

Foreword

You are reading the eighth annual report from the Dutch Anti-Doping Authority. This is the third annual report to be published exclusively in digital form.

2013 was the year when, particularly as a reaction to the condemnation of the American cyclist Lance Armstrong, a change began to take shape in the attitudes of both press and public with respect to anti-doping policies. The Doping Authority launched a relatively wide-ranging investigation with the aim of, on the one hand, identifying doping violations and initiating disciplinary proceedings (by the Authority or by other parties) and, on the other, of 'learning from the past to avoid repetition in the future'. As a result of the collaboration with our colleagues from, for example, USADA and Anti-Doping Denmark, the investigation soon acquired an international dimension. In a separate development, the Anti-Doping Approach Commission chaired by former Dutch Minister Winnie Sorgdrager, investigated the doping culture in Dutch cycling.

The number of contacts with the press throughout 2013 would seem to justify the conclusion that these developments will continue to affect the position and 'profile' of the Doping Authority. It is no longer possible to respond to all requests for information and comment. Nevertheless, the numerous contacts with the media did result in an extremely large number of publications and broadcasts that included the information and points of view communicated by the Doping Authority.

As a result of all these developments, more and more questions were asked about the limited resources and powers available to the Doping Authority for the fulfilment of its duties. In late 2012, a motion was adopted in the Lower House that was intended, among other things, to improve coordination between the various ministries relating to doping issues, and the same issues were raised in late 2013 in the Sport Legislation Consultation Platform. As a result, the one-off additional project subsidy of €200,000 that we received for 2013 became a structural component of our institutional subsidy from 2014 onwards. In part as a result of this additional financing, we expect to be in a better position to successfully conduct even very complex cases.

On the basis of agreements made in the distant past, the urine controls conducted by the Doping Authority are not financed using subsidies from the Ministry of Health, Welfare and Sport but from lottery funding. In 2013, a new four-year lottery spending plan came into effect that included an increase in the contribution for the Doping Authority. On the basis of the available financial resources, the target for 2013 was maintained at 1,800 doping controls. Ultimately, 1,910 doping controls took place under the auspices of the Dutch National Programme, including 61 blood controls financed with funding from the Ministry of Health, Welfare and Sports.

The Ministry of Health, Welfare and Sports granted two multi-year project subsidies and so the Doping Authority was again able to make progress in 2013 on a doctorate study of the efficacy of global anti-doping policies, and on a knowledge management project that will make more and more doping-related information available to the public. Reports will be produced about both projects upon termination in 2014.

Despite the ongoing struggle to balance the responsibilities of the organisation and the available resources, we believe that, once again in 2013, we made an important contribution to the fight against doping in sport. We hope you will agree with us after reading this Annual Report.

Chapter 1 Prevention

GENERAL

The goal of the Prevention Department is: *the prevention of inadvertent and deliberate doping violations in Dutch sport*. The main target groups are: elite athletes, athletes in sports organised outside a club context (fitness training in particular), support staff (principally trainers/coaches, sports doctors and GPs, physiotherapists, dieticians/sport dieticians, sports masseurs, parents), the sports associations and the general public.

The activities include providing information about doping regulations, the risks of doping, proposing healthy and legitimate alternatives for enhancing performance, and efforts to establish or reinforce anti-doping attitudes among athletes and support staff.

The following items are addressed specifically during information meetings for *elite athletes*: the health risks associated with doping, the rights and obligations of athletes, the prohibited list, the doping control procedure, arrangements for therapeutic use exemptions, the whereabouts system, the risks of dietary supplements and the damage inflicted by doping to the 'spirit of sport', and the 100% Dope Free campaign.

With the *fitness training* target group, the emphasis is on guest classes during the numerous fitness training courses. These lessons deal with the different types of doping, the risks of use, the way the substances work and the side-effects, fact and fiction relating to supplements, doping prevention and the Own Strength campaign.

Meetings for support staff cover these issues as well, but also focus in particular on the rights and obligations of support staff, as well as factors that exacerbate or mitigate the risk of doping.

The corporate website and the 100% Dope Free and Own Strength sites are important ways of communicating with the various target groups. Anyone with questions relating to doping can submit them to the Doping E-mail Line.

ELITE SPORT

Elite sport campaign 100% Dope Free

All information activities focusing on Dutch elite sport have now been transferred to the elite sport campaign, 100% Dope Free. The campaign is based on periodical surveys under Dutch elite athletes which showed that the vast majority of elite athletes were opposed to doping. In addition to providing information, this campaign focuses on reinforcing and changing attitudes and behaviour.

www.100procentdopefree.nl

The website of the campaign plays a central role: all information about the campaign can be found there. Thirteen press releases were issued in 2013 and two newsletters were sent to all the subscribers (numbering approximately 14,000).

100% Dope Free - True Winner

This part of the campaign (which began in December 2007) gives elite and competitive athletes the opportunity to sign an anti-doping statement and to adopt an active stance against doping. Once they have signed the statement, the athletes are sent the gold wristband that symbolises the fact that you are only a true winner if you perform without doping. In 2013, the number of statements signed increased from more than 25,000 to 28,000.

This part of the programme was developed and implemented in collaboration with the NOC*NSF Athletes Committee. Femke Dekker (rowing), Rutger Smith (athletics), Jokelyn Tienstra (handball), Carl Verheijen (speed skating), Richard Bottram (marathon 365 & Wheel of Energy), Epke Zonderland (gymnastics), and Mirjam de Koning-Peper (paralympic swimming), Thijs van Valkengoed (swimming), Churandy Martina (athletics), Marianne Vos (cycling) and Vince Rooi (baseball) are the ambassadors for the campaign. Bauke Mollema (cycling) joined the ranks in 2013, and his contribution included a video on the website.

Information meetings

Members of the National Testing Pool are required to attend one Doping Authority information meeting a year. This can be arranged through the sports associations but collaboration is mostly with the Olympic Support Centres. In total, there were 47 information meetings for elite athletes and their immediate support staff. In addition, 14 athletes availed themselves of the online information facility, which received an average rating of 8.4 (out of 10) in 2013.

Outreach Events

There were seven outreach events in 2013. The idea is to deliberately target events/competitions, where large groups of athletes (particularly young and talented athletes) and their parents and trainers/coaches can be given general information and where they can put questions to the Doping Authority. There is also an opportunity to sign the 100% Dope Free – True Winner statement. By completing the WADA doping quiz, it is possible to win an incentive. Outreach events were organised at: the National Rowing Congress, the National Indoor Athletics Championships, the National Gymnastics Championships, the EYOF team presentation, EYOF (different events over a period of five days), European Track Cycling Championships, and the Day of Cycling.

Doping fan booklet

The last hard-copy doping fan booklet was published in 2013. The theme was *Stay Negative*. It contains the main doping rules, the WADA prohibited list, the list of common approved medicines (classified according to symptoms), and an explanation of the doping control procedure. In early January, when the new prohibited list came into force, the fan booklet was sent to all A and B athletes and 'High Potentials'. In addition, all sports doctors, the members of the TUE committee and the Doping Authority's press contacts received a fan booklet. Elite sport organisations and Olympic Support Centres have also been asked to distribute the booklet to athletes and support staff. The doping fan booklet was also handed out during information meetings, outreach events and at fairs. DCOs take booklets with them and they can hand them out during doping controls. The doping fan booklet can also be purchased separately. The Doping Information App has been developed for 2014, and has a mobile website (www.dopingwaaier.nl).

Stay Negative Folder!

A compact folder also appeared in 2013 with the title *Stay Negative!* (in Dutch). The folder is intended for large groups of athletes who may qualify for doping controls, and to alert them to the main risks that may lead to non-deliberate doping violations. The folder was disseminated through all sports associations, Olympic Networks, all sports medicine institutions and all Professional Football Organisations.

Talents Only

Doping educational activities are focusing increasingly on talented athletes (International Talent, Dutch Talent, High Potentials). The brochure *Talents Only!* was published in 2013. Alongside the brochure, additional material can be found on the 100% Dope Free website, including thematic videos and additional texts. Talents can earn certificates by 'breaking the code' in the brochure.

Articles

A topical doping subject is discussed every month in the NOC*NSF elite sport magazine *Lopend Vuur*. Seven articles were published in 2013.

100% Dope Free videos

The video was produced in 2013 with ambassador Bauke Mollema. Thematic videos (86 in total) were also developed with ambassadors and talents to accompany the *Talents Only!* brochure.

Advertisements

The 'Be True' advert was used to generate publicity for the campaign. It calls on athletes to sign the 100% Dope Free – True Winner statement and to support the campaign. This advertisement was placed in a range of sports magazines in 2013.

