



ROAD RUNNING 2022

REPORT

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FOREWORD

FROM AIU CHAIR – DAVID HOWMAN



The past year saw the Road Running Integrity Programme slowly begin to recover from the fallout from the COVID-19 pandemic but, by year-end, there was the welcome announcement that this collective initiative to safeguard the sport would be back to full throttle in 2023.

In 2022, the programme operated within a budget of \$1.43 million – less than half of the normal projected budget of \$3 million annually – and with actual expenditure of \$1.35 million. The number of athletes in the road runners' Registered Testing Pool (RTP) rose to 91 athletes (from 40) with another 116 athletes in the Monitoring Pool. Meanwhile, the World Athletics Label Road Race calendar jumped to nearly 200 races in more than 40 countries, from 88 races in 2021. However, in 2023, the RTP is at full capacity, with an estimated 150 elite men and women athletes each – totalling at least 300 road runners in a well-controlled testing environment – from which race organisers can choose athletes to compete in their events.

Added to this, the return to the original operational budget of \$3 million has meant the full extent of the Road Running Integrity Programme is being undertaken by the Athletics Integrity Unit (AIU), across the vital spheres of Testing and Compliance, Investigations and Intelligence, Case Management, and Education. The resumption of a robust integrity process will see an estimated 2000 out-of-competition tests and more than 1450

in-competition tests this year, backed by targeted investigations and appropriate education to promote doping-free sport. All of this will be underwritten by joint financial contributions from Label Road Race organisers, athletes, athlete representatives and shoe companies (adidas, ASICS and Nike). This partnership reiterates the road-running industry's incredible commitment to uncovering doping and to clean environments for its events while strengthening stakeholder confidence in the integrity of the World Athletics road-racing circuit.

While 2023 sees a return to the original funding and ambitions of the Road Running Integrity Programme, there have already been many achievements since 2020. Foremost among them is the contribution the programme has made to uncovering the true extent of doping among Kenyan athletes. This came to a head in 2022, when 25 Kenyans, including star performers, were banned either by the AIU or the Anti-Doping Agency of Kenya (ADAK), with ten others provisionally suspended.



To stave off the prospect of an international ban from competition, the Kenyan Government pledged US\$25 million (\$5 million annually for five years) in late 2022 to fight doping in Kenya. A Steering Committee – comprising the AIU, ADAK, Athletics Kenya (AK) and government representatives – has been set up to develop the strategy, budget and Key Performance Indicators (KPIs) that will govern the use of these funds. The AIU is offering wide-ranging expertise across the essential functions, with one of its top staff based in Kenya for two years to help enhance the testing regimen for athletes. Drug-testing has increased significantly already, with the AIU and ADAK setting a target of 5,000 tests in the sport of athletics for 2023.

The remarkable and meaningful intervention of the Kenyan Government must be applauded. But it was only possible to achieve this thanks to the determination of the road-running community to continue funding the Road Running Integrity Programme through the difficult COVID-impacted years. The commitment of the Kenyan Government is a clear return on investment that will benefit the industry in the long run.

This race – the fight against doping and other integrity violations – provides a great analogy to road running: it's not for the swift, more so for those who endure! We are making strides and seeing progress, but there is a long route ahead for the Road Running Integrity Programme. The real rewards from today's investment by World Athletics and its partners – including Abbott World Marathon Majors, Platinum, Elite and Label races, athlete representatives, athletes and shoe companies adidas, ASICS and Nike – will be seen down the road as we secure the future and reputation of this great discipline.

Thank you to all who have worked hard over the recent challenging years. We appreciate your diligent efforts, commitment and collaboration. To our road-running community which has maintained its financial support of this integrity initiative, we pledge to continue striving to help you provide a clean and fair environment which allows this wonderful industry to thrive.

AIU CHAIR – DAVID HOWMAN

ABOUT THE ROAD RUNNING INTEGRITY PROGRAMME AND FINANCIAL REPORT 2022

WHAT IS THE ROAD RUNNING INTEGRITY PROGRAMME?

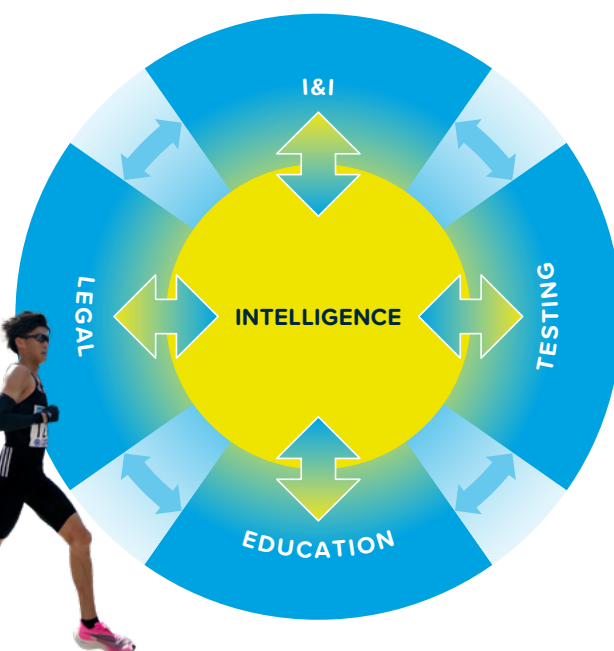
A holistic programme set up to protect the integrity of the road running industry through an intelligence-led extensive testing programme on elite level road racers. This is supported by investigative work and education programmes covering athletes and their support personnel.

