
Decision of the Athletics Integrity Unit in the Case of Ms Ruth Chepngetich

Introduction

1. World Athletics has established the Athletics Integrity Unit ("**AIU**") whose role is to protect the integrity of the sport of Athletics, including fulfilling World Athletics' obligations as a Signatory to the World Anti-Doping Code (the "**Code**"). World Athletics has delegated implementation of the World Athletics Anti-Doping Rules ("**ADR**") to the AIU, including but not limited to the following activities in relation to International-Level Athletes: Testing, Investigations, Results Management, Hearings, Sanctions and Appeals.
2. Ms Ruth Chepngetich ("the **Athlete**") is a 31-year-old long-distance runner from Kenya and the current World Record holder for the Women's Marathon, a mark that she set at the Chicago Marathon on 13 October 2024¹.
3. This decision is issued by the AIU pursuant to Rule 8.5.6 ADR, which provides as follows:

"8.5.6 In the event that the Athlete or other Person either (i) admits the violation and accepts the proposed Consequences or (ii) is deemed to have admitted the violation and accepted the Consequences as per Rule 8.5.2(f), the Integrity Unit will promptly:

- (a) issue a decision confirming the commission of the violation(s) and the imposition of the specified Consequences (including, if applicable, a justification for why the maximum potential sanction was not imposed);*
- (b) Publicly Report that decision in accordance with Rule 14;*
- (c) send a copy of the decision to the Athlete or other Person and to any other party that has a right, further to Rule 13, to appeal the decision (and any such party may, within 15 days of receipt, request a copy of the full case file pertaining to the decision)."*

The Athlete's Commission of Anti-Doping Rule Violations

4. In 2024, the Athlete was subject to Out-of-Competition Testing by the AIU on fifteen (15) occasions and to In-Competition Testing a further four (4) times in the same period.

¹ <https://worldathletics.org/athletes/kenya/ruth-chepngetich-14766298>

5. Following her World Record performance at the Chicago Marathon in 2024, the AIU subjected the Athlete to an increased level of Testing during her preparation for the 2025 London Marathon in April 2025. In the four-week period between 28 February 2025 and 26 March 2025, the Athlete was subject to a further six (6) Tests conducted by the AIU as follows:

Table 2: Tests and Analyses 28 February 2025 to 26 March 2025

Date	Sample Collected
28 February 2025 OOC	Urine Blood Passport
8 March 2025 OOC	Urine Blood Passport
9 March (IC)*	Urine
14 March 2025 OOC	Urine Blood Passport
19 March 2025 OOC	Urine Blood Serum Blood Passport
26 March 2025 OOC	Urine Blood Passport

*The Athlete was tested In-Competition on 9 March 2025 at the EDP Lisbon Half Marathon

6. The urine Sample that the Athlete provided Out-of-Competition in Kenya on 14 March 2025 was given code 1452266 (the “**Sample**”).
7. On 3 April 2025, the World Anti-Doping Agency (“**WADA**”) accredited laboratory in Lausanne, Switzerland (the “**Lausanne Laboratory**”) reported that its analysis of the Sample had revealed the presence of hydrochlorothiazide (“**HCTZ**”) (the “**Adverse Analytical Finding**”).
8. Following a request from the AIU, the Lausanne Laboratory confirmed that the estimated concentration of HCTZ in the Sample was 3800ng/mL (i.e., 3.8µg/mL).
9. HCTZ is a Prohibited Substance under the WADA 2025 Prohibited List under the category S5. Diuretics. It is a Specified Substance that is prohibited at all times. A Specified Substance has a standard sanction of two (2) years’ ineligibility subject to possible reduction or increase in accordance with the provisions of the ADR.
10. Whilst diuretics are known to be abused by athletes to mask the presence in urine of other Prohibited Substances, HCTZ has been identified in WADA Technical Letter TL24 – Diuretics² as one of six diuretics³ that “*have been found as contaminants in oral pharmaceutical products, including both products available by prescription and products*

² See https://www.wada-ama.org/sites/default/files/2024-03/tl24_v3_diuretics_eng_final_0.pdf

³ Acetazolamide, bumetanide, furosemide, HCTZ, torasemide, and triamterene.

available over the counter” and in quantities *“sufficient to cause an Adverse Analytical Finding”*.

