



REPORT

ROAD RUNNING 2020-2021

REPORT

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FOREWARD FROM THE CHAIRMAN AND THE HEAD OF THE AIU



David Howman AIU Chairman

Brett Clothier AIU Head

Thanks to an extensive analysis of the risks to the integrity of road running in 2019, the AIU found alarming gaps in the level of out-of-competition anti-doping testing for professional road runners below the level of the six Abbott World Marathon Major Races. Up until that time, only World Athletics and the six races which comprise the Abbott World Marathon Majors contributed financially to out-of-competition testing in the road running industry. The situation for the rest of the industry was unsustainable and the road-running industry was potentially exposed to a doping scandal that could be comparable to the worst in the sports world.

Following recommendations from the AIU, World Athletics introduced a new Label Road Race programme whereby World Athletics, Label Road Races, athletes and their representatives, and running-shoe companies (adidas, ASICS, and Nike) agreed to fund the new Road Running Integrity Programme starting in 2020. This initiative would include extensive out-of-competition testing – along with intelligence, investigation, prosecution, and education – covering more than 300 professional road runners. The concept was to create a large pool of well-controlled professional road runners to help promote a level playing field and public confidence in the integrity of the sport.

This integrity campaign started well in January 2020, with the AIU conducting over 350 out-of-competition tests in the first quarter of the year. Unfortunately, from March 2020, the COVID-19 pandemic has had a massive impact on the whole industry. Many road races were cancelled or postponed, and in 2020 and 2021 the integrity programme was scaled back to adapt to the new economic reality while still protecting the original long-term objective, with only the top 40 athletes being subject to full out-of-competition

"So far, we are reassured by the commitment to integrity shown by the road-running industry through these difficult times, with more than 200 races choosing to remain financial supporters of this integrity initiative."

testing. The remaining 260 athletes were only tested for profile purposes, which is unlikely to reveal doping today, but is a strong investment for the future once full testing resumes on the entire group of well-controlled professional road runners.

This report details the outcomes and progress of the Road Running Integrity Programme in 2020 and 2021. In the future, we will report annually. So far, we are reassured by the commitment to integrity shown by the road-running industry through these difficult times, with more than 200 races choosing to remain financial supporters of this integrity initiative. In particular, we would like to acknowledge World Athletics, the Abbott World Marathon Majors, Elite Platinum races and shoe companies adidas, ASICS and Nike for their continued commitment. The programme has indeed met its objectives, providing a strong level of control, while positioning the industry for the longer term.

However, it must be pointed out that the lack of competitions during this period – and thereby lack of earning opportunities – increased some athletes' temptation to cheat; seeking any advantage to earn money. Thus, there have been many anti-doping cases within the road-running industry in 2020 and 2021 as detailed in this report. This trend is continuing into 2022, thus highlighting the importance of our work and the need to continue towards the original scope of the integrity programme as we head into 2023.

ABOUT THE ROAD RUNNING INTEGRITY PROGRAMME

WHAT IS THE ROAD RUNNING INTEGRITY PROGRAMME?

A holistic programme set up to protect the integrity of the road running industry through an intelligence-led extensive testing programme on elite level road racers. This is supported by investigative work and education programmes covering athletes and their support personnel.



The Athletics Integrity Unit, an operationally-independent body, created by World Athletics that manages all integrity issues – both doping and non-doping – for the sport of athletics.





WHAT IS THE APPROACH?

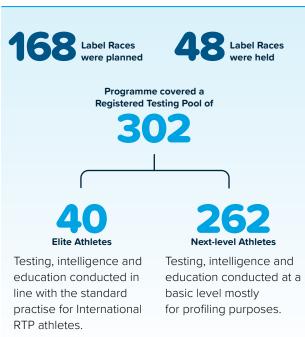
The AIU has a pioneering approach to addressing integrity concerns, with intelligence sitting at the heart of our activities. Intelligence interacts with and informs testing, case management, investigations and intelligence (l&I), and education to make our integrity programmes targeted and highly customised for the relevant groups.