WHO MANAGES THE PROGRAMME?

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 (I&I), and education to make our integrity programmes targeted and highly customised for the relevant groups.

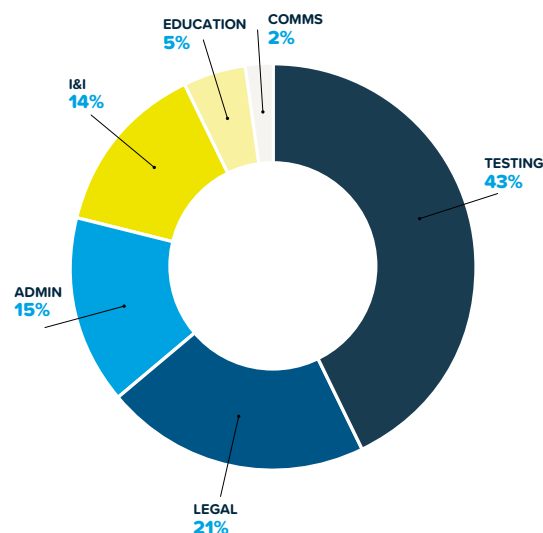


2022 EXPENDITURES

	RR
TESTING PROGRAMME	\$ 738,469
DISCIPLINARY/LEGAL	\$ 19,562
EDUCATION	\$ 18,923
COMMUNICATION	\$ 3,201
INVESTIGATIONS AND INTELLIGENCE	\$ 16,815
SUPERVISORY BOARD	\$ 21,502
ADMINISTRATION	\$ 83,477
STAFF COSTS (including contractors)	\$ 448,137
TOTAL	\$ 1,350,085
AVAILABLE FUNDS	\$ 1,435,386
SURPLUS	\$ 85,301

All figures are in US\$

SHARE OF COSTS PER AIU DEPARTMENT (INCLUSIVE OF STAFF COSTS)