11. WADA Technical Letter TL24 therefore establishes a concentration of 20ng/mL as being the Minimum Reporting Level (“**MRL**”) to report HCTZ findings (in sports which are not weight class sports such as Athletics) below which a laboratory should not report an Adverse Analytical Finding to *“minimize the risk of sanctioning Athletes who test positive due to the use of contaminated medications”*.
12. Since the estimated concentration in the Sample provided by the Athlete on 14 March 2025 of 3800ng/mL was higher than the MRL for HCTZ (20ng/mL), the Lausanne Laboratory reported the result as an Adverse Analytical Finding.
13. Upon notification of the Adverse Analytical Finding, the AIU requested additional analytical information from the laboratories that had analysed the Athlete’s prior Samples, and it was reported that traces of HCTZ had been identified below the applicable MRL in a urine Sample collected from the Athlete on 28 February 2025, two weeks before the Sample that gave rise to the Adverse Analytical Finding for HCTZ on 14 March 2025⁴.
14. In addition, based on the AIU’s review of the Athlete’s Testing History, the AIU requested additional IRMS and ESA analysis on urine Samples previously collected from the Athlete⁵.
15. The AIU reviewed the Athlete’s disclosures on her 2025 Doping Control Forms (“**DCF**s”) of the medicines and supplements she had ingested in the 7-day period before the Samples above were collected and noted that there was nothing on the DCFs that referred to (or included) HCTZ:

Table 3: Doping Control Form Disclosures by the Athlete

Date	Sample Collected	Medicines/Supplements taken in last 7 days
28 February 2025	Urine Blood Passport	Multivitamins/multiminerals capsule, Doloact ⁶ , Ethic Sport Energia Rapida, USN Pro Enduro, Ethic Sport Performance Sete, Nilacid ⁷
8 March 2025	Urine Blood Passport	Multivitamins /multiminerals capsule, Ethic Sport Super Dextrin Gel, Ethic Sport Energia Rapida
9 March 2025	Urine	Multivitamins /multiminerals capsule, Voltaren, Celebrex ⁸ , Ethic Sport Super Dextrin Gel, USN Pro Enduro

⁴ HCTZ was identified at an estimated concentration of 12ng/mL. According to the WADA TD2022 MRPL, the MRL for HCTZ is 20ng/mL below which the relevant laboratory should not report the result as an Adverse Analytical Finding.

⁵ No Prohibited Substances have been detected to date following the further additional analyses.

⁶ A combination of Diclofenac and Paracetamol.

⁷ A medicine used to treat digestive issues, see https://shop.pharmaplus.co.ke/products/nilacid-suspension-100mls-n0776?srsitid=AfmBOoqfXryfBqDAUJ-6SfahT4KFSv_8oS-wSWnNWUqGfldr_MGncf4

⁸ A brand name for Celecoxib, a COX-2 inhibitor and non-steroidal anti-inflammatory drug (“**NSAID**”).

Date	Sample Collected	Medicines/Supplements taken in last 7 days
14 March 2025	Urine Blood Passport	Multivitamins /multiminerals capsule, Voltaren, Celebrex, Ethic Sport Super Dextrin Gel
19 March 2025	Urine Blood Blood Passport	Multivitamins /multiminerals capsule, Ethic Sport Super Dextrin Gel, Ethic Sport Energia Rapida, Ethic Sport Performance Sete
26 March 2025	Urine Blood Passport	Multivitamins/multiminerals capsule, Voltaren, Ethic Sport Super Dextrin Gel, Doloact, Ethic Sport Energia Rapida, USN Pro Enduro