Doping Information App

A Doping Information App was developed in 2013 with a project subsidy from the Ministry of Health, Welfare and Sport. The app was developed for iOS and Android. For other systems, there is a mobile website (www.dopingwaaier.nl). In addition to the content of the Doping Fan Booklet, the app also makes it possible to check all medicines registered in the Netherlands to see whether they contain prohibited substances or not. The app can also be used to check the Dietary Supplements list and it has pre-selection options (by type and brand). This all makes access to the information in the app simpler, cheaper and faster. Users now have the option of checking all medication and the Dietary Supplements list simply for themselves and so the entire system is more user-friendly. The Doping Information App became available at the end of December 2013 and there was a promotional campaign (in the form of a card, a z-card and advertisements) to bring it to the attention of the various target groups.

Follow-up to the report from the Sorgdrager Commission

On Monday 17 June 2013, the Anti-Doping Approach Commission - better known as the Sorgdrager Commission - published its report. The Doping Authority was represented by two members on the support committee. In the report, the Sorgdrager Commission made a range of anti-doping recommendations for cycling and elite sports in general. At the request of the Ministry of Health, Welfare and Sport,

a follow-up project was developed for 2014 that will include work on a cultural transformation. The project partners are the KNWU, the NOC*NSF and the Doping Authority.

The follow-up project, which was already initiated in late 2013, includes information evenings with Rudi Kemna (a former professional cyclist and a team manager with Giant-Shimano). In the autumn of 2013, he organised a range of presentations with the Doping Authority during the course of which he told his personal story about the doping culture in cycling. His message is that integrity and innovation are winning the struggle with doping.

SPORTS ORGANISED OUTSIDE A CLUB CONTEXT

Own Strength campaign

The main target group in sports organised on alternative lines consists of: visitors to fitness centres and their immediate circles (particularly fitness instructors). The Own Strength campaign was developed for this group. The campaign material includes: a poster for men and women, a large Own Strength pot, a display with leaflets, a T-shirt, a water bottle and a DVD. The campaign was promoted using things like a promotion folder through a range of fitness magazines and information activities. At the end of 2013, 193 fitness centres were participating in the campaign.

To generate extra interest in the Own Strength campaign in fitness centres, a 'winter campaign' was organised between late December 2012 and the early months of 2013. This campaign consisted of extra web messages on the website (www.eigenkracht.nl) during the course of these months, an announcement about the campaign on the website, an advertisement in Fit!Magazine and a mailing to more than 800 fitness centres who are members of Fit!vak. Furthermore, a telephone campaign was launched in December/January to encourage fitness centres to make use of the Own Strength information materials and, in that way, to be included on the list of Own Strength Centres (on the website). That resulted in 30 new centres, raising the total number of participating centres to 171. An additional round of calls in late 2013 led to the recruitment of another 22 fitness centres.

www.eigenkracht.nl

The Own Strength site plays a central role in the campaign. Alongside text, videos are being used more and more. In addition, there are four full annual programmes for four different training goals. The site has also been made more user-friendly by classifying information under headings such as training, diet, supplements, doping, health etc. This makes it easier for visitors to find extensive information about specific topics.

The site specifically targets athletes/cosmetic athletes in fitness centres. The site provides objective, clear and practical information about how to build up muscle mass cleanly and effectively, and about sensible ways of losing weight. There is also objective information about various types of listed prohibited substances and the side-effects, as well as an extensive presentation of the Own Strength campaign.

In 2013, a total of 51 factual news reports were posted on the site. They were written by three external experts (journalists or specific experts) from the fitness/body-building branch and by our own prevention officers. Two of them were press releases from the Dutch Food and Commodities Authority (NVWA) about Dexaprine and Iomax.

Videos

Own Strength uses videos more and more. A range of videos were produced in 2013, with some of them being posted on the website. Work is still continuing on some of them and they will appear on the site shortly.

Fitness courses & meetings

In 2013, the Own Strength campaign included about 20 guest lessons at a range of educational institutes and private fitness courses. The Own Strength water bottle was handed out during those lessons to trainee fitness instructors.

Fontys University of Applied Sciences (Applied Psychology) approached the Doping Authority to look at possible ways of working together. This has taken the shape of an assignment for 150 second-year students, asking them to devise an information campaign for us targeting the more responsible use of supplements in fitness centres. This anticipates our own campaign, which will be developed in 2014. It has led to more than 30 campaign proposals. A prize was awarded to the best three.

Clean Hunks

Clean Hunks are fitness athletes/body builders who have demonstrated that you can build up an impressive physique without dope. Another Clean Hunk joined the campaign in 2013 and so there are now a total of thirteen. They are all on the site, which includes background stories and photos. Others can follow their example and join the campaign.

Articles

Since 1997, Own Strength has had a regular column in the popular bodybuilding magazine *Sport & Fitness Magazine*. Acting under its own editorial responsibility, the Doping Authority provides objective information in each issue about prohibited substances and related matters. All the published articles are also posted on www.eigenkracht.nl so that the information remains available. Five articles were published in 2013.

Advertisements

The advertisement for men from the Own Strength campaign was published in all the 2013 issues of Sports & Fitness. Two new advertisements were produced and they are also available as banners.

Collaboration with the fitness branch

On 22 April 2012, the Doping Authority and Fit!vak signed an agreement to collaborate more and in more concrete ways to combat doping in fitness centres. The Doping Authority and Fit!vak meet every six months to discuss progress. A *Doping Prevention* chapter was added to the *Fitnessstrainer A* course book in 2013.

Book: Doping, the sober facts

The booklet *Drug Information, doping. Hard facts about doping* was published in 2000. Given the continued limited availability of the booklet - and the fact that it is outdated - work has started on a new improved edition. Extensive research and a lot of writing went into this new book between 2011 and 2013. It will be published in the spring of 2014.

SUPPORT STAFF

In addition to the focus on athletes, there has been an increasing emphasis in recent years on a range of categories of athlete support staff. They can play an important role in both a positive and negative sense. Trainers and coaches in particular play a prominent role. Sports doctors and paramedics are also important.

Brochure for Support Staff

The brochure, entitled *About support: how parents, trainers, coaches and other support staff can contribute to dope-free sports* was distributed widely again at information meetings, training and refresher training and outreach events. A revised new edition was published in 2013 (with a print run of 7,500) in the 100% Dope Free house style.

Presentations and outreach events

We gave presentations at a range of courses and refresher courses, such as the Sports Physiotherapy Master's Course, two Sports Diet courses, courses organised by the KNWU for team managers, soigneurs and level 3 cycling coaches, Sports Psychology at the Radboud University in Nijmegen, training for GPs in the Amsterdam Medical Centre (2x), a congress for teachers and coordinators at LOOT schools.

SPORTS ASSOCIATIONS

Meeting of sports associations

The annual meeting for the staff of sports associations (Together against doping!) was organised for the fourth time on 1 October in Nieuwegein. It was attended by more than 60 people from sports associations and Olympic Support Centres. The aim was to improve collaboration and, in that way, to educate as many elite athletes (or up-and-coming athletes) as possible before they undergo their first doping control. Five presentations were organised. The programme included: Herman Ram about national and international developments in anti-doping policies, Paul Kok (Hill+Knowlton Strategies) about the *Doping Violations Communications Plan*, Erik Duiven about *Talents Only*, Bart Coumans about the *Doping Information App* (Prevention App) and, finally, Rudi Kemna, a team manager with the Argos-Shimano cycling team (now known as Giant Shimano), who is an active proponent of clean cycling.

GENERAL PUBLIC

www.dopingautoriteit.nl

ANP news releases make up an important part of the topical information on the corporate site. They are posted immediately after release. A total of 714 ANP news releases were published on the site in 2013 (after correction for revised releases). We contributed eighteen releases of our own to the site in 2013.

In addition to current news about doping, the site contains general information about the prohibited list, about the campaigns being conducted by the Doping Authority and about our own organisation. Athletes can turn to a separate service section to apply for exemptions, and there is a section where elite athletes can submit whereabouts information. The site also houses the Dutch dietary supplement database.

Doping E-mail Line

The Doping Infoline is *the* front office of the Doping Authority. It is staffed alternately by four operators. All questions are processed within one working day and recorded anonymously in a database.

In 2013, the total number of e-mails was 1045, which compares with the total of 995 e-mails and phone calls in 2012. This is an increase of 5%. See the table for all the figures.

Press contacts

In 2013, the Doping Authority was approached on more than 500 occasions by the media, both for information and comments about current events and for answers to in-depth questions not related to topical issues. The CEO of the Doping Authority acts as spokesman. In his absence, or if specific issues are involved, other members of staff of the Doping Authority act as spokespersons on occasion.