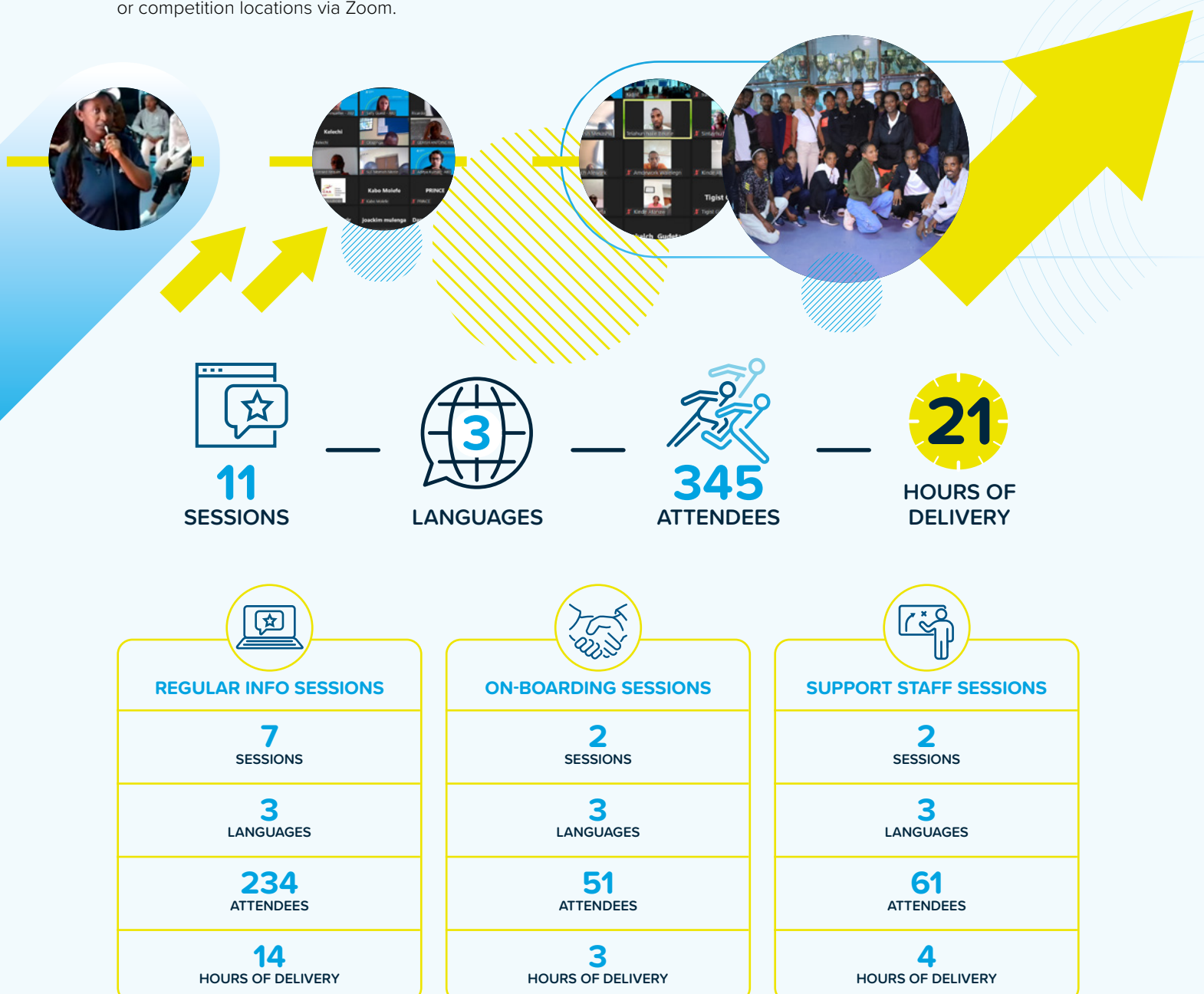
EDUCATION

The education programme for road-racing athletes and support personnel from the East African region (from where more than 90% of the athletes in our Testing Pool come) went through a significant growth phase during 2022. The programme is truly holistic and offers the participants multiple means of engagement and learning, considering the socio-cultural context in which the road racers operate.

HYBRID SESSIONS:

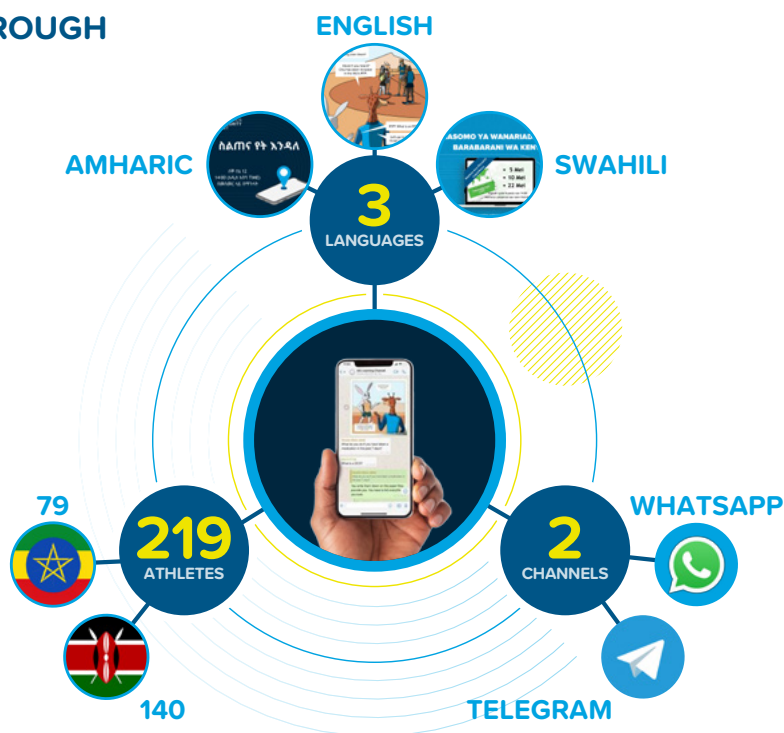
Cohort-based hybrid sessions are conducted every quarter for the Label Athletes. The sessions are available in English, Amharic, and Swahili. Athletes are given the opportunity to join the session from their homes, training, or competition locations via Zoom.

They also have the possibility of attending in person at a pre-determined location. These sessions are also offered to the support network of the athletes comprising of coaches, local managers and medical personnel.



EDUCATION ON DEMAND THROUGH MESSAGING APPLICATIONS:

The majority of road runners are constantly travelling and competing globally. Through the **E-O-D service**, we use WhatsApp (Kenya) and Telegram (Ethiopia) to provide useful information and educational content directly to athletes in their native languages – Swahili and Amharic.



“I have no words to express my gratitude to the AIU for this platform to hear directly from the athlete.”

Sisay Lemma, ETH



“Thank you for today and I have personally benefited from the telegram group, to interact with each other is very important.”

Ababel Yisaneh, ETH



“Think this is a great forum for us to exchange knowledge and ideas. On the other hand, I understand more as far as doping is concerned! It’s about being responsible and professional. What I mean is be at the right time, at the right place of your slot. If we all love the process, all will be well. Thank you for now and I wish everybody in this platform a happy week ahead.”