16. The AIU also obtained an independent expert scientific opinion from Prof. Martial Saugy, the former Director of the Lausanne Laboratory in relation to the concentration of HCTZ found in the Sample. Prof. Saugy confirmed that, in his expert opinion, the estimated concentration of 3.8ug/mL HCTZ in the Sample represented a concentration close to the peak concentration expected between 8-10 hours after the intake of a pharmacological dose (20/40mg) of HCTZ (which would typically be completely excreted within 48-72 hours of ingestion).
17. The AIU reviewed the Adverse Analytical Finding in accordance with Article 5 of the International Standard for Results Management (“**ISRM**”) and determined that:
 - 17.1. the Athlete did not have a Therapeutic Use Exemption (“**TUE**”) that had been granted (or that would be granted) for the HCTZ found in the Sample; and
 - 17.2. there was no apparent departure from the International Standard for Testing and Investigations (“**ISTI**”) or from the International Standard for Laboratories (“**ISL**”) that could reasonably have caused the Adverse Analytical Finding.
18. Therefore, in accordance with Article 5.1.2.1 ISRM, the AIU issued the Athlete with a Notice of Allegation of Anti-Doping Rule Violations, noting at this stage the standard 2-year period of ineligibility for a Specified Substance. The Notice of Allegation was issued to the Athlete in person by AIU representatives who had travelled to the Athlete’s residence in Ngong, Kenya, on 16 April 2025 and the Athlete was invited upon notification to provide an immediate explanation for the Adverse Analytical Finding by way of a recorded interview.
19. The Athlete was unable to explain to AIU representatives at interview how the Adverse Analytical Finding had occurred. In particular, the Athlete could not specify or identify a specific source for the HCTZ detected in the Sample.
20. In order to rule out the possibility of an accidental ingestion of HCTZ or contamination (which may have mitigated the standard period of ineligibility), the Athlete was invited at the time of interview to deliver up to the AIU representatives all supplements and medicines that she had been taking (including those that she had disclosed on the DCF for the Sample collected on 14 March 2025), and any other products that she had taken.
21. The Athlete identified several supplements and over-the-counter medicines that she had been taking and handed over the following eight (8) different products that she had in her possession (including those disclosed on her DCF from 14 March 2025):

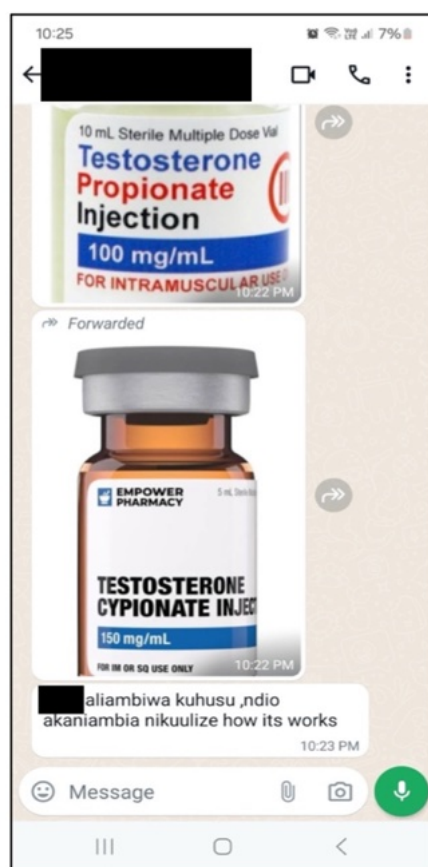
Table 4: Products handed over by the Athlete to the AIU

Ethic Sport Performance Sete	USN Cramp Block
Ethic Sport Super Dextrin	USN ProEnduro Endurance Drink
Ethic Sport Energia Rapida+	Glico Power Production Extra Oxyup
Hardline Nutrition L-carnitine Matrix 3000 MG	Glico Power Production Extra Amino Acids