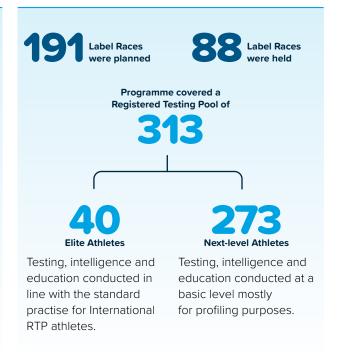
2020-2021 PROGRAMME OVERVIEW

At the beginning of 2020, 168 races in 50 countries pledged to fund the Road Running Integrity Programme. The COVID-19 pandemic had a massive impact on the road running sector, from mid-March 2020 through to the end of spring 2021, leading to the postponement and cancellation of many races. The programme had to be adjusted to maintain oversight on elite road runners.

FOR 2020



FOR 2021



2020 - 2021 EXPENDITURES

	ACTUALS 2020	ACTUALS 2021
TESTING PROGRAMME	\$ 598,580	\$ 748,040
DISCIPLINARY/LEGAL	\$ 83,866	\$ 77,579
COMMUNICATIONS AND EDUCATION	\$ 32,410	\$ 41,141
INVESTIGATIONS AND INTELLIGENCE	\$ 22,612	\$ 20,908
SUPERVISORY BOARD	\$ 7,207	\$ 3,080
ADMINISTRATION	\$ 29,732	\$ 22,955
STAFF COSTS (gross including social insurance)	\$ 543,773	\$ 461,953
TOTAL	\$ 1,320,179	\$1,375, 656

All figures are in US\$



TESTING PROGRAMME 2020

The intelligence-led extensive anti-doping testing is the centrepiece of the Road Running Integrity Programme.

Total number of tests conducted

Samples collected

Analyses conducted

Number of Athletes tested

including 302 RTP athletes

REGISTERED TESTING POOL

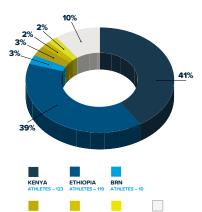
Athletes at the highest level of their sport are selected for what is known as a Registered Testing Pool. The top road runners have been added to the World Athletics Road Running Testing Pool.

Total number of athletes in the pool From **Nationalities**

Priority Group

The RTP athletes are further distributed in priority groups on the basis of their performances, historical profile, risk profile among others and are subject to testing based on the priority group in which they are placed.





Samples collected by type



From athletes Countries

The OOC testing is conducted on a pool of 302 athletes in the Registered Testing Pool

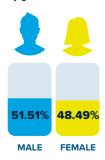


Footnote ¹

Pre-competition (PC) Testing refers to samples collected at the location of an event, usually in the days before the event. For WADA's official statistics, pre-competition testing is classified as out of competition, but the AIU keep a separate record. In-Competition (IC) Testing refers to samples collected the day of an event, usually immediately following the event. Out of competition (OC) Testing refers to testing conducted in other periods, based on the whereabouts filings of athletes.

Group Testing: Testing conducted at training camps or organised gatherings for profiling purpose in the context of Athlete Biological Passport.

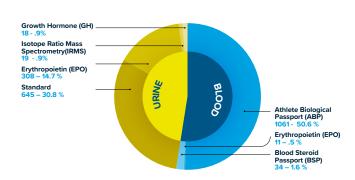
Samples collected by gender



Distribution by analysis type

BLOOD **52.76%** Analysis 1106

URINE 47.23%



TESTING PROGRAMME 2021

More races took place in 2021 and the number of tests increased accordingly.

Total number of tests conducted

1770

Samples collected

2340

Analyses conducted

3385

Number of Athletes tested

803

including 313 RTP athletes

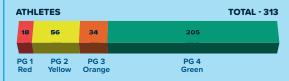
REGISTERED TESTING POOL

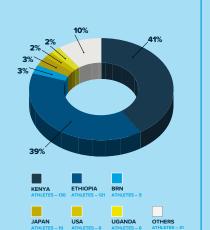
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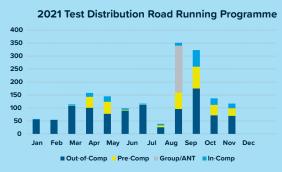
Samples collected by type



From athletes from Countries

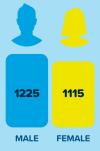
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Testing by month



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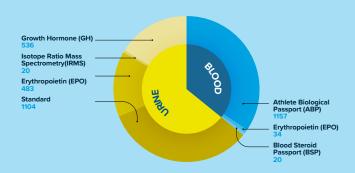




Distribution by analysis type

BLOOD 36.51% Analysis 1236

URINE 63.48%



FEATURES OF THE AIU'S TESTING PROGRAMME

SCIENTIFIC COLLABORATION

The AIU has engaged the Centre for Research and Expertise in Anti-Doping sciences (REDs) at the University of Lausanne as the principle scientific partner for the Road Running Integrity Programme. The REDs provide scientific inputs for the testing activities besides carrying out independent research projects with an aim to make the AIU's testing programme - the most advanced in the world. Former director of the WADA-accredited Rome laboratory Prof. Francesco Botrè leads the team of experts at the REDs.