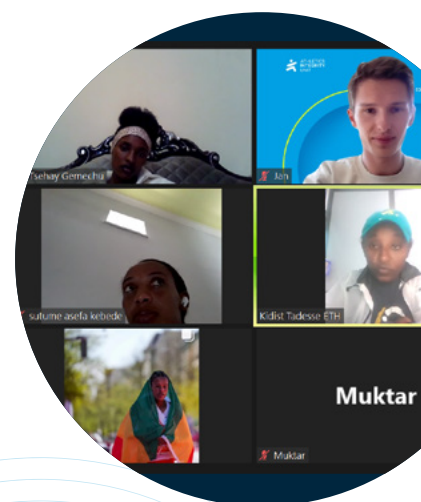
Eliud Kipchoge, KEN

ATHLETE CONSULTATION:

We organise meetings with athletes regularly to better understand their context, the local challenges, receive feedback on our programs and hear their views regarding our sessions, content and discuss ideas to make it simpler and easier for the athletes and support personnel.

PRINTED MATERIALS:

We distribute digital and printed materials to the athletes through our local educators and /or doping control officers, ensuring they have reference material at hand if needed.



OTHER EDUCATION INITIATIVES:

ONBOARDING

All new Label athletes go through a mandatory onboarding programme, where the AIU Education team briefs them about their responsibilities, available resources, and other relevant information and expectations from athletes.

WHEREABOUTS TRAINING

With the help of the NADOs in Kenya and Ethiopia, we have started offering Whereabouts Submission training to the Label athletes.

TRAINING TO UTILISE TECHNOLOGY

With the help of local educators we are offering training to be able to use technology to perform basic activities such as utilising Zoom, messaging apps, emails and be able to submit Whereabouts, among others.



TESTING PROGRAMME 2022

SIGNIFICANT INCREASE IN IN-COMPETITION TESTS

Given the resumption of most races, doping-control tests conducted at races (pre-competition and in-competition tests) increased substantially in 2022 (+43%): 1408 tests at 151 Label Road Races compared to 987 tests at 85 Label Road Races in 2021.

Thanks to additional resources at the AIU combined with greater efforts from race organisers in sharing entry lists on time, the AIU was able to organise and conduct more target tests than in 2021. Target tests are particularly important in the context of the Athlete Biological Passport where the timing and context of a test is relevant for building up athletes' profiles.

OUT-OF-COMPETITION TESTING PROGRAMME: TOP-80 GROUP IN 2022 MORE TESTED THAN TOP-40 GROUP IN 2021

In 2020 and 2021, the decision was taken to maintain the initial pool of **300 athletes** subject to out-of-competition testing but to reduce the pool of athletes subject to a full testing regime (similar to track & field athletes) to **40 athletes**, while maintaining minimal testing for the rest of the Label athletes.

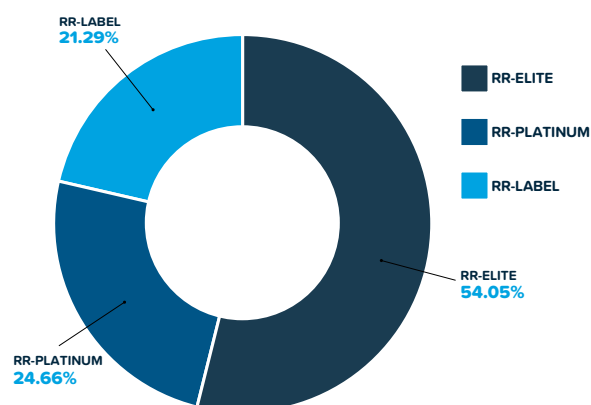
In 2022, the out-of-competition testing programme was more 'focused' in that the overall pool was reduced to **200 athletes** while the focus group (the Registered Testing Pool) was increased to **90 athletes**. In addition, the athletes in the focus group underwent more tests than last year's focus group: Average of six out-of-competition tests per athlete for the 2022 RTP athletes compared to four tests per athlete for 2021 RTP athletes.

Athletes in the second-tier pool (up to 116) were tested an average of two times out-of-competition in 2022 (same as in 2021).

GROUP TESTING

While out-of-competition tests are normally no-notice individual tests, we have conducted a number of 'group-testing' missions in training camps in 2022, mainly to build up individual ABP profiles of athletes in the second tier-pool in between the spring races and autumn races periods. These missions, which also allowed us to test

Distribution of in-competition tests per label category



sub-elite athletes training with athletes in the testing pool, have proven to be successful with three Anti-Doping Doping Rule Violations reported in 2022 (two positive cases and one evasion case tbc).

NEW DEVELOPMENTS IN 2022

New analyses and sample collection methods were introduced in 2022 as part of the routine tests to increase the detection capacity:

BLOOD TRANSFUSION TESTS

For high-priority athletes or athletes showing ABP profiles consistent with blood manipulation. Current tests are only able to detect homologous blood transfusion (collecting and infusing the blood of a compatible donor).