Although the media looked at the very wide range of issues in 2013, there was often a direct or indirect link with the case of the American cyclist Lance Armstrong during the first six months of the year. During the same period, there was also considerable interest in the work of the Anti-Doping Approach Commission, which was looking into the doping culture in cycling, and Dutch cycling in particular. There was also media interest in the admissions made by the Danish cyclist Michael Rasmussen and in the Doping Authority's involvement in this investigation. In the context of the extensive media reporting on doping issues in cycling, the Doping Authority was also invited to discuss this issue on a TV programme, *De Avondetappe*.

As well as the focus on cycling, the Dutch press was also very interested in the accusations made in a range of media against the Dutch athlete Adrienne Herzog.

Press conference

The annual press conference was organised on 21 November in Nieuwegein and it was attended by a record number of fifteen journalists. Bauke Mollema was also present, as the 12th 100% Dope Free ambassador, to answer questions from the press. The 100% Dope Free video featuring Bauke was shown. Another important topic of discussion was the imminent revision of the World Anti-Doping Code.

Therapeutic Use Exemption Committee (TUE committee)

Since 2012, there have been hardly any changes in the regulations relating to therapeutic use exemptions.

Ultimately, exemptions were granted in 89 cases. Requests were not granted in four cases.

	2009	2010	2011	2012	2013
Granted	278	140	111	82	89
Refused	48 (14.7%)	12 (7.9%)	8 (6.7%)	1 (1.2%)	4 (4.3%)

Most exemptions in 2013 related, as in 2011 and 2012, to the use of methylphenidate, although the percentage was quite a lot higher. In previous years, it was about 35%; in 2013, it increased to 52.8%. No explanation is available for this sharp rise.

Other medications for which frequent exemptions were granted were prednisone (10%, a fall by comparison with years) and insulin (9%).

The applications came from a total of 32 different sports associations, an increase by comparison with 2012.

For the first time, the KNWU (cycling) was not the association accounting for most applications. The percentage of applications from this association was 9% in 2013 (2012: 21%) and so the KNWU was overtaken by the KNZB (swimming), which accounted for 10% of the applications.

Chapter 2 Doping controls

Controls in practice

General

In 2013, work continued on the implementation of the anti-doping policy of the NOC*NSF, which was drawn up in close partnership with the Doping Authority in 2007. The emphasis of the doping controls is on the very top levels of Dutch sports. 2013 was a pre-Olympic year, and so there was an intensification of the focus on those sports and athletes who were due to participate in the Olympic and Paralympic Games in Sochi in February of 2014.

Otherwise, the Doping Authority was able to conduct targeted controls for specific individuals and/or groups, and occasional doping controls at competition levels immediately below the very top. Once again, the number of follow-up investigations and specific, supplementary analyses increased further and considerable attention was paid to the whereabouts system. Some elite athletes, if they are members of national or international testing pools, are required to report some of their daily activities to the Doping Authority or the international federation. The user-friendliness of whereabouts reporting was enhanced for athletes by the development of the Whereabouts App, a major technical innovation. This Dutch approach was the first step towards worldwide standardisation and it was adopted as the basis for the ADAMS App launched globally by WADA. The innovative Dutch development will therefore ultimately affect the lives of more than 25,000 elite athletes around the world.

National testing pool (NTP)

Pursuant to the elaboration of the 2009 World Anti-Doping Code (WADC) and the associated International Standards, the Doping Authority has had a national testing pool (NTP) since 2009.

Athletes in the National Testing Pool are required to comply with a number of obligations. For example, before using any medicines, they must apply for a therapeutic use exemption from the TUE committee. They must also provide whereabouts information throughout the year and attend an educational activity organised by the Doping Authority.

In 2013 there were 12 sports associations with athletes in the NTP. This is fewer than in 2012, when there were 14. The number of athletes also fell by comparison with 2012: 394 athletes in 2013 at the start of the year, as opposed to 430 athletes in 2012.

Once again in 2013, athletes were only required to provide whereabouts information to one organisation: either the international federation or the Doping Authority. WADA gave the Doping Authority reading access to whereabouts information relating to Dutch athletes in the ADAMS global whereabouts system. As a result, the Doping Authority can now retrieve whereabouts information from ADAMS about Dutch athletes, helping to ensure that the information available to the Doping Authority is up-to-date.

In 2013, as in previous years, the Doping Authority also drew extensively on information from external sources such as Internet sites of national and international federations, Twitter and Facebook. The whereabouts website developed by the Doping Authority (and the associated Whereabouts App for smart phones) provided both general and more detailed information about athletes, teams and training locations.

Controls conducted - general

The Doping Authority conducted two types of doping control for Dutch sports in 2013: doping controls in the context of the Dutch national programme, and doping controls on behalf and for the account of third parties, including national and international federations, event organisers and foreign National Anti-Doping Organisations. The Doping Authority's responsibilities also included controls pursuant to official records, "target controls" when there were specific suspicions, and various types of follow-up investigations. Controls in the Netherlands included not only Dutch athletes, but also athletes from other countries, sometimes on behalf of other NADOs.

The national programme – underlying principles

As in previous years, the Ministry of Sport and the NOC*NSF made funding available in 2013 for the implementation of the national control programme on behalf of the Dutch sports associations.

The rising costs of doping controls have resulted in fewer controls being carried out in recent years. The available budget meant that a national programme of approximately 1,800 controls was possible in 2013. In accordance with the NOC*NSF policy, approximately 500 of these controls were earmarked for controls pursuant to records and qualification limits, for the implementation of "target controls" and for follow-up investigations. On the basis of the anti-doping policy formulated with NOC*NSF, the Doping Authority spread the remaining 1,300 urine controls among the sports associations. A mathematical distribution model which includes information such as international and national doping incidence statistics is used to decide on this allocation.

The national programme – implementation

In 2013, 1,910 controls were conducted as part of the national programme. The overwhelming majority (1,849) were urine controls. There were also 61 blood controls in 2013, for example in the context of an "Athlete Biological Passport" project established last year (see also the relevant section later in this report).

The 1,910 doping controls conducted as part of the national control programme covered 30 Olympic sports and 15 non-Olympic sports in a ratio of 89:11.

There were no doping controls in a number of sports that are less susceptible to doping, examples being mind sports.

Doping controls in the national control programme: the top five

- 1 Cycling
- 2 Athletics
- 3 Swimming
- 4 Skating
- 5 Rowing

The percentage of out-of-competition controls (blood and urine) in the national programme was 47%. Relative to 2012, the percentage of out-of-competition doping controls rose (from 42% in 2012).

Of the 1,910 doping controls (blood and urine) conducted for sports in the Netherlands, 1,255 involved men (66%) and 655 women (34%).

Doping controls for third parties

The Royal Netherlands Football Association (KNVB), the Royal Netherlands Skating Association (KNSB) and the Royal Netherlands Lawn Tennis Association (KNLTB) financed an extra doping control programme for Dutch competitions that is implemented alongside the national programme.

Various Dutch associations have purchased additional doping controls from the Doping Authority for international events in the Netherlands. A total of 580 doping controls were conducted on behalf of third parties, a fall of 21% relative to 2012, which was an Olympic year.

The majority of additional doping controls conducted for Dutch and foreign associations and organisers were in-competition controls (97%). 371 men and 209 women underwent these controls.

Doping controls - total

The doping controls for the national control programme and the doping controls for third parties together make up the total doping control programme conducted in 2013. A total of 2,490 doping controls were carried out.

<i>Number of doping controls</i>	<i>2013</i>	<i>2012</i>
National programme	1,910	1,810
On behalf of third parties	580	734
Total	2,490	2,544

Table 1 General overview of doping controls conducted in 2013

Doping controls conducted by the Doping Authority	
Urine controls conducted for Dutch sport (Dutch National Programme)	1,849
Blood controls conducted for Dutch sport (Dutch National Programme)	61
Urine controls conducted for foreign sports organisations and other organisations	572
Blood controls conducted for foreign sports organisations and other organisations	8
Total conducted by the Doping Authority	2,490

Total number of doping controls: the top five

- 1 Cycling
- 2 Athletics
- 3 Skating
- 4 Swimming
- 5 Football

The total number of 2,490 doping controls for Dutch sports and sports organisations was 2% down on 2012 (2,544 controls).