22. The Athlete confirmed that she had exhausted her supply of two (2) further products that she had been taking, namely, Celebrex and Voltaren, and no longer had any of those products in her possession.
23. The AIU therefore took immediate steps (with the assistance of the Anti-Doping Agency of Kenya) to obtain Celebrex and Voltaren from the same pharmacy in Ngong, Kenya where the Athlete confirmed that she had originally obtained the products.
24. AIU representatives also issued the Athlete in-person on 16 April 2025 with a Demand in accordance with Rule 5.7.4, *inter alia*, to provide her Electronic Devices to the AIU for inspection, extraction, copying and downloading. The Athlete complied with the Demand and gave her written consent for her Electronic Devices to be inspected, copied and downloaded.
25. The eight (8) products that the Athlete delivered into the custody of AIU representatives, together with the Celebrex and Voltaren that the AIU obtained from the pharmacy in Ngong (together “the **Products**”), were sent to the WADA-accredited laboratory in Seibersdorf, Austria, for analysis for the presence of HCTZ.
26. On 19 April 2025, the AIU received written confirmation that the Athlete had decided to accept a voluntary Provisional Suspension pending the determination of the matter.
27. The Athlete subsequently withdrew from the London Marathon in which she had been due to compete on 27 April 2025.
28. On 23 April 2025, the Athlete submitted a request for a copy of the A Sample Laboratory Documentation Package (“**A LDP**”) supporting the Adverse Analytical Finding.
29. On 5 May 2025, the AIU wrote to the Athlete and, *inter alia*, afforded her until no later than 9 May 2025 to submit any additional information or explanation for the presence of HCTZ in the Sample (in addition to the information that she had already provided to the AIU in interview on 16 April 2025).
30. The Athlete failed to submit any further information or explanation to the AIU by 9 May 2025.
31. On 25 June 2025, the AIU provided the Athlete with a copy of the A LDP.
32. On 11 July 2025, the Athlete attended a follow-up interview with AIU representatives in which she confirmed that she had declared and transferred into the custody of the AIU all supplements and medicines that she had used.

33. AIU representatives informed the Athlete at the interview on 11 July 2025 that no HCTZ had been detected in the Products by the WADA-accredited Laboratory in Seibersdorf, Austria⁹.
34. The Athlete stated again that she did not know how HCTZ came to be in her system.
35. At the interview on 11 July 2025, AIU representatives also put to the Athlete several artefacts discovered from its analysis/inspection of the data extracted from her Electronic Devices pursuant to her compliance with the Demand issued on 16 April 2025. The Athlete was asked to provide an explanation for these artefacts because they created a reasonable suspicion that her Adverse Analytical Finding may have been intentional rather than inadvertent. The artefacts included: (i) a screenshot of a WhatsApp message the Athlete received about Testosterone and associated images (see **Figure 1** below), (ii) messages related to unidentified third parties working on 'programs' possibly related to doping, and (iii) an image showing Anavar (Oxandrolone)¹⁰ (see **Figure 2** overleaf).

Figure 1: Screenshot of messages and images re: Testosterone



⁹ The AIU provided the Athlete with copies of the (negative) results of the analysis of the Products by the WADA-accredited laboratory in Seibersdorf, Austria immediately following the interview on 11 July 2025.

¹⁰ Testosterone and Oxandrolone are Prohibited Substances under S1.1 Anabolic Androgenic Steroids of the WADA 2025 Prohibited List.

36. The screenshot of the WhatsApp message was created and modified on 14 April 2024. It contained images of two Testosterone vials. The sender of the message was another athlete known to the Athlete with whom she corresponded regularly. Accompanying the images of the Testosterone vials was a message stating that *'[name] was told about it, so he asked me to ask you how it works'*.
37. The Athlete explained at interview that she did not request or respond to the message about the Testosterone and that she may have unintentionally taken a screenshot of the message. The Athlete denied ever using Testosterone or knowing why she received this message.
38. Three further relevant messages or conversations from 2022, 2023 and 2025 were recovered from the Athlete's mobile phone, one as an incoming message and two as screen captures. The messages each relate to unidentified third parties working on 'programs' that, on their face, are possibly related to doping.
39. The Athlete maintained that these messages were either forwarded unintentionally, unsolicited or misunderstood. She stated some of the messages may have come from group chats or unsolicited content.