DRIED BLOOD SPOT ("DBS")

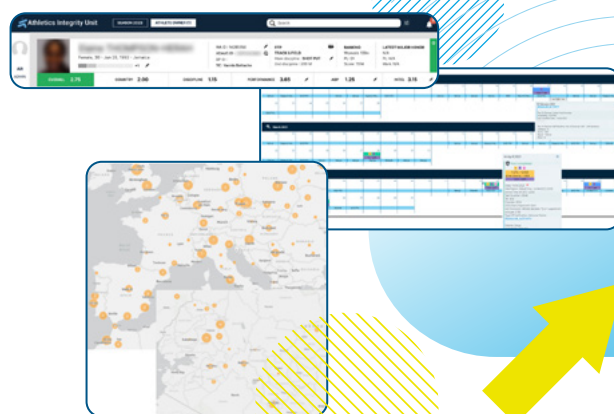
For now, analysis menu more limited than in other matrices (steroids, HIFs, peptides, diuretics) but potential for more analyses going forward. DBS samples are easy to collect, transport and store. The AIU collected DBS samples in 2022 as part of large-scale testing missions (pre-competition or out-of-competition) as well as in countries where collecting whole blood/serum samples proved extremely difficult or when no Blood Control Officer was available.

The AIU is partnering in various ongoing research projects to explore the potential of DBS for new analyses: measurement of blood steroid markers and GH tests.

TESTING PROGRAMME 2022

NEW IT PLATFORM LAUNCHED FOR TEST PLANNING AND IMPLEMENTATION

After nearly 18 months of development and testing, the AIU launched its new IT platform for the planning and implementation of its testing programme. The new IT solution is helping the testing team with centralising, analysing and visualising the data and information which is relevant for an intelligence-led, dynamically-managed testing programme. This includes performance data and testing-related data. The solution also helps interacting with the private service providers the team is using to collect samples across the globe. The AIU has already identified new developments in the field of data science. Other anti-doping organisations have expressed an interest in using the AIU platform in the future.



PREPARING FOR 2023/WORK IN PROGRESS

Quarter 4 of 2022 was dedicated primarily to preparing for 2023, with a testing programme resuming at full pace, as it was originally planned in 2020, with a Registered Testing Pool of 300 athletes, all tested at full regime. This included notably fee negotiations/review of contracts with providers and the team's restructuring.

Other studies/projects initiated or ongoing in 2022 involving the AIU include:

- Performance monitoring (model, reporting tools, alerts)
- Blood Steroid Profiling (study in collaboration - Geneva University: reference ranges, developing score and tool for processing results)
- Introducing new, less invasive sample collection device for ABP tests
- Data mining for assisting ABP experts with the interpretation of ABP profiles



TESTING PROGRAMME 2022

TESTING POOLS

In 2022, the Registered Testing Pool (RTP) was composed of Top 40 athletes in road running male and female events. They were subject to regular no notice out-of-competition tests and target in-competition testing during the year.

The second testing pool called the Monitoring Pool (MP) included the next athletes in the World Athletics' Rankings. They were tested out-of-competition and in-competition but less regularly than the athletes in the Registered Testing Pool.



Number of athletes
in the RTP in 2022

91



Number of athletes in
Monitoring Pool in 2022

116

Total Road Running
Testing Pools

206
ATHLETES



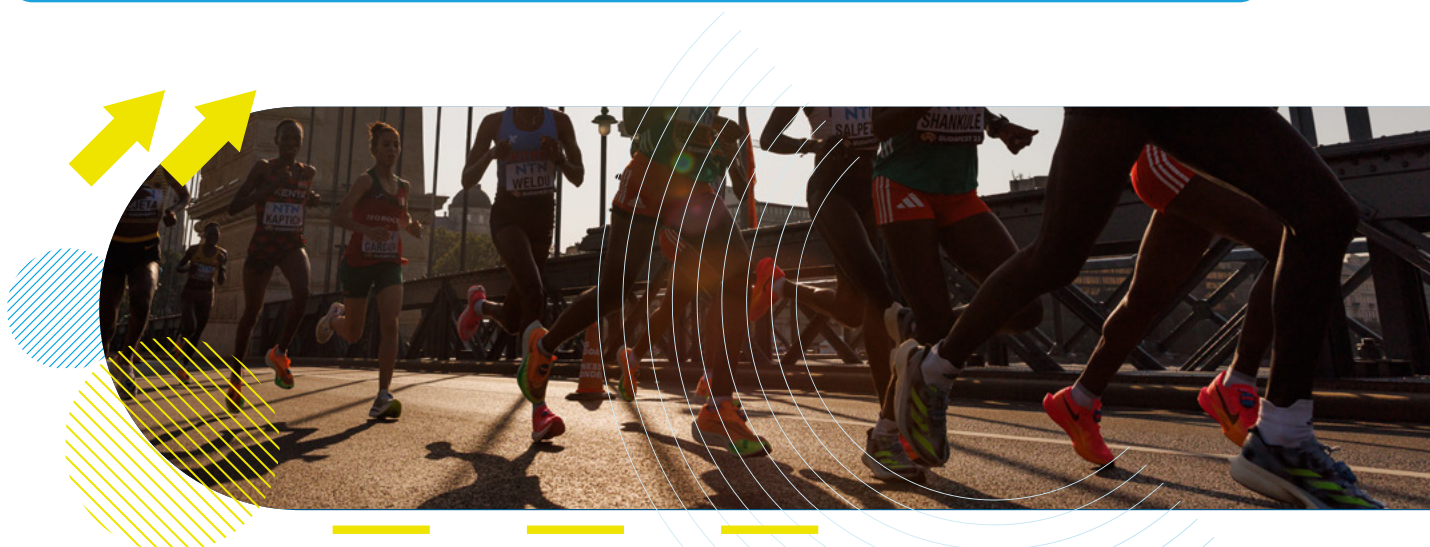
representing

18
NATIONALITIES

Distribution by nationality

Footnote
10 athletes moved from the RTP to the MP during the year.
14 athletes were removed because of an anti-doping rule violation or a pregnancy.