In addition, Athlete Passport Management Units have been set up for the programme at WADA-accredited laboratories in Lausanne (SUI) and Ghent (BEL).

PERFORMANCE MONITORING

The AIU has put in place an effective alert system, fed by the World Athletics results database, to monitor performances at elite and pre-elite levels consistently. The AIU is also working on setting up a specific scientific model for flagging atypical performances at road races.

MONITORING OF ABP PROFILES

An elaborated Athlete Biological Passport scoring system is in place to assist test planning. The planning is adapted as per the priority testing group in which athletes are placed.

The profiles of the top priority group athletes are subject to comprehensive review on regular basis. The samples collected from athletes are re-analysed after review of ABP profiles and guidance from the scientific experts.

IT SOLUTION

Throughout 2021, the AIU has been developing an ambitious IT solution to further increase the quality of its testing programme. The solution includes a module for the profiling of athletes compiling all relevant information for testing purposes and performance tabs, an innovative module for planning testing and a module for interaction with testing service providers. APIs with third parties were also designed to optimize the performance of the tool. Other anti-doping organisations have already expressed interest for this solution.

RESEARCH AND SCIENCE PROJECTS

STRENGTHEN ABP PROFILING OF KENYA ATHLETES

At the start of 2020, the REDs initiated a research project with an aim to improve understanding of the relevant biological markers amongst Kenya population with an aim to develop an understanding of confounding factors that impact the interpretation of biological profile of the road runners from Kenya.

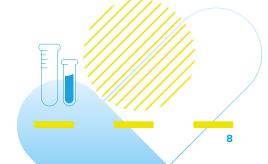
Under this project funded by International Athletics Foundation, a group of researchers will be measuring haematological variables in a vast cohort of untrained healthy Kenyan subjects and compare them with elite athletes group to address the complexity of confounding factors impacting the interpretation of ABP profiles of Kenyan athletes.

In addition, the group will also be measuring total haemoglobin mass (Hb mass) in the athletic group given this parameter is known as one of the best indicators of aerobic capacity. This project involved travels to Kenya and was suspended in March 2020 due to the pandemic and resumed in 2021.

PASSPORT PROGRAMME FOR BLOOD STEROID PROFILING

A special project is being carried out in collaboration with the University of Geneva where in a leading research group in steroidomics (for clinical/diagnosis applications) are working with the scientific advisors at REDs to develop the AlU's blood steroid profiling programme.

The project involves comprehensive statistics, establishing reference ranges, identifying relevant markers, studying their interaction, developing profiling tool, developing model for flagging atypical profiles. In addition, the group is also working on a research project for measuring blood steroid markers using dried blood spot kits.



THE INVESTIGATION AND INTELLIGENCE FUNCTION IS CENTRAL TO THE PROGRAMME

Intelligence sits at the heart of the AIU model. The Investigations and Intelligence team collaborates with a network of investigators and analysts from different parts of the world, as required. Information flows between I&I and different functions within the AIU to support the Road Running Integrity Programme.

INTELLIGENCE

With respect to this programme, the primary role of the intelligence analysts is to collect, collate and analyse disparate data sources and turn this information into usable intelligence to inform the work of different functions – Investigations, Testing, Case Management and Education.

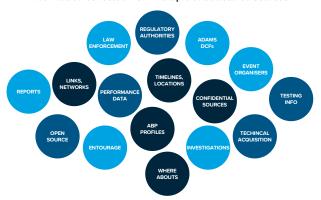
The team also carry out deep-dive strategic research work, for example: distribution of prohibited substances in East Africa, the association between different forms of misconduct and their interrelations with use of prohibited drugs and methods.