Figure 2: Image showing Anavar

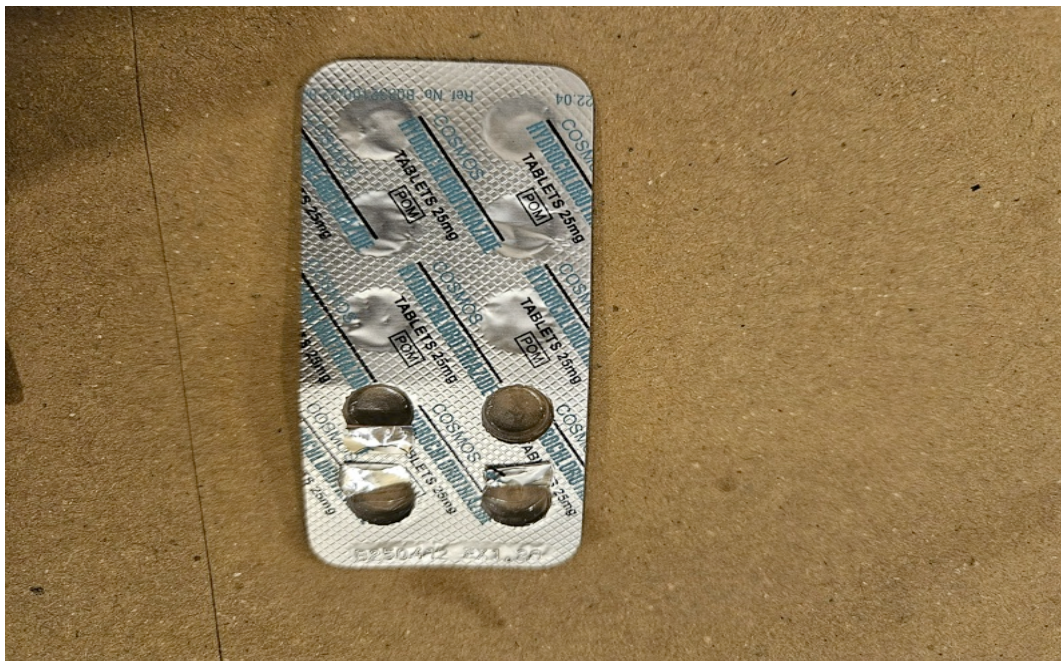


40. The image of the vial and box of Anavar in *Figure 2* was created and modified on 29 April 2024. There is no additional information to determine its source.
41. At interview, the Athlete denied searching for Anavar and stated that the picture of Anavar may have been an image sent in a WhatsApp group chat that had been automatically saved to the photo gallery.
42. Following a review of the Athlete's position in relation to the Adverse Analytical Finding and all the evidence acquired to date, the AIU remained satisfied that the Athlete had

committed Anti-Doping Rule Violations as set out in the Rules and, on 17 July 2025, issued the Athlete with a Notice of Charge in accordance with Rule 8.5.1 and Article 7.1 ISRM¹¹.

43. On 31 July 2025, the Athlete responded to the Notice of Charge, and on this occasion provided an entirely new explanation for the Adverse Analytical Finding.
44. In summary, the Athlete explained that, on the evening of 12 March 2025, she had experienced symptoms of sweating, weakness and tachycardia and, since she knew that her housemaid had experienced similar symptoms, asked her housemaid for the medicine that she had been taking. The Athlete's housemaid gave the Athlete her medicine (the Athlete provided a picture of the blister packaging of the medicine which clearly identified it as 'Hydrochlorothiazide' (**Figure 3**)) and the Athlete took one tablet to treat her symptoms. The Athlete claimed that she had forgotten to disclose this medicine on the DCF two days later, on 14 March 2025, and she did not know that the medicine given to her by her housemaid was a Prohibited Substance.