NATIONALITY	ETH	KEN	BRN	UGA	MAR	ERI	TAN	GBR	BLR	CHN	USA	JPN	NAM	BEL	ISR	NED	TUR	BRA	TOTAL
MP	50	49	4	4	2	2	1	1	1	1	1								116
RTP	41	41									1	2	1	1	1	1	1	1	91
TOTAL	91	90	4	4	2	2	1	1	1	1	2	2	1	1	1	1	1	1	207



TESTING PROGRAMME 2022

Total number
of tests conducted

1878

Samples
collected

2417

Analyses
conducted

3252

Number of
Athletes tested

903

including 313
RTP athletes

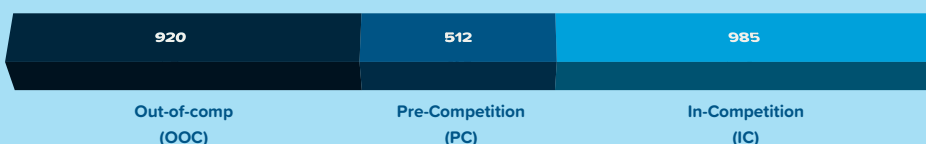
From
athletes
from

68

Countries

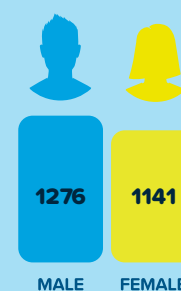


Samples collected by type

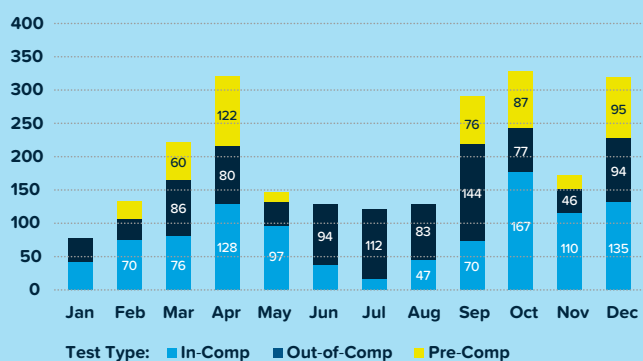


The OOC testing is conducted on a pool of 302 athletes in the Registered Testing Pool.

Samples collected
by gender



Testing by month¹



Footnote¹

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 (OOC) Testing refers to testing conducted in other periods, based on the whereabouts filings of athletes.

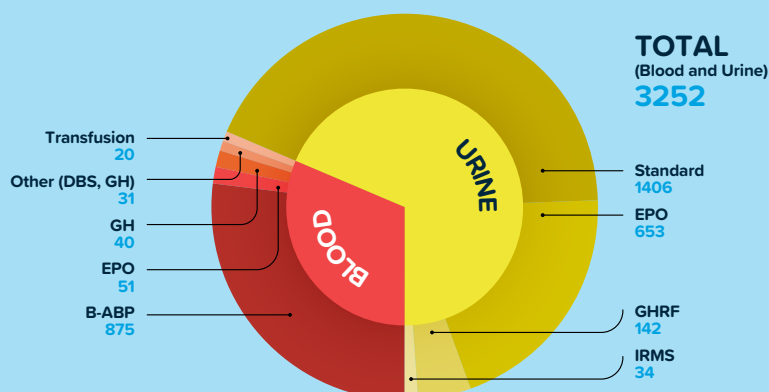
Group Testing: Testing conducted at training camps or organised gatherings for profiling purpose in the context of Athlete Biological Passport.