Table 2 Overview of the number of doping controls in 2013

Sport	National Programme (Netherlands)			Conducted for third parties			Total conducted		
	Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Athletics	173	14	187	58	6	64	231	20	251
Car racing	0	0	0	0	0	0	0	0	0
Badminton	6	0	6	4	0	4	10	0	10
Basketball	32	0	32	4	0	4	36	0	36
Billiard sports	14	0	14	0	0	0	14	0	14
Bobsleigh	28	0	28	0	0	0	28	0	28
Boxing	12	0	12	20	0	20	32	0	32
Bowling	8	0	8	0	0	0	8	0	8
Bridge	0	0	0	0	0	0	0	0	0
Cricket	12	0	12	0	0	0	12	0	12
Curling	9	0	9	0	0	0	9	0	9
Draughts	0	0	0	0	0	0	0	0	0
Dance sport	12	0	12	0	0	0	12	0	12
Darts	6	0	6	0	0	0	6	0	6
Floorball and unihockey	0	0	0	0	0	0	0	0	0
Disabled sports	0	0	0	0	0	0	0	0	0
Go	0	0	0	0	0	0	0	0	0
Golf	14	0	14	0	0	0	14	0	14
Gymnastics	44	0	44	5	0	5	49	0	49
Handball	28	0	28	4	0	4	32	0	32
Archery	14	0	14	0	0	0	14	0	14
Equestrian sports	13	0	13	0	0	0	13	0	13
Hockey	31	0	31	21	0	21	52	0	52
Baseball and Softball	40	0	40	0	0	0	40	0	40
Ice Hockey	16	0	16	0	0	0	16	0	16
Indoor and outdoor bowls	0	0	0	0	0	0	0	0	0
Boules	0	0	0	0	0	0	0	0	0
Judo	73	2	75	4	0	4	77	2	79
Karate Do	13	0	13	0	0	0	13	0	13

Mountaineering and climbing	12	0	12	2	0	2	14	0	14
Korfball	20	0	20	0	0	0	20	0	20
Strength sports	77	0	77	0	0	0	77	0	77
Air sports	0	0	0	0	0	0	0	0	0
Motor sport	29	0	29	0	0	0	29	0	29
Underwater sport	0	0	0	0	0	0	0	0	0
Eastern martial arts	5	0	5	0	0	0	5	0	5
Life-saving	6	0	6	7	0	7	13	0	13
Rowing	116	0	116	3	1	4	119	1	120
Roller sports	4	0	4	0	0	0	4	0	4
Rugby	40	0	40	4	0	4	44	0	44
Skating	161	6	167	58	0	58	219	6	225
Chess	0	0	0	0	0	0	0	0	0
Fencing	8	0	8	2	0	2	10	0	10
Shooting	15	0	15	0	0	0	15	0	15
Skiing	27	0	27	4	0	4	31	0	31
Squash	16	0	16	5	0	5	21	0	21
Taekwondo	14	0	14	0	0	0	14	0	14
Table tennis	8	0	8	0	0	0	8	0	8
Tennis	14	0	14	6	0	6	20	0	20
Triathlon	42	6	48	12	1	13	54	7	61
Football	108	0	108	94	0	94	202	0	202
Volleyball	24	0	24	4	0	4	28	0	28
Waterskiing	18	0	18	0	0	0	18	0	18
Water sports	20	0	20	0	0	0	20	0	20
Cycling	292	30	322	211	0	211	503	30	533
Swimming	175	3	178	40	0	40	215	3	218
<i>Total</i>	<i>1849</i>	<i>61</i>	<i>1910</i>	<i>572</i>	<i>8</i>	<i>580</i>	<i>2421</i>	<i>69</i>	<i>2490</i>

Table 3 Number of in-competition and out-of-competition controls conducted in 2013

Sport	In competition			Out of competition		
	Urine	Blood	Total	Urine	Blood	Total
Athletics	124	1	125	107	19	126
Car racing	0	0	0	0	0	0
Badminton	10	0	10	0	0	0
Basketball	36	0	36	0	0	0
Billiard sports	14	0	14	0	0	0
Bobsleigh	0	0	0	28	0	28
Boxing	30	0	30	2	0	2
Bowling	8	0	8	0	0	0
Bridge	0	0	0	0	0	0
Cricket	12	0	12	0	0	0
Curling	0	0	0	9	0	9
Draughts	0	0	0	0	0	0
Dance sport	12	0	12	0	0	0
Darts	6	0	6	0	0	0
Floorball and unihockey	0	0	0	0	0	0
Disabled sports	0	0	0	0	0	0
Go	0	0	0	0	0	0
Golf	12	0	12	2	0	2
Gymnastics	16	0	16	33	0	33
Handball	32	0	32	0	0	0
Archery	14	0	14	0	0	0
Equestrian sports	12	0	12	1	0	1
Hockey	52	0	52	0	0	0
Baseball and Softball	32	0	32	8	0	8
Ice Hockey	16	0	16	0	0	0
Indoor and outdoor bowls	0	0	0	0	0	0
Boules	0	0	0	0	0	0
Judo	34	0	34	43	2	45
Karate Do	6	0	6	7	0	7
Mountaineering and climbing	14	0	14	0	0	0

Korfbal	20	0	20	0	0	0
Strength sports	59	0	59	18	0	18
Air sports	0	0	0	0	0	0
Motor sport	22	0	22	7	0	7
Underwater sport	0	0	0	0	0	0
Eastern martial arts	0	0	0	5	0	5
Life-saving	11	0	11	2	0	2
Rowing	42	0	42	77	1	78
Roller sports	0	0	0	4	0	4
Rugby	28	0	28	16	0	16
Skating	153	0	153	66	6	72
Chess	0	0	0	0	0	0
Fencing	10	0	10	0	0	0
Shooting	15	0	15	0	0	0
Skiing	4	0	4	27	0	27
Squash	20	0	20	1	0	1
Taekwondo	14	0	14	0	0	0
Table tennis	8	0	8	0	0	0
Tennis	12	0	12	8	0	8
Triathlon	35	0	35	19	7	26
Football	94	0	94	108	0	108
Volleyball	28	0	28	0	0	0
Waterskiing	18	0	18	0	0	0
Water sports	12	0	12	8	0	8
Cycling	358	0	358	145	30	175
Swimming	115	0	115	100	3	103
<i>Total</i>	<i>1570</i>	<i>1</i>	<i>1571</i>	<i>851</i>	<i>68</i>	<i>919</i>

Doping controls that did not take place

Doping controls were not completed in 89 cases in 2013. 87% of these cases involved out-of-competition controls.

In most cases, these were:

1) the occasions when athletes/teams were absent from events, competitions and central training sessions which they were expected to attend;

- 2) the occasions when a DCO went to training sessions or competitions and these training sessions or competitions had been cancelled or moved without the Doping Authority being informed accordingly in advance;
- 3) the occasions when a Doping Control Official (DCO) went to the address stated by an athlete and the athlete was not present during the control period without having given notice, or was not/no longer resident at that address (in the cases of doping controls without whereabouts information).

When doping controls are prevented from taking place, attempts are made to conduct a control with the athlete in questions as quickly as possible thereafter.

In addition, a total of 60 definitive whereabouts failures were recorded in 2013, including filing failures (the failure to provide the relevant information correctly and on time) and missed tests (in which the athlete is not present at the stated location within the one hour time slot). This was a fall of 31% (2012: 87). In 2013, no athletes were involved in a third whereabouts filing failure in a period of 18 months. Most filing failures occurred among athletes from the Dutch Swimming Association/Athletics Union and the Rowing/Skating Unions. The top three of missed tests was made up of athletes from the cycling, swimming and rowing associations.

The top three of the total number of whereabouts failures were accounted for by the swimming, rowing and cycling associations. It should be pointed out that associations with a large number of athletes in the National Testing Pool are more likely to have athletes who fail to meet whereabouts obligations. In 2012, the baseball/softball and basketball associations also had athletes involved in whereabouts filing failures. In 2013, there were no longer any athletes in these associations who were required to supply whereabouts information.

EPO and related substances

In 31% of cases, the urine samples were also analysed for EPO. This was double the number in 2012 (15%). The EPO analyses were conducted in different branches of sport, with most analyses targeting skating (in the run-up to the Winter Games in early 2014), cycling and athletics. As in 2012, a range of samples were also analysed for somatropine, hexarelin and testosterone levels. Analyses for growth hormones were also initiated. However, as a result of temporary analytical limitations, these samples have been stored for the time being and they will be analysed later.

Unannounced doping controls

Virtually all doping controls were unannounced ('no notice'). The only exceptions were doping controls triggered by a record or limit; in these cases, the athlete or the athlete's association were under the obligation to take the initiative for the control.

Target controls

The Doping Authority has the authority to conduct target controls. These controls are conducted in specific cases and on the basis of criteria determined beforehand. These criteria were updated in previous years and made less stringent so that target controls could be used even more widely.

Target controls took place throughout the sports spectrum, with the emphasis being placed on a few specific sports and also controls at the level just below the very top.

Athlete Biological Passport

After receiving a project subsidy, the Doping Authority initiated a project in 2013 for the implementation of the Athlete Biological Passport (ABP) in the doping control process. This project involved taking several blood samples from 18 selected athletes over a period of three months with the aim of establishing a longitudinal profile. A total of 53 blood samples were taken as part of this project. The blood controls for the Athlete Biological Passport were conducted in the following sports: athletics, skating, triathlon, cycling and swimming.