INVESTIGATION

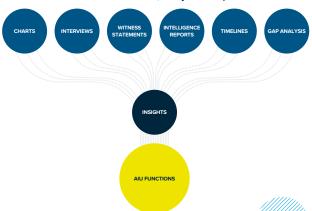
The Investigations team has demonstrated its capability to carry out sophisticated investigations in any part of the world which is evident in high profile cases prosecuted in Russia, USA, Kenya, Ethiopia, Morocco, Bahrain to name a few. The investigators not only support the case management but through their work often lay the foundations for prosecuting cases and target testing.

The AIU has recruited two intelligence analysts contractors assisting with specific projects in investigations and intelligence gathering for the road running programme.

Information collected from multiple unstructured sources



Data is collated/structured, analytical outputs follow



CASE STUDY

WILSON KIPSANG GETS INCREASED FOUR-YEAR BAN FOR TAMPERING

The former world marathon record holder accumulated three whereabouts failures within a 12-month period in breach of the anti-doping rules. To explain one of the whereabouts failures, the athlete blamed a major road accident for delaying his return home and provided photographs and witness testimony to support the explanation. The AIU investigators were able to prove, with the assistance of the Kenyan NADO and local law enforcement, that the photographs were in fact of

a different accident that had happened months after the date claimed by the athlete and that there was no police record of any major road accident having taken place at the location or on the date of the whereabouts failure in question. The Tribunal found at the hearing that the athlete had provided misinformation and false evidence with a view to subverting the AlU's case and he was given an increased four-year ban for tampering as a result.

CASE MANAGEMENT 2020

The AIU has done a lot of work to protect the integrity of the Label races, handling a number of high-profile cases involving road runners from various countries. The prosecution team used video-conferencing for disciplinary hearings to circumvent the logistical challenges posed by travel restrictions during the pandemic.

PROMINENT CASES IN 2020

NAME	NAT.	VIOLATION	OUTCOME
Hassan CHANI	BRN	Athlete Biological Passport violation	4 years
El Mahjoub DAZZA	MAR	Athlete Biological Passport violation	4 years
Abeba Tekulu GEBREMESKEL	ETH	Athlete Biological Passport violation	4 years
Philip Cheruiyot KANGOGO	KEN	Presence & Use	2 years
Kiranjit KAUR	IND	Presence & Use	4 years
Viktoriya KHAPILINA	UKR	Presence & Use	4 years
Mercy KIBARUS	KEN	Presence & Use	8 years 2nd violation
Kenneth KIPKEMOI	KEN	Presence & Use	2 years
Japhet Kipchirchir KIPKORIR	KEN	Presence & Use	4 years
Wilson KIPSANG	KEN	Whereabouts Failures & Tampering	4 years
Peter Ndorobo KWEMOI	KEN	Presence & Use	4 years
Mikel Kiprotich MUTAI	KEN	Presence & Use	4 years
Alex Korio OLOITIPTIP	KEN	Whereabouts Failures	2 years
Youssef SBAAI	MAR	Presence & Use	4 years
Vitaliy SHAFAR	UKR	Athlete Biological Passport violation	3 years & 7 months
Patrick SIELE	KEN	Evasion	3 years & 6 months
Berehanu TSEGU	ETH	Presence & Use	4 years
Daniel WANJIRU	KEN	Athlete Biological Passport violation	4 years
Etaferahu Temesgen WODAJ	ETH	Presence & Use, Tampering	12 years
Vincent Kipsegechi YATOR	KEN	Presence & Use	4 years



EL MAHJOUB DAZZA – BANNED FOR FOUR YEARS FOR ABP VIOLATION

Morocco-born Dazza transitioned from a national-level middle-distance runner to a sub 2.05 marathon runner in his debut year as a marathon runner in 2018. The AIU immediately identified the athlete's sudden increase in performance and added him to their target group of athletes which resulted in him being tested pre-competition prior to winning the Prague marathon in May 2019 and then target tested a further four times that year. This targeted approach resulted in the athlete being provisionally suspended by the AIU a month after he won the Fukuoka marathon in December 2019 on account of abnormalities in his Athlete Biological Passport (ABP). In 2020, the Disciplinary Tribunal banned him for four years and the Court of Arbitration for Sport (CAS) rejected the athlete's appeal against the Tribunal's decision. This is an example of a case which resulted directly from the AIU identifying suspicious increases in an athlete's performance, moving quickly to add the athlete to the target list and then repeatedly testing him on an unannounced basis.