Distribution by sample type

BLOOD
1011 Samples **36.51%**

URINE
1406 Samples **63.48%**

Analyses distribution 2022 RR Programme



CASE MANAGEMENT

ROAD RACE CASES 2022

NAME	NAT	ADRV	SANCTION	STATUS
Diana Chemtai KIPYOKEI	KEN	Presence/Use (Triamcinolone) Tampering	6 years	Final
Philemon KACHERAN LOKEDI	KEN	Presence/Use (Testosterone)	3 years	Final
Jose Felix SANCHEZ	ARG	Presence (Cocaine)	3 months	Final
Betty Wilson LEMPUS	KEN	Presence/Use (Triamcinolone) Tampering	5 years	Final
Aras KAYA	TUR	Presence/Use (EPO)	3 years	Final
Purity Cherotich RIONORIPO	KEN	Presence/Use (Furosemide) Tampering	5 years	Final
Keneth Kiprop RENJU	KEN	Presence/Use (Methasterone)	5 years	Final
Alice Jepkemboi KIMUTAI	KEN	Presence/Use (Testosterone)	3 years	Final
Lilian Kasait RENGURUK	KEN	Presence (Letrozole)	10 months	Final
Emmanuel (Kipkemboi) SAINA	KEN	Presence/Use (Norandrosterone)	3 years	Final
Tony HANNA	LBN	Presence/Use (Octodrine)	16 months	Final
Edward Kibet KIPROP	KEN	Presence/Use (Nandrolone)	3 years	Final
Marius KIPSEREM	KEN	Presence/Use (EPO)	3 years	Final
Felix Kipchumba KORIR	KEN	Presence/Use (Norandrosterone)	3 years	Final
Besha TESHOME	ETH	Presence/Use (Testosterone)	3 years	Final
Esther MACHARIA	KEN	Presence/Use (Testosterone)	4 years	Final
Natsinet AMANUEL	ERI	Presence/Use (Testosterone)	3 years	Final
Maiyo Johnstone KIBET	KEN	Presence/Use (EPO)	3 years	Final

BETTY LEMPUS

FIVE YEARS FOR ADVERSE FINDING & TAMPERING

Lempus' sanction followed an investigation by the AIU – with assistance from ADAK – which uncovered that the athlete produced falsified medical documents to explain an AAF for the presence of Triamcinolone Acetonide in her urine sample after she won the 2021 Harmonie Mutuelle Semi de Paris. Initially, the French anti-doping agency (AFLD) cleared Lempus of an ADRV upon receipt of a medical explanation from her but the hospital later refuted the athlete's claim that she had received an intramuscular injection on the day in question and cited other discrepancies with her explanation, including falsified hospital documents. Confronted with this evidence by the AIU, Lempus admitted to Tampering. The AFLD subsequently revoked its initial decision and referred Lempus' AAF to the AIU so it could be handled together with the Tampering allegation. Her two charges of Presence and Tampering were treated under the rules as a single first ADRV but with the two sanctions to be served consecutively resulting in a total period of six years. Lempus confessed to both charges and received a one-year reduction for an early admission.

DIANA KIPYOKEI

SIX YEARS FOR ADVERSE FINDING AND TAMPERING FOR BOSTON MARATHON WINNER

Kipyokei's urine sample provided following her victory in the Boston Marathon in October 2021 returned an Adverse Analytical Finding (AAF) for the presence of a metabolite of Triamcinolone Acetonide, an anti-inflammatory. With investigative assistance from the Anti-Doping Agency of Kenya (ADAK), the AIU was able to establish that Kipyokei provided false/misleading information in trying to explain her AAF, including fake documentation which she alleged came from a hospital. Her two charges – the presence of a Prohibited Substance and Tampering - were treated under the rules as a single first Anti-Doping Rule Violation (ADRV) but one that warranted six years' ineligibility due to Aggravating Circumstances. In addition, Kipyokei's victory in the 2021 Boston Marathon was disqualified.

KENETH KIPROP RENJU

FIVE YEARS DUE TO AGGRAVATING CIRCUMSTANCES FOR MULTIPLE USE

Renju tested positive for the presence of Methasterone (a steroid) three times in a single month and the AIU sought a six-year sanction on account of Aggravating Circumstances for use of a Prohibited Substance multiple times. Renju admitted the charges and received a one-year reduction in sanction for his early admission.

PURITY RIONORIPO

FIVE YEARS FOR ADVERSE FINDING & TAMPERING

Rionoripo's ban resulted from an AAF for the presence of Furosemide (a diuretic) in an out-of-competition urine sample in Kenya. She claimed to have been prescribed medication by a doctor at a hospital to treat an ankle injury and presented supporting documentation. However, AIU investigations revealed the athlete had altered her prescription form to include Lasix (the commercial name for Furosemide). She was therefore charged with the presence/use of a Prohibited Substance and Tampering because of the falsified prescription form. Due to the presence of Aggravating Circumstances, the AIU sought a six-year ban in total and this was reduced by one-year due to an early admission and acceptance of the sanction by Rionoripo.

INVESTIGATIONS AND INTELLIGENCE

FOCUS ON DOPING AND NON-DOPING ISSUES

The work of Investigations and Intelligence (I&I) has developed into a core element of the Road Running Integrity Programme. The I&I department continues to operate with key stakeholders and partners to ensure this initiative evolves and sustains an operational posture aimed at identifying, investigating and sanctioning those who threaten the integrity of athletics. This remit stretches across wide-ranging integrity themes, including doping, competition manipulation, technical cheating, age manipulation, corruption and conflicts.



INVESTIGATIONS

The I&I staff complement has grown since 2021 and the emergence from the COVID-19 pandemic. The increase in numbers and capacity, together with an expansion of the AIU global footprint, means that the department has supported the road running programme in diverse ways. It has conducted complex anti-doping investigations into several high-profile cases, resulting in lengthy periods of ineligibility for some of road racing's elite athletes. Also in 2022, the department devoted more resources and capacity to identifying and developing investigations into the broader suite of integrity themes, where violations of a number of rules and regulations have taken place, including breaches of the Integrity Code of Conduct.