Mobile doping control station

In 2013, the mobile doping control station was used extensively at locations where establishing a fixed doping control station was difficult. The mobile station was used for, among other things, outdoor sports such as motor sport, cycling, water sports, equestrian sports, and triathlon. It was deployed for a total of ten different sports and demand for the mobile station has continued to increase.

Findings

Ninety files with adverse (analytical and non-analytical) findings were registered with the Doping Authority in 2013. In 89 cases, the adverse findings related to A urine samples; the finding was non-analytical in one case.

The adverse findings (including the non-analytical findings) - 90 files - accounted for 3.6% of the 2490 doping controls conducted. This percentage is higher than the percentage for 2012 (3.2%).

Table 4: Number of findings as a proportion of doping controls

2013	2,490	3.6%
2012	2,544	3.2%
2011	2,593	4.4%
2010	2,805	3.0%
2009	2,636	2.8%
2008	2,667	2.7%
2007	2,729	3.7%
2006	2,825	4.8%
2005	3,052	4.0%
2004	2,848	1.9%
2003	2,876	1.3%

Files for which specific follow-up investigations were required

Of the 89 files with adverse findings for the A urine samples, 64 involved atypical findings for which specific follow-up investigations were required with the aim of determining whether there had been a possible doping violation. This is 72% of the anomalous A samples.

In 48 cases, the testosterone/epitestosterone ratio exceeded 4. There was also an atypical steroid profile in 13 cases. In two cases, there was an atypical finding for hCG and, in one case, an atypical finding was reported for boldenone.

In virtually all these cases, the Doping Authority initiated the isotope ratio mass spectrometry analysis (IRMS) and/or additional doping controls in 2013. The follow-up investigation failed to establish that the atypical result was caused by exogenic factors in any of the 64 cases and the Doping Authority therefore classified the results as non-adverse findings.

Files closed on the grounds of therapeutic use exemptions

In three cases, it was found that a therapeutic use exemption had already been granted prior to the doping control for the therapeutic use of the prohibited substance found. These files were therefore closed and did not result in proceedings with the sports association in question.

In three cases, before the binding result was reported to the association by the Doping Authority, the TUE Committee granted an exemption after all for the use of the substance found (the athletes in question were not in the Doping Authority's National Testing Pool). These files were closed and did not result in proceedings with the sports association in question either.

On five occasions, a substance was found that is permitted by the regulations depending upon the method of administration; on all occasions, the administration method was permitted and the athletes in question had also listed the substance on the doping control form. The Doping Authority again concluded that these results were negative.

Table 5 Adverse analytical findings in 2013 justified by a therapeutic use exemption and/or file closed by the Doping Authority for another reason; situation upon closure of the annual report.

Sport	finding/substance	number	action taken
Billiard sports	metoprolol	1	therapeutic use exemption issued after the event (not TP), file closed
Billiard sports	methylphenidate, metabolite of methylphenidate	1	therapeutic use exemption issued after the event (not TP), file closed
Hockey (not NL)	metabolite of budenoside	1	use in accordance with permitted method of administration, file closed
Judo	Insulin	1	therapeutic use exemption present, file closed
Rugby	methylphenidate, metabolite of methylphenidate	1	therapeutic use exemption issued after the event (not TP), file closed
Rugby (not NL)	budenoside, metabolite of budenoside	1	use in accordance with permitted method of administration, file closed
Triathlon	metabolite of budenoside	1	use in accordance with permitted method of administration, file closed
Water sports	methylphenidate	1	therapeutic use exemption present, file closed
Cycling	metabolite of budenoside	1	use in accordance with permitted method of administration, file closed
Cycling	bethametasone	1	use in accordance with permitted method of administration, file closed
Swimming	Ritalin metabolite	1	therapeutic use exemption present, file closed
Total		11	

Classification according to the WADA Prohibited List

Upon classification at the group level in accordance with the WADA Prohibited List 2013, a substance and/or a high T/E ratio, or an atypical steroid profile was found on a total of 94 occasions in the 89 anomalous A samples referred to above.

Five urine samples contained two performance-enhancing substances (or their metabolites).

In 68 of the 94 cases, there were findings in the category of anabolic substances. On twelve occasions, these were stimulants and, on two occasions, metabolites of cannabis were found. This was a fall for both substance categories relative to 2012. The fall in the cannabinoid category can in all probability be explained by the decision taken by WADA in the course of 2013 to raise the threshold for analytical findings relating to cannabis by a factor of 10: from 15 ng/ml to 150 ng/ml. The fall in the stimulants category may be linked to the decision by the Dutch government to ban methylhexanamine and to remove products containing this substance from the shops.

The percentage in the anabolic substances category rose by 36% in 2013. This rise is largely accounted for by the higher number of urine samples with a T/E ratio exceeding 4 or with an atypical steroid profile.

There were no findings in 2013 in the β_2 agonist category; there was a finding for the first time in the narcotics category.

Table 6: Detected substances and initial adverse findings

	2012	2013
Anabolic substances	50	68
(T/E ratio >4)	(37)	(48)
(Atypical steroid profile)	(10)	(13)
(Detected substances)	(3)	(7)
Peptide hormones, growth factors and related substances	0	3
β2 agonists	0	0
Hormonal and metabolic modulators	2	1
Diuretics and other masking substances	4	1
Stimulants	15	12
Narcotics	0	1
Cannabinoids	8	2
Glucocorticosteroids	3	5
Beta blockers	0	1
Total	82	94

Cases resulting in proceedings

In 2013, the Doping Authority initiated proceedings in 15 cases in eight different sports because of possible infringements of the regulations of the sports association involved. The athletes were males in 14 cases and a female in one case. The strength sports were most strongly represented by far: in seven of the fifteen cases.

In one of the 15 cases, the result was from a doping control conducted in the Netherlands by the Doping Authority involving a foreign athlete covered by international anti-doping regulations. Result management for this control was transferred by the Doping Authority to the international federation in question.

The percentage of cases in which proceedings were initiated in 2012 pursuant to controls conducted on Dutch territory by the Doping Authority as part of the national programme was 0.73% (14 cases subject to national anti-doping-regulations resulting from 1910 doping controls conducted as part of the national programme). This percentage is less than the stated target for 2013 of a maximum of 1% positive cases in Dutch athletes.

Table 7 Adverse analytical findings and non-analytical findings submitted for disciplinary procedures in 2013

Sport	finding/substance	number
Athletics (not NL)	recombinant human erythropoietin (rhEPO)*	1
Cricket	MDMA, metabolite of cocaine	1
Archery	hydrochlorothiazide, metabolite of hydrochlorothiazide	1
Ice hockey	metabolite of cannabis	1
Ice hockey	metabolite of cocaine, amphetamines	1
Strength sports (bench presses)	metabolite of cocaine	1
Strength sports (bench presses)	metabolite of drostanolone, metabolite of nandrolone or a nandrolone prohormone	1
Strength sports (bench presses)	metabolite of stanozolol, metabolite of cannabis	1
Strength sports (weightlifting, not NL)	metabolite of methandienone	1
Strength sports (powerlifting)	metabolite of methandienone, oxilofrine	1
Strength sports (wrestling)	attempted manipulation	1
Strength sports (Wrestling, not NL)	metabolite of nandrolone or a nandrolone prohormone	1
Rugby (not NL)	MDMA	1
Shooting	oxycodone, metabolite of oxycodone	1
Cycling	methylhexanamine	1
Total		15

* This was a control conducted in the Netherlands under international anti-doping regulations with the international federation assuming responsibility for result management.

Chapter 3 Disciplinary Proceedings

Introduction

In the Netherlands, the disciplinary proceedings relating to possible doping violations are the responsibility of the sports associations. A number of sports associations have their 'own' disciplinary and appeals committees but a large, and increasing, number of associations call in the Institute for Sports Law (ISR), which makes decisions on behalf of the associations.

The position of the Doping Authority in disciplinary procedures

The disciplinary and appeals committees arrive at their decisions independently of the Doping Authority. This does not mean that the Doping Authority is not closely involved in disciplinary proceedings relating to possible doping violations. Clearly, the Doping Authority's task is to ensure that disciplinary proceedings for doping cases in the Netherlands are conducted correctly in accordance with the World Anti-Doping Code and Dutch doping regulations based on that code. The Doping Regulations of the sports associations and the ISR describe and determine the various tasks incumbent upon the Doping Authority in disciplinary procedures. Those tasks involve, on the one hand, supporting and advising the disciplinary bodies in the interpretation and application of the doping regulations and, on the other, correcting decisions that do not comply with those regulations.

The auxiliary role is seen primarily in the contributions made by the Doping Authority during the disciplinary procedures: the Doping Authority is cognisant of the case, states written arguments in which all the relevant regulatory factors are discussed and explained, and also speaks at hearings it attends.

