World Championships silver medals in 2011, 2013 and 2015.

Bedzhanyan topped the under-105kg podium at the 2012 and 2013 European Championships.

The 30-year-old claimed World Championships silver in the category in 2013 and 2015 as well as bronze in 2014.

Turieva won the women's under-63kg world title in 2013 before earning silver at the next two editions of the World Championships.

The five Russian weightlifters are the first to be sanctioned by their IF for their involvement in the state-sponsored doping scheme orchestrated by the country at several major events.

It is up to IFs to pursue anti-doping rule violations against those found to have been involved.

WADA has pledged to assist IFs to help sanction or exonerate athletes but has also warned it will not hesitate to go to the Court of Arbitration for Sport if they choose not to act.

<https://www.insidethegames.biz/articles/1083420/iwf-provisional-suspension-five-russians>

**iNEWS**

11/08/2019

## Sierre-Zinal field shows trail running needs to tackle doping seriously – or risk losing credibility

**Top ten was peppered with athletes who had served bans - but none of their transgressions warranted a mention**



Chocolate-box scenery will only hold our attention for so long while doping clouds swirl around trail running (Photo: Christophe Golay/Sierre-Zinal)

### Matt Butler

First the good news. Andrew Douglas extended his lead in the World Mountain Running Association World Cup by finishing fifth in the Sierre-Zinal race near the Matterhorn in Switzerland on Sunday.

His fellow Scot Robbie Simpson, the Commonwealth Games marathon bronze medallist, finished fifth, competing in an extremely strong field. The 16-year-old course record was broken by [Kilian Jornet](#), who posted his seventh victory in the race. Around 5,200 others ran, walked and climbed a beautiful 31-kilometre course involving 2,200 metres of ascent and 1,100m of descent.

On the face of it, it is yet another feel-good story in the world of [trail running](#), which is enjoying a participation boom worldwide. Races fill up with months to spare, waitlists are groaning with willing participants – and in a relatively new development, prize money is now offered to successful runners, who previously had to make do with kudos, glory and cheaply made medals.

And yet. Yesterday's field was evidence that the sport may have grown a little too quickly. The winner of the women's race on Sunday, Maude Mathys, has tested positive twice for a banned substance.

Elisa Desco, who finished seventh, has served a two-year ban for EPO. Petro Mamu, who finished in second overall just under a minute behind Jornet, has failed two doping tests but only served a nine-month ban.

Rules are rules

Mathys's positive tests have a mitigating factor in that they were for hormones to help with becoming pregnant – and she merely failed to obtain a therapeutic use exemption. But rules are rules: as much as I think blasting Monolord at 1am is a good and right thing to do, my neighbours and the police would no doubt disagree.

And the other two are bang to rights. Mamu, who was awarded 1,600 Swiss francs (£1,375) for his podium place, was stripped of the 2017 World Mountain Running Championship medal, while Desco had the 2009 edition of the same championship taken away following her transgression.

The weird thing is, that during the commentary of the race on Sunday, the D word was not mentioned a single time. When Mamu crossed the line we were told that the Eritrean had run a "great race", especially considering he was competing off the back of a victory in another Alpine race last week. It was indeed an eye-opening performance.

It was if the commentators thought if they don't mention drugs, they do not exist – after all, we had expansive vistas of rich, green Swiss mountains bathed in crisp sunlight to feast our eyes on. Why ruin the serenity with drug clouds?

Bigger, more lucrative

Trail running is getting bigger, more competitive and more lucrative. And therefore, such is human nature, cheats will look to find an edge. Race organisers can either ignore it – the governing body in charge of yesterday's Sierre-Zinal pays lip service by having a voluntary analysis of athletes' blood and urine out of competition – or act.

Swiss anti-doping authorities tested the top five athletes after Sunday's race, but as many will attest to, it is out of competition when cheats are found out.

If the sport needs a pointer, then [rugby union](#)'s shift to professionalism and the subsequent rise in doping cases (and the anger at the lack of testing which followed) should provide a guide.

But whether they follow the lead of mainstream sports or come up with another way to tackle cheats, something needs to be done. Because the sights of chocolate-box alpine views are only going to hold our attention for so long.

<https://inews.co.uk/sport/sierre-zinal-doping-trail-running-credibility/>