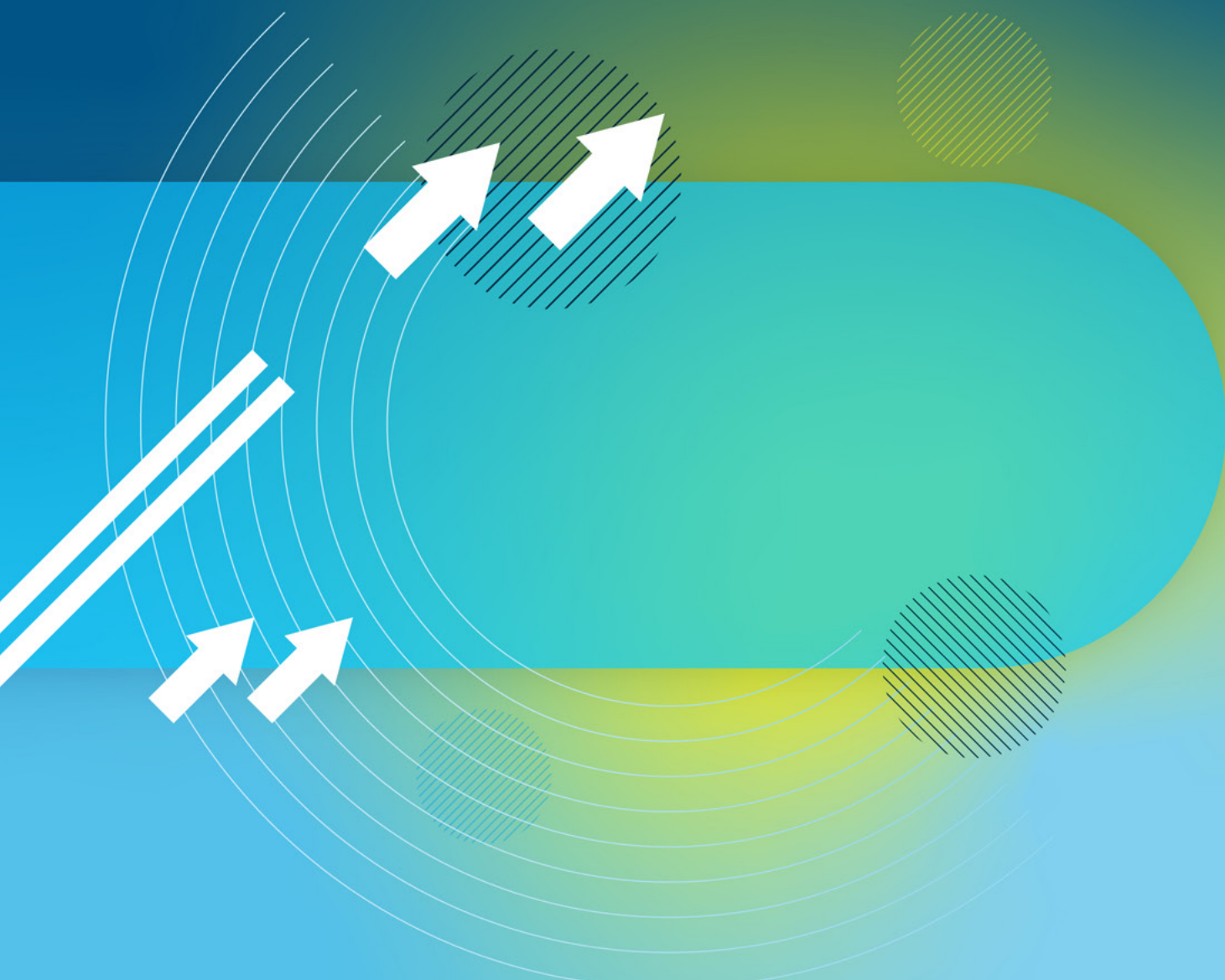
The I&I department focuses dedicated, research, analysis and investigations capacity onto the road running programmes, and leverages its information, intelligence and knowledge from the broader athletics world to support, accelerate and complement the concentrated approach. Therefore, the road running programme is best serviced by the I&I function, which remains committed to protecting the integrity of road running and racing, in harmony with its broader obligations to athletics globally.

INTELLIGENCE


Throughout the initial stages of the programme, intelligence-gathering focused on testing requirements and doping-related offences. However, with the introduction of dedicated resources within the department, the gathering of information has widened to incorporate other areas of integrity protection within the sport.


In the second half of 2022, 25 interviews were conducted with highly regarded and experienced stakeholders in road racing, including current and former athletes, coaches, athlete representatives and elite race coordinators. The purpose of these interviews was to identify current and ongoing integrity-related concerns among the elite road-racing community. The I&I team will be reporting on these results and outputs, which have provided important information and understanding of the current state of the sport, and the road-running community and its major concerns. The report will be circulated to the leadership and management of road racing.






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