The corrective role is seen primarily in the right to appeal that the Doping Authority has in all doping cases, both with national appeals committees and with the Court of Arbitration for Sport (CAS) in Lausanne. Furthermore, the Doping Authority is competent to initiate proceedings with the disciplinary committee of an association independently without calling in the board of the association.

The Doping Authority submitted written arguments in the initial proceedings in all disciplinary procedures in the Netherlands during the year under review and attended all the hearings organised as part of these proceedings. When athletes and/or associations appealed against decisions, supplementary statements of arguments were written in all cases.

Decisions were given in two cases in 2013 in appeal proceedings initiated by the Doping Authority against decisions made by disciplinary committees. In some cases, the Doping Authority did not appeal against decisions, but we did issue written comments about decisions; this was primarily the case when decisions were correct in terms of the regulations but incomplete or contradictory in particular areas.

Reporting to WADA and International Sports Federations

The Doping Authority reports on the disciplinary proceedings in doping cases to WADA, which is also entitled to appeal against decisions in those cases. The reports take the form of sending the written decision to WADA, answering supplementary questions upon request and producing supplementary documents and translations of relevant parts of a file. In 2013, a decision was made by the CAS in one case involving an appeal by WADA against a decision made by a Dutch disciplinary body.

The Doping Authority also reports upon request to international sports federations but only if the Dutch sports Association in question does not do so or fails to do so in full. In 2013, there were intensive contacts in some cases with the relevant international federation. International federations are also entitled to make appeals in Dutch doping procedures but no decisions were taken at all in 2013 in any case in which an international federation appealed against a decision made by a Dutch disciplinary body.

Reporting on disciplinary decisions

With effect from 2013, the Doping Authority will be reporting on disciplinary proceedings in doping cases in its own annual report. In that way, the Doping Authority will be reporting - as described above - on procedures in which the Doping Authority is indeed very closely involved but for which the primary responsibility resides elsewhere (in other words, with the sports associations). The decision to proceed in this way was motivated in the first place by the proposed dissolution of the Doping Cases Audit Committee, a board committee of the NOC*NSF. Since 2000, this committee has reported regularly on disciplinary proceedings in all Dutch doping cases, making an assessment of both the promptness and quality of the procedures followed and the substantive correctness of the decision. The Doping Authority has taken over this task with effect from the 2013 annual report, without adopting the reporting procedures (involving the substantive evaluations and recommendations) of the Audit Committee.

The table below lists all 21 decisions taken by Dutch disciplinary and appeals committees in doping cases in 2013 (inclusion depends upon the date of the decision), as well as a decision taken by the CAS in 2013 relating to a Dutch case.

In two cases, the TUE Committee granted a therapeutic use exemption for the use of the substance found *after* proceedings had been initiated with the association. The relevant sports associations were informed that, from the point of view of the Doping Authority, there were no longer any grounds for proceeding with these cases. In both cases, the associations in question did indeed terminate the proceedings.

In one case, the athlete submitted an appeal against the decision on the basis of a change in the regulations that benefited the athlete.

The reports include only definitive decisions that are no longer open to appeal. If the decision has been made pursuant to an appeal, this is stated in the final column together with an indication of which party or parties submitted the appeal. If the doping violation has been transferred to the Netherlands for disciplinary proceedings by an organisation from another country, this is also stated.

Table 1 Disciplinary decisions in doping cases in 2013

Sport	finding/substance	decision	year of violation	Details
Billiard sports (pool)	cannabis	warning/reprimand	2012	
Archery	hydrochlorothiazide	file closed	2013	Therapeutic use exemption was granted after all after proceedings had been initiated.
Ice hockey	cocaine / amphetamine	1 year suspension	2013	Decision in appeal instigated by athlete
Ice hockey	cannabis	warning/reprimand	2013	
Ice hockey	methylhexanamine	4 month suspension	2012	Decision in appeal instigated by Doping Authority
Judo	cocaine	guilty, no punishment imposed	2012	Case handed over by Flemish NADO
Judo	methylhexanamine	18 month suspension	2011	Decision by CAS after appeal by WADA
Canoeing	cannabis	warning/reprimand	2011	Decision in appeal instigated by Doping Authority
Strength sports (bench presses)	stanozolol / cannabis	2 year suspension	2013	
Strength sports (bench presses)	nandrolone / drostanolone	2 year suspension	2013	
Strength sports (weightlifting)	cannabis	punishment suspended	2012	Review at request of athlete
Strength sports (weightlifting)	cannabis	warning/reprimand	2012	
Strength sports (powerlifting)	methandienone / oxilofrine	2 year suspension	2013	
Strength sports (powerlifting)	methylhexanamine	1 year suspension	2012	
Strength sports (wrestling)	attempted evasion	acquittal	2012	Decision in appeal instigated by athlete ; case handed over by Surinam NADO
Rugby	methyldioximethamphetamine	2 year suspension	2013	
Rugby	methandienone	2 year suspension	2012	
Shooting	oxycodone	file closed	2013	Therapeutic use exemption was granted after all after proceedings had been initiated.
Wakeboarding	cannabis	warning/reprimand	2012	Decision in appeal instigated by federation and, incidentally, by athlete
Wakeboarding	cannabis	warning/reprimand	2012	Decision in appeal instigated by federation
Cycling	methylhexanamine	warning/reprimand	2013	Case handed over by UCI
Cycling	tamoxifen	2 year suspension	2012	

Total

22

Chapter 4 International Affairs

WADA

General

Over the course of 2013, there were many contacts of different kinds with WADA. There were almost daily consultations about the correct management of Dutch doping cases, which is monitored by WADA. In addition, there was close collaboration with WADA on ongoing investigations, particularly in cycling, and that collaboration has become structural.

Prohibited list

As in other years, a response to the draft prohibited list was sent to WADA in the summer. The Doping Authority coordinates the Dutch response on behalf of the NOC*NSF, the NOC*NSF Athletes Committee and the Ministry of Health, Welfare and Sport. Once again, it was pointed out that the prohibited list must have a sound practical and scientific basis. Responses were also drafted in the course of the year to a range of technical documents associated with WADA's International Standard for Laboratories.

WADA – ADO Symposium

The Doping Authority attended the annual WADA - ADO Symposium in Lausanne. It was largely dominated by preparations for the World Conference and the revision of the WADA Code on the agenda for that conference.

Code Revision

WADA organised a range of consultation rounds in 2013 with a view to the revision of the current code (which dates from 2009). During each round, all stakeholders were given the opportunity to comment on the draft versions of the Code and the International Standard. The Doping Authority has been very actively involved with the text and content of the revised code. Even after the conclusion of the official consultation process, the Doping Authority was still able to make direct contributions to the draft proposals. In this final phase leading up to the World Conference on Doping in Sport in Johannesburg, a range of proposals from the Doping Authority were included directly in the new code, which was adopted in Johannesburg in November 2013. The CEO attended the World Conference on behalf of the Doping Authority.

Sociological study

As part of WADA's "Sociological Research Programme", a research proposal has been submitted and approved in collaboration with four other NADOs with supervision from the University of Potsdam. The study will look at possible performance indicators for NADOs and will continue until early 2015 (pursuant to a number of administrative differences of opinion between the German researchers and WADA, the project was suspended for a short time). On behalf of all the NADOs concerned, the Doping Authority will have an advisory and coordinating role.

COUNCIL OF EUROPE

CAHAMA and Monitoring Group

Once again in 2013, the Doping Authority was very active on the international stage. The aim is to play a role in guiding international anti-doping policies. We attended three meetings of the CAHAMA (Ad hoc European Committee for the World Anti-Doping Agency). The CAHAMA mission is:

1. To examine the issues concerning relations between the Council of Europe, its Member States and the World Anti-Doping Agency (WADA), and to decide on a common position, when possible, on these issues;
2. To draw up, if necessary, opinions for the Committee of Ministers of the Council of Europe on these issues, including the budgetary elements;
3. To periodically revise the mandate of members of the WADA Foundation Board appointed by the Council of Europe.

CAHAMA's work in 2013 consisted primarily of contributing to the revision of the WADA Code. As the chair of the Advisory Group On Legal Issues of the Council of Europe, the Doping Authority played a key role in the drafting of proposals for improvements to the 2015 Code. In addition, the Doping Authority attended two meetings of the Monitoring Group. This group monitors the implementation of the Anti-Doping Convention of the Council of Europe.

Advisory Groups

The Doping Authority attended a theme meeting on 12 April about anti-doping education and prevention organised by the Council of Europe in Strasbourg.

Match fixing

Match fixing is a subject of considerable interest both in the Netherlands and in other countries. At the national level, the Ministry of Health, Welfare and Sport has ordered an investigation. At the international level, there have already been discussions of this subject on several occasions in the EU context, and Europol has reported on highly-publicised investigations. At the intergovernmental level, the Council of Europe has taken initiatives to draft a convention on match fixing. On behalf of the Anti-Doping Convention of the Council of Europe, the Doping Authority has been asked to contribute to the process of drafting a match-fixing convention under the Council of Europe banner.