Figure 3: Picture of blister packaging provided by the Athlete on 31 July 2025



45. Following receipt and review of the Athlete's new explanation, on 19 August 2025, the Athlete attended a further interview (remotely) with AIU representatives to answer questions in relation to her new explanation.
46. In interview on 19 August 2025, the Athlete further explained, in summary, that:
 - 46.1. on the evening of 12 March 2025, she felt unwell and went to sleep. Her housemaid checked on her and the Athlete explained her symptoms. Her housemaid informed

¹¹ The AIU expressly reserved its rights in full to add to or to amend the Charge and to seek an increase in the period of Ineligibility based on the application of Rule 10.2.1(b), if appropriate.

the Athlete that she had previously experienced the same symptoms and had been to a chemist in Nairobi, where she explained those symptoms and had been given medicine for them. The Athlete asked her housemaid if she still had the medicine and to give it to her, which the housemaid did, and the Athlete took one (1) tablet and went back to sleep;

- 46.2. as an elite Athlete, she confirmed she had received anti-doping education, and she knew and understood her anti-doping responsibilities;
 - 46.3. she routinely informed any doctor or other medical professional that treats her that she is an elite Athlete and that she cannot be given any Prohibited Substances;
 - 46.4. whenever she went to a (pharmacy) counter, she Googled the medicine to see if it is safe to take before using it and, if she did not understand or was unsure, she would ask a doctor to check to make sure that it is not a Prohibited Substance and does not contain any Prohibited Substances;
 - 46.5. she did not know that the medicine given to her by her housemaid was prohibited but she had not checked before she took it and she did not remember to contact a doctor to ask if it was a Prohibited Substance or if it contained a Prohibited Substance because she was feeling unwell. She accepted that she could have asked someone else in her house to Google the medicine to check whether it was a Prohibited Substance, but she did not.
47. The AIU has serious reservations about the credibility of the new version of events put forward by the Athlete on 19 August 2025. The Athlete was given numerous opportunities up until then to identify the source of the HCTZ, both in person and in writing, and she never mentioned once that she had taken the medication of her housemaid to treat an illness. The new explanation also fails to explain why 12ng/mL of HCTZ was found in her sample collected on 28 February 2025, two weeks before she says she fell sick and took her housemaid's medication on the evening of 12 March 2025. It is particularly dubious that this explanation was only offered after the Athlete was confronted with material from her mobile telephone which provided the AIU with a reasonable suspicion that her Adverse Analytical Finding may have been intentional. The AIU considers that this new explanation may well have been a post facto attempt to avoid investigation into the material identified by the AIU on her mobile phone.
48. In any event, even if accepted, the Athlete's new explanation provides her with no mitigation. That is because the AIU considers that the conduct that she described to the AIU at her interview on 19 August 2025 was reckless in nature and satisfies the requirements of Rule 10.2.3 ADR for her violations to be considered intentional (even if indirectly so) and for a period of Ineligibility of four (4) years to be imposed under the ADR. Moreover, the conclusion of the current case does not preclude further investigation into whether other Anti-Doping Rule Violations were committed by the Athlete and/or other Persons.
49. Given the foregoing, on 22 August 2025, the AIU issued the Athlete with a revised Notice of Charge, in which the AIU sought a period of Ineligibility of four (4) years against the Athlete on the basis that the Anti-Doping Rule Violations she had committed were intentional as that term is defined in Rule 10.2.3 (for further information see Consequences below).