ETAFERAHU TEMESGEN WODAJ – BANNED FOR 12 YEARS FOR EPO & TAMPERING

The Ethiopian long-distance runner was banned for 12 years for doping and then tampering with the evidence in her case. She was provisionally suspended by the AIU in November 2019 after testing positive for erythropoietin (EPO) and testosterone. Wodaj denied any wrongdoing and submitted medical certificates from clinics in Ethiopia stating that she had been given the banned substance to treat a medical condition.

Through initiating a joint investigation with the Ethiopian NADO in 2020, the AIU was able to establish that one of the clinics had ceased its operations three weeks before Wodaj's alleged visit and that the medical documents submitted by Wodaj had been falsified. She was given a four-year ban for testing positive for EPO and a further eight-year ban for tampering with the evidence following notification of her case. Now that the AIU has an in-house investigative function with global reach, these cases are investigated rigorously in conjunction with local partners and any tampering will be punished with the full force of the law.

CASE MANAGEMENT 2021

PROMINENT CASES IN 2021

NAME	NAT.	VIOLATION	ОUTCOME
Taye GIRMA ARIT	ETH	Presence & Use	5 years and 4 months
Paul Kipchumba LONYANGATA	KEN	Presence & Use	1 year and 7 months
Tabitha WAMBUI GICHIA	KEN	Presence, Use & Tampering	7 years
Getaye GELAW	ETH	Presence & Use	6 years
Kuftu TAHIR DADISO	ETH	Presence & Use	1 year and 6 months
Racheal MUTGAA	KEN	Presence & Use	4 years
Morris Munene GACHAGA	KEN	2.4 WA failures	2 years
Justus KIMUTAI	KEN	2.4 WA failures	2 years
Mathew Kipkoech KISORIO	KEN	2.4 WA failures	4 years
Aziz LAHBABI	MAR	Athlete Biological Passport violation	3 years
Joyce CHEPKIRUI	KEN	Athlete Biological Passport violation	4 years
El Hassan EL ABBASSI	BRN	Presence & Use	Pending
Vane Nyaboke NYANAMBA	KEN	Presence, Use & Tampering	7 years and 4 months
James KIBET	KEN	Presence & Use	4 years
Nicholas (KOSGEI) KIPTOO	KEN	Presence & Use	1 year and 4 months
Joel Maina MWANGI	KEN	Use	3 years

GETAYE GELAW GETS SIX YEARS FOR BLOOD DOPING

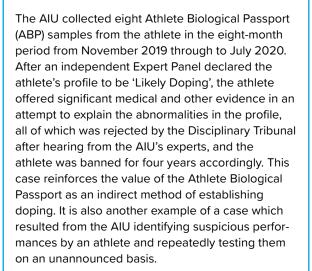
The Ethiopian marathon runner tested positive for EPO twice in quick succession; at an in-competition event in Turkey in September 2021 and then out-of-competition in Turkey six weeks later. The AIU's case was that the positive findings represented separate administrations of a serious doping substance (EPO) and that the athlete had thereby engaged in a deliberate and sophisticated doping regime which warranted the application of an additional two-year ban on account of 'aggravating circumstances' under the Rules. The AIU is using this provision (new in the 2021 World Anti-Doping Code) to seek increased sanctions against athletes who engage in conduct of an aggravated nature, for example, by taking multiple prohibited substances or taking a prohibited substance on multiple occasions.

BANNED FOR NANDROLONE USE AND TAMPERING



testing positive for nandrolone metabolites at the Copenhagen and Poznan Half Marathons and then tampering with the evidence in her case. Wambui submitted medical certificates from a clinic in Kenya saying she had been injected with Deca Durabolin (nandrolone) to treat medical symptoms – headache, abdominal pain and general body weakness. The AIU was suspicious of the documents submitted and so initiated a joint investigation with the Anti-Doping Agency of Kenya into the documents' veracity which ultimately concluded that they had been falsified. When confronted with the investigation findings, the athlete admitted to the forgeries and to doping with nandrolone. She was given a four-year ban for testing positive for nandrolone and a further four years for tampering (discounted by one year for her timely admission). This case represents another example of the AIU's investigative capacity and willingness to work with global partners to expose cheating in international athletics.