EUROPEAN UNION

Ad-hoc Group of Experts on Doping in Recreational Sport

An ad hoc group was established in 2013 for the EU "Anti-Doping" Group of Experts. This ad hoc group, which included the Doping Authority, was asked to produce recommendations to prevent doping in recreational sport. The final report - "EU Recommendations on Doping in Recreational Sport", with recommendations for the EU and its member states - will be published in 2014. The Doping Authority contributed to the report.

Expert Group on Anti-doping

This Expert Group answers to the Council of Ministers of the European Union and it works on doping-related matters that affect Community Law. The subjects discussed included the revision of the present WADA Code, as well as the Regulation relating to data protection proposed by the European Commission.

INADO

Institute for National Anti-Doping Organisations - iNADO

Immediately after the iNADO was established in 2012, the Doping Authority joined this umbrella organisation. In 2013, iNADO continued to extend its role as the knowledge institute and the representative of the National Anti-Doping Organisations affiliated with it. The Doping Authority has made a range of contributions to the work done by iNADO. We attended the iNADO meeting in Cape Town prior to the World Conference on Doping in Sport.

IADA

International Anti-Doping Arrangement - IADA

The Doping Authority was present at the annual meeting of this group of 11 countries.

OTHER MATTERS

Amsterdam Education Meeting

On 10 and 11 October 2013, there was an informal meeting of European NADO spokespersons in Amsterdam organised at the initiative of the Finnish NADO and the Doping Authority. Seventeen people from fourteen countries attended, including the CEO of iNADO and the chair of the Education Advisory Group of the Council of Europe. There were seven presentations over the course of two sessions.

Chapter 5 Legal Affairs

Contributions to doping cases

One of the Doping Authority's structural activities involves putting forward arguments in doping proceedings. Stating arguments in this way is a right that is anchored in the doping regulations of all elite sports associations. The arguments drafted by the Doping Authority set out the judgements of the Doping Authority with respect to the relevant provisions of the Doping Regulations, the International Standards, the case in question, and the defence statements. Submitting arguments in this way gives the Doping Authority the opportunity to describe the legal framework for disciplinary committees, to discuss crucial provisions in the Doping Regulations and/or International Standards, and to respond to the defence arguments of the athlete in question (on the basis of case law from the CAS and elsewhere).

The Doping Authority submitted written arguments in all doping cases resulting in disciplinary procedures in the Netherlands in 2013, and attended the relevant hearings. Appeals were submitted in some cases. In addition, the Doping Authority fulfilled an advisory role in a range of national and international proceedings to which the Doping Authority was not itself a party.

WADA Supervision

The World Anti-Doping Agency (WADA) monitors worldwide implementation, application and compliance relative to the World Anti-Doping Code. One of the instruments that WADA uses for that purpose is the monitoring of the processing of positive control results. WADA receives the results from the doping controls conducted throughout the world by all WADA-accredited laboratories. These reports are anonymous since the laboratories do not have the names of the controlled athletes.

The results reported by the laboratories allow WADA to obtain information from International Federations, National Anti-Doping Organisations (NADOs) and organisers of competitions and events about what has been done with these control results. In other words, whether they have led to disciplinary procedures, the removal of athletes' names from competition results etc.

In the case of the Netherlands, this means that WADA asks the Doping Authority whether, and if so which, sanctions have been imposed pursuant to positive doping controls. WADA then decides whether more information is required to determine whether the Code has been applied and observed correctly in the case in question. In cases where there were doubts in this respect, there were very intensive consultations on some occasions.

WADA Appeal with CAS

This approach to monitoring by WADA resulted, in 2013, in the lodging of an appeal by WADA with the Court of Arbitration for Sport (CAS) in Lausanne (Switzerland). The CAS is the resort of final appeal for doping cases in sport. After a Dutch doping case had resulted in an appeal decision with which WADA disagreed, WADA lodged an appeal with the CAS against that decision.

In formal terms, the sports association is the opposing party here. Nevertheless, in practice, it is of course the athlete who is faced with the consequences of the appeal. Alongside the athlete and the association, the Doping Authority was also a party to the proceedings given its responsibility for the drafting and application of the doping regulations in the Netherlands. In the end, the CAS found partly in favour of the WADA appeal. It was important to the Doping Authority that the CAS recognised the interpretation of the Doping Regulations adopted by the Doping Authority.

Preparations for Doping Act

In 2010, the then State Secretary of Health, Welfare and Sport announced the government's intention to adopt additional legislation in the form of a Doping Act. It is expected that the relevant bill will be submitted to the House in 2014 and, in preparation, there have been intensive consultations with civil servants from the Ministries of Health, Welfare and Sport, and Security and Justice.

Chapter 6 Intelligence & Investigation

Establishment of structural I&I capacity

Pursuant to Article 15.2 of the Dutch National Doping Regulations, the Doping Authority investigates possible doping violations both in the Netherlands and other countries. *Intelligence & Investigation* is one resource deployed for this purpose and this discipline has been organised as a separate activity since 2013.

Intelligence means selected, combined and analysed information; it is information that has been validated, presented in an organised way, and that preferably comes from several sources.

Intelligence & Investigation also involves appraising the accuracy of rumours, accusations or in simulations about doping or abetting doping. Ascertaining the truth is essential. It is the job of the Doping Authority to clarify accusations or insinuations on the basis of objective investigations in the interests of the athlete *and* the sport.

The approach to detecting doping violations is constantly changing. New test methods are being developed and the repeat analysis of samples is producing striking results. In combination with recent admissions by athletes and former athletes, this demonstrates that some doping violations have remained undetected for many years. The Sorgdrager Commission concluded (among other things) that it needs to be more likely that doping offenders will be caught. This requires a different approach, and more controls. However, the number of doping controls has been under pressure for some years now. A smarter approach to detection and the use of controls where they will be most effective will make it more likely that offenders will be caught.

In August 2013, the Doping Authority appointed an Intelligence Officer to develop and implement the discipline of *Intelligence & Investigation*. The work of the Intelligence Officer includes collating information in the context of investigations of doping violations, drafting reports, conducting interviews and taking statements, organising and processing confidential data in an automated system, and the development of procedures and protocols.

The Intelligence Officer will collect, process and analyse information about possible doping violations and, where appropriate, be involved in disciplinary procedures relating to those violations. Information will be obtained from digital sources, but also from discussions in person with athletes, support staff, or other persons who may be expected to have relevant information. The analysis of the Intelligence Officer may lead the Control Department to initiate target controls. The file compiled by the Intelligence Officer can be added to the file relating to a positive control or may result directly in the initiation of proceedings if there is possibly a question of criminal activities.

Development of international collaboration

In view of the nature of this new discipline, it is vital for data to be exchanged in close collaboration with national and international sports federations, Dutch investigation agencies, foreign anti-doping organisations and WADA. As one of the joint initiators, the Doping Authority has been involved in the establishment of a group of *Intelligence Officers* from anti-doping organisations who, with WADA as the agency

providing coordination, exchange knowledge and information and act as the motor for developments, standards, protocols and procedures in this area.

Cycling investigation

A great deal of time has been invested in the investigation of doping used in cycling. There have been interviews both in the Netherlands and other countries with cyclists, support staff and other persons involved in the world of cycling (and particularly professional cycling). In view of the circumstances that (i) the investigation was conducted together with agencies that included, in any case, UCI, WADA and USADA, and (ii) cyclists and other persons involved are not always Dutch nationals or have not always been associated (exclusively or otherwise) with a Dutch team, this investigation involved a large number of international factors. Ongoing coordination and collaboration with sports and anti-doping organisations from other countries was therefore essential. Many of the interviews took place outside the Netherlands, in part to safeguard the anonymity of the interviewees.

Recordings were made of virtually all interviews and transcriptions were then made and stored in a secure location. By analysing the interviews and – above all – by combining information from the various interviews, an increasingly detailed picture has been established of the doping culture that prevailed in professional cycling. The investigations will continue in 2014 and the expectation is that there will be a stronger focus on possible comparable problems in other branches of sport.

Chapter 7 Scientific research

Introduction

The scientific activities of the Doping Authority consist of the following:

- a continuous survey of the scientific literature based on the identification of doping-related relevance;
- conducting and initiating research to serve national and international anti-doping policies; and
- the diffusion of scientific doping expertise, both inside and outside the organisation.

Traditionally, the scientific activities are considered to include the “nutritional supplements and doping” project.