50. On 4 September 2025, the Athlete wrote to the AIU noting that she had “*made a big mistake by taking a medicine and not informing the investigator and the official who were in charge of taking samples*” and requested forgiveness.
51. On 9 September 2025, the AIU responded and reiterated the Athlete’s options for the determination of the matter as explained in the Notice of Charge.
52. On 10 September 2025, the AIU received an Admission of Anti-Doping Rule Violations and Acceptance of Consequences Form signed by the Athlete.
53. Following consideration of the potential impact of Public Disclosure of the details of this case on ongoing investigations being conducted by the AIU connected to this matter, the AIU has issued this Decision in accordance with Rule 8.5.6 ADR.

Consequences

54. This is the Athlete’s first Anti-Doping Rule Violation.
55. Rule 10.2 ADR specifies that the period of Ineligibility for an Anti-Doping Rule Violation under Rule 2.1 ADR or Rule 2.2 ADR shall be as follows:

“10.2.1 Save where Rule 10.2.4 applies, the period of Ineligibility will be four years where:

- (a) *The anti-doping rule violation does not involve a Specified Substance or a Specified Method, unless the Athlete or other Person can establish that the anti-doping rule violation was not intentional.*
- (b) *The anti-doping rule violation involves a Specified Substance or a Specified Method and the Integrity Unit can establish that the anti-doping rule violation was intentional.*

10.2.2 If Rule 10.2.1 does not apply, then (subject to Rule 10.2.4(a)) the period of Ineligibility will be two years.”

56. HCTZ is a Prohibited Substance under the WADA 2025 Prohibited List under the category S5. Diuretics. It is a Specified Substance prohibited at all times.
57. The period of Ineligibility to be imposed is therefore a period of two (2) years, unless the AIU can demonstrate that the Anti-Doping Rule Violations were intentional.
58. As set out above, based on the admitted conduct of the Athlete, the AIU considers that the Athlete’s Anti-Doping Rule Violations in this case were intentional as that term is defined in Rule 10.2.3 ADR as follows:

“10.2.3 As used in Rule 10.2, the term ‘intentional’ is meant to identify those Athletes or other Persons who engage in conduct that they knew constituted an anti-doping rule violation or knew that there was a significant risk that the conduct might constitute or result in an anti-doping rule violation and manifestly disregarded that risk. [...]”

59. The Athlete accepted in interview that she had been educated and fully understood her anti-doping responsibilities. The Athlete described that her routine practice is to tell medical professionals that she is an elite Athlete and to check medicines that she is prescribed or that she purchases for Prohibited Substances, either by searching herself using Google or by asking a doctor or medical professional if she is in any way uncertain.
60. Although the Athlete stated that she did not know that the medicine given to her by her housemaid was a Prohibited Substance (despite the clear indications of HCTZ on the blister packaging), she nevertheless specifically asked her housemaid for a medicine, and she knew and understood that this is what she was given.
61. CAS case law¹² is clear that athletes at the elite level must know of the significant risk that consuming a medicine without making any check of its ingredients might result in an Anti-Doping Rule Violation:

“86. As a starting point, the Sole Arbitrator observes that medications, no matter whether obtained with or without a prescription, bear a notoriously high risk that they contain prohibited substances (CAS 2016/A/4609, para. 68). Therefore, every professional athlete, whether experienced or inexperienced, must know about the “significant risk” within the sense of Article 10.2.3 of the WADC that the administration of a medication without any background check as to its ingredients may result in an ADRV. This risk is so obvious and flashy that athletes cannot play dumb. Every athlete must be deemed to know such risks, and contrary assertions of a lack of knowledge can principally not be accepted. To stay within the well-known “minefield”-metaphor adopted by various CAS panels to describe the concept of indirect intent (e.g. CAS 2012/A/2822, para. 8.14; also quoted in CAS 2016/A/4609, para. 63): A professional athlete alleging that he or she does not know that pharmaceuticals or medications may contain prohibited substances would just be the same as alleging that one does not know that a minefield contains mines.”
62. Based on the Athlete's level, and her admitted education and regular practices, and pursuant to the CAS jurisprudence, the AIU considers that the Athlete knew that there was a significant risk that the medicine given to her by her housemaid could contain a Prohibited Substance and therefore that her conduct in taking the medicine might result in an Anti-Doping Rule Violation.
63. Notwithstanding that significant risk, the Athlete took no steps whatsoever to check whether the tablet of HCTZ that she was given by her housemaid was a Prohibited Substance. The Athlete abandoned her usual practices entirely and therefore manifestly disregarded the risk that taking the medicine given to her by her housemaid might constitute or result in an Anti-Doping Rule Violation.
64. The AIU considers that the Athlete's conduct was reckless and that it satisfies the requirements of Rule 10.2.3 ADR to be considered (indirectly) intentional.