TUKULU GEBREMESKEL'S FOUR-YEAR BAN FOR ABP VIOLATION







EDUCATION 2020

The Road Running Integrity Programme 2020 started with extensive in-person education sessions with the Label athletes in the heart of global distance running - Eldoret in the Rift valley region of Kenya and in the Ethiopian capital city of Addis Ababa in December 2019. The National Federations and the National Anti-Doping Organisations (NADOs) from Kenya and Ethiopia provided good support in organising these sessions.



DIRECT OUTREACH

Face-to-face sessions



Organised in **Eldoret and Addis Ababa**

Approximately

Label athletes from Kenya, Ethiopia, and Uganda attended the sessions



Coaches, local

participated

managers the three countries





Eliud Kipchoge, Two-time Olympic champion and Marathon world record holder

this really a great thought that the AIU decide to come to Kenya. Give practical know-hows as far as doping is concerned, and everybody know that doping is a real issue. Doping is not helping our sport. These sessions are a big plus."



Kenenisa Bekele, Two-time Berlin Marathon winner, Olympic and World Championships medallist

The AIU's presence in Ethiopia means a lot to us here. The level of education is very low here while the risk we face as athletes is very high. I must thank all those who are behind the creation of this programme. It is important that such sessions and other educational programmes are organised regularly."

IMPACT OF COVID-19

The ongoing pandemic affected the education plans. The situation in Ethiopia was further complicated by war, which also disrupted the internet for months. In response, in the second half of 2020, the AIU initiated the following:



Launched pilot projects to directly engage with athletes in remote locations in Kenya and Ethiopia through virtual education sessions, in their language. The sessions were focussed on basic Anti-doping topics, to address the severe knowledge gap of these athletes historically left unaddressed by the **National Federations and NADOs.**



Recruited two local educators in Kenya and Ethiopia on a part-time basis to bridge the language barrier; deliver education sessions; advise athletes, while helping the AIU in developing a deeper understanding of the context in which road runners operate.



Organised preparatory training sessions for the Road Running RTP to be able to use technology such as **Zoom and Microsoft Teams to join** the virtual session.

EDUCATION 2021



VIRTUAL SESSIONS:

The AIU has delivered several education programmes for road runners and their support personnel:

PROJECT 1

Online sessions for International Track and Field Registered Testing Pool + Non-East African Road Running Pool (Advance-level training)

PROJECT 2

Online sessions for Road Running Registered Testing Pool from Kenya and Ethiopia (Basic level training)

PROJECT 3

Online sessions for Athlete Support Personnel (ASP) from Kenya, Ethiopia and Uganda



languages offered including Amharic and Swahili

16 %

for Road Running Pool

sessions conducted for the ASP (coaches and local agents/ sub-agents) 70% attendance of Label Athletes during virtual sessions

average duration of sessions: 2h15 (Amharic) 1h30 (Swahili/English)

ASP COMMENTS



64 This was a brilliant initiative. It's amazing what technology can bring to us these days. Coaches have never been thought of in-education activities before, this is refreshing and important. Such education sessions should be organised regularly.

Patrick Sang Distance Running Coach, Kenya 66This is a great initiative. We need such sessions on a regular basis, there is so much misinformation that floats around amongst athletes. We need credible information for ourselves and for our athletes.

Yirefu Birhanu Distance Running Coach, Ethiopia

OTHER EDUCATION INITIATIVES

WHEREABOUTS SUBMISSIONS MADE EASY



The majority of Label athletes are new to the Registered Testing Pool and to the system of providing their Whereabouts to facilitate out-of-competition testing.

The AIU has made the Athlete Central Application, the online app that is used for submitting Whereabouts information, available in Swahili, the most spoken language in Kenya. The translations for Ethiopian language Amharic, Tigrinya and Oromo have also been added to Athlete Central.

LAUNCHED: AN EDUCATION-ON-DEMAND SERVICE



The majority of road runners are constantly travelling and competing globally. Through the E-O-D service, the AIU will use WhatsApp (Kenya) and Telegram (Ethiopia) to provide useful information and educational content directly to athletes in their native languages – Swahili and Amharic. Approximately 180 road runners from Ethiopia and Kenya are active in these messaging groups.

UP NEXT: EDUCATION SESSIONS AT TRAINING CAMPS



Thanks to the support of our local educators, we are planning in-person education at the training camps in Kenya and Ethiopia. This will build upon the pilot sessions whereby more individual attention and relevant knowledge can be given to road racers to help them steer clear of problematic behaviours.



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