

Marathon star Aga gets six-year ban for Methylprednisolone, Tampering

22 OCTOBER 2026, MONACO: Former Tokyo Marathon champion Ruti Aga has been banned for six years by the Athletics Integrity Unit (AIU) for committing Anti-Doping Rule Violations (ADRVs) involving the Presence and Use of the prohibited substance Methylprednisolone, as well as Tampering.

The 32-year-old Ethiopian violated Anti-Doping Rules 2.1 and 2.2, relating to the presence and use of a Prohibited Substance after returning a positive test result at the Meishan Renshou Half Marathon in China on 15 March 2026, a race she won. Methylprednisolone is classified as a Class S9 substance (Glucocorticoids) on the World Anti-Doping Agency (WADA) Prohibited List and is prohibited in-competition.

She also breached Anti-Doping Rule 2.5 regarding “Tampering or Attempted Tampering with any part of Doping Control”, after attempting to mislead the investigation by providing false information in an interview with AIU representatives on 21 April 2026 and then producing a “forged/manipulated document” on 4 May 2026 that purported to verify a prescription for Methylprednisolone while as an outpatient of a medical facility.

Aga, who was ranked 11th in the world at the time of her positive test, is an elite marathon runner, having won the Tokyo Marathon in 2019 and recording four top-three finishes at the World Marathon Majors. Along with the Meishan Renshou Half Marathon in 2026, the athlete also captured the last two editions of the Xiamen Marathon - both World Athletics Platinum Label Road Races.

“We have made significant progress against doping in marathon running over the past six to seven years, but much remains to be done. Investigations are vital to uncovering doping and exposing false explanations. Protecting clean competition takes resources, but this case sends a clear message: attempts to cheat will be exposed,” said Chief Executive of the AIU, Brett Clothier.

Aga attributed her positive test to treatment for a knee injury, submitting a prescription from a clinic that did not exist, issued by a ‘doctor’ who turned out to be a family member with no medical registration with the relevant authority. When questioned, the family member claimed to have used an old prescription pad from a former workplace. But that clinic confirmed the individual had never worked there and the prescription was not theirs. The AIU’s investigation, supported by the Ethiopian Anti-Doping Authority, established that the document was forged.

Aga received a two year sanction for the Presence/Use of a Specified Substance and four years for Tampering.

Read the decision [here](#).

ABOUT THE ROAD RUNNING INTEGRITY PROGRAMME

The Athletics Integrity Unit runs an extensive anti-doping programme covering up to 300 professional road runners; 150 men and 150 women. The programme's activities of testing, intelligence, investigation, prosecution and education are funded entirely through contributions from World Athletics, Abbott World Marathon Majors, World Athletics Label Road Races, Athletes and their Athlete Representatives, and running shoe companies: adidas, ASICS, Nike and On.

ABOUT THE ATHLETICS INTEGRITY UNIT

The Athletics Integrity Unit (AIU) is the independent body created by World Athletics that manages all integrity issues - both doping and non-doping - for the sport of athletics. The remit of the AIU includes anti-doping, the pursuit of individuals engaged in age or competition results manipulation, investigating fraudulent behaviour with regards to transfers of allegiance, and detecting other misconduct including bribery and breaches of betting rules. It is the AIU's role to drive cheats out of our sport, and to do everything within its power to support honest athletes around the world who dedicate their lives to reaching their sporting goals through dedication and hard work.



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