¹² CAS 2023/A/9525 *WADA v. Anti-Doping Control Agency of Bosnia and Herzegovina & Doris Žiković*

65. The period of Ineligibility to be imposed is therefore a period of four (4) years in accordance with Rule 10.2.1(b) ADR.

66. However, Rule 10.8.1 ADR provides that an athlete potentially subject to an asserted period of Ineligibility of four (4) years or more may benefit from a one (1)-year reduction in the period of Ineligibility based on an early admission and acceptance of sanction:

“10.8.1 One year reduction for certain anti-doping rule violations based on early admission and acceptance of sanction. Where the Integrity Unit notifies an Athlete or other Person of an anti-doping rule violation charge that carries an asserted period of Ineligibility of four (4) or more years (including any period of Ineligibility asserted under Rule 10.4), if the Athlete or other Person admits the violation and accepts the asserted period of Ineligibility no later than 20 days after receiving the Notice of Charge, the Athlete or other Person may receive a one (1) year reduction in the period of Ineligibility asserted by the Integrity Unit. Where the Athlete or other Person receives the one (1) year reduction in the asserted period of Ineligibility under this Rule 10.8.1, no further reduction in the asserted period of Ineligibility will be allowed under any other Rule.”

67. A revised Notice of Charge was issued to the Athlete on 22 August 2025. On 10 September 2025, the Athlete returned a signed Admission of Anti-Doping Rule Violations and Acceptance of Consequences Form confirming that she admitted the Anti-Doping Rule Violations and accepted the asserted period of Ineligibility.

68. The Athlete shall therefore receive a one (1) year reduction in the asserted period of Ineligibility pursuant to Rule 10.8.1 ADR based on an early admission and acceptance of sanction.

69. On the basis that the Athlete has admitted the Anti-Doping Rule Violations under Rule 2.1 ADR and Rule 2.2 ADR, in accordance with Rule 10.2.1 ADR and the application of Rule 10.8.1 ADR, the AIU confirms by this decision the following Consequences for a first Anti-Doping Rule Violation:

69.1. a period of Ineligibility of three (3) years commencing on 19 April 2025; and

69.2. disqualification of the Athlete's results on and since 14 March 2025, with all resulting Consequences, including the forfeiture of any titles, awards, medals, points, prizes and appearance money.

70. The Athlete has accepted the above Consequences for her Anti-Doping Rule Violations and has expressly waived her right to have those Consequences determined by the Disciplinary Tribunal at a hearing.

Publication

71. In accordance with Rule 8.5.6(b) ADR, the AIU shall publicly report this decision on the AIU's website.

Rights of Appeal

- 72. This decision constitutes the final decision of the AIU pursuant to Rule 8.5.6 ADR.
- 73. Further to Rule 13.2.3 ADR, WADA and the Anti-Doping Agency of Kenya (“**ADAK**”) have a right of appeal against this decision to the Court of Arbitration for Sport in Lausanne, Switzerland, in accordance with the procedure set out at Rule 13.6.1 ADR.
- 74. If an appeal is filed against this decision by WADA or ADAK, the Athlete will be entitled to exercise her right of cross-appeal in accordance with Rule 13.2.4 ADR.

Monaco, 21 October 2025