Survey of scientific literature

To ensure it is informed about the latest developments, the Doping Authority keeps a close eye on new publications of doping-related scientific literature and saves copies of the relevant articles in its archives. In 2013, approximately 250 relevant articles were added to this archive, which means that the total number of articles available is now more than 3100. All articles have now been saved in digital form. The number of relevant publications has increased perceptibly in recent years; doping is a topic that has also been a focus of increasing interest in scientific circles.

The information from the available literature is actively distributed and serves as the basis for internal advice for, among others, the Control and Prevention department. This information is also used to answer specific scientific questions from doctors, lawyers, journalists, students and other interested parties.

Research

Efficacy of anti-doping policy

December 2010 saw the start of a doctorate project entitled ‘The efficacy of anti-doping policy’. The research will focus on a multidisciplinary approach to this wide-ranging field, looking in particular at the areas of prevention, detection and sanctions, and how these have been brought together in the current anti-doping approach at the international level and in the Netherlands. The doctorate supervisor is Professor Maarten van Bottenburg, the professor of sports development at Utrecht University. Data collection began in 2012; the project will continue until late 2014. In 2013, articles were published about the whereabouts system, about gene doping (see below) and about the prevalence of doping use in fitness centres. A range of other articles are in preparation.

Steroids polyclinic

Endocrinologist Pim de Ronde has set up a polyclinic in the Kennemer Gasthuis in Haarlem targeting people with health problems caused by anabolic steroids. The Doping Authority has an advisory role. In part on the basis of a recommendation from the Doping Authority, this ‘steroids clinic’ has been recognised as an official Expertise Centre by the Samenwerkende Topklinische opleidingsZiekenhuizen, an association of leading teaching hospitals.

Gene doping

A review of the subject of gene doping in the journal British Paper of Sports Medicine reported on this sub-project in 2013. From now on, this 'doping of the future' will no longer be addressed on a project basis but in a continuous way. The subject is covered in a range of presentations and several Dutch research institutes have indicated their interest in collaborating on possible detection technologies. Hidde Haisma, a professor of pharmaceutical gene modulation in Groningen, has been a member of the WADA Expert Group on Gene Doping for some years now.

International 'Science' working group

There is a working party for exchanging experiences with seven other scientific members of staff working for the national anti-doping organisations of Switzerland, Norway, Great Britain, Germany, the United States and Australia. Our colleague from New Zealand joined the group in 2013. Once every two months, there is a conference call to discuss ongoing studies and specific scientific doping issues. The chair revolves at each meeting.

International congresses

In response to an invitation from our sister organisation, the United States Anti-Doping Agency (USADA), there was a visit to their annual scientific conference in October 2013. This year, the congress looked at the ongoing introduction of biological passports in the fight against doping. This was the twelfth scientific conference organised by the USADA and the eleventh occasion upon which the Doping Authority was invited.

Dietary supplements

In 2013, 182 product-batch combinations were added to the website. This is the highest number ever, a sign that the Dutch Dietary Supplements system (NZVT) is still catering to a significant market for athletes and their support staff. The system was established in 2003 and, as evidenced by several positive doping controls that are still blamed in retrospect on 'contaminated' dietary supplements, a testing system of this kind continues to be necessary. In total, on 31 December 2013, there were 434 product-batch combinations on the NZVT website (antidoping.nl/nzvt), representing 181 products, 30 producers and 17 substantive categories.

The Doping Authority also acts as an adviser to a comparable initiative from the British company HFL (see www.informed-sport.com). Furthermore, with support from the European union, new attempts have been initiated with the aim of establishing international agreements so that all elite athletes can access an overview of supplements with the smallest possible doping risks. This led to the organisation of a symposium in Brussels in June 2013 at which the Doping Authority presented the principles underlying a sound testing programme.

Miscellaneous

We supervised and made assessments of several students who looked in depth at doping topics as part of their studies. The emphasis was on health-related and forensic training.

We acted as referees on several occasions for doping-related articles submitted to peer-reviewed scientific journals: twice for the International Journal of Sports Medicine, once for the Journal of Sports Sciences and once for the Italian journal Annali dell'Istituto Superiore tue Sanità (which is published in English).

We participated in discussions about fake medical products at two meetings arranged by the Medicines and Medical Technology Directorate of the Ministry of Health, Welfare and Sport. In a separate session, we also provided input for the discussion about the possibility of establishing a reporting centre for health problems caused by the use of counterfeit medicines. Doping products are always prominent in this category and a reporting centre of this kind would be one way of implementing the recommendations of the Health Council's report on doping from 2010.

In response to a question from outside the organisation, there have been contacts with the Health Care Insurance Board (CVZ), the publisher of the Farmacotherapeutisch Kompas, a reference publication for medicines. That publication stated that 'penis extension' was a general side-effect of testosterone, even though this side-effect is limited to pre-pubescent boys and does not occur in adult males. The CVZ has now corrected this entry.

Chapter 8 Knowledge management

Doping.nl project

Work on the Anti-Doping Knowledge Centre database, which can be consulted via the www.doping.nl website, expanded considerably over the course of 2013.

The aim is for this database become a source of information with an international appeal that experts throughout the world will see as a source of easily accessible doping-related information. The site could also serve as a source with links to information about the different subjects.

It has been decided to do this using the Internet: www.doping.nl. The website will be in English.

It will address a large number of different target groups who all share a basic understanding of the subject, and who are interested in up-to-date doping-related information. They include:

- NADOs and IFs
- other international organisations active in the field of doping (IOC, WADA, Unesco, Council of Europe, European Union)
- professionals/semi-professionals
- journalists, lawyers, scientists, directors, researchers, athletes
- groups associated with athletes: coaches, doctors, physiotherapists.

A number of specific areas are being prioritised for the time being:

1. legal (including decisions from the CAS, international disciplinary bodies, national disciplinary bodies, legislation and so on);
2. information about substances;
3. scientific information (this could include, for example, the full text of copyright-free literature and literature references to scientific literature subject to copyright).

An additional subsidy was obtained, making it possible to appoint two documentalists whose main responsibility will be to collect, input and organise access to data.

As a result, it was possible to conduct a major catch-up operation. By late 2013, it was possible to consult and search through more than 1500 documents using the website. Refining searches using parameters and filters makes it possible to search specifically for the required documents. At present, the majority of the documents available are legal decisions. In the past, the emphasis was on decisions from the international sports tribunal, the CAS, but a large number of legal decisions have now been included from the disciplinary committees of sports federations in other countries and Dutch disciplinary bodies.

Chapter 9 People & organisation

Board of Management

The Doping Authority has a board with three members: a chair, a secretary and a treasurer. The secretary is nominated by the NOC*NSF, and the treasurer is nominated by the Ministry of Health, Welfare and Sport. In 2013, Charlotte Insinger resigned as treasurer and she was succeeded by Paul Depla. For an overview of the board members at the end of the financial year the reader is referred to Annex 2. The board delegates the responsibility for day-to-day matters, and for policy preparation and implementation, to the CEO. In other words, the board provides "overall" direction.

Advisory Board

Under its articles of association, the Doping Authority has an Advisory Board. At year-end 2013, the Advisory Board comprised seven members (meaning that the board is up to strength), who all represent specific interest groups or a specific area of expertise. The Athletes Committee has also decided to appoint a regular deputy who can, when required, take over from the regular Advisory Board member on behalf of the Athletes Committee. The task of the Advisory Board is to advise the board, either upon request or at its own initiative. It meets a few times a year. A list of the members of the Advisory Board can be found in Annex 2.

Office staff

The Doping Authority has two departments (Control and Prevention), three administrative officers and a secretarial department with two members of staff. Three people (the Intelligence Officer and two documentalists) have joined the team temporarily for the implementation of projects with separate financing.

At year-end 2013, the office organisation comprised 18 people (15.3 FTEs). For an overview, the reader is referred to Annex 3.

Doping Control Officials (DCOs)

In addition to the permanent staff, there were seventeen part-time Doping Control Officials at the end of 2013 (eleven men and six women, see Annex 4), who were appointed under "minimum hours" contracts.

Quality

Anti-doping policy places considerable emphasis on delivering quality. Many doping organisations therefore work with quality systems. This is particularly relevant for the implementation of doping controls: the National Doping Regulations require ISO certification as a precondition for conducting controls. However, other tasks such as the granting of therapeutic use exemptions and prevention activities should, in our view, also meet ISO standards. The Doping Authority and its predecessors in law received ISO certification back in 1998. In September 2013, our organisation acquired a new ISO 9001:2008 Certificate, which is valid for three years.

A Complaints Procedure was adopted and published on the website in May 2011. This procedure was not used at all in 2013.

Therapeutic Use Exemption Committee (TUE committee)

One of the provisions in the doping regulations relates to the procedure for the use of prohibited medication. The Doping Authority has established, for the Dutch sports associations, a committee known as the Therapeutic Use Exemption Committee (TUE committee), which consists of independent doctors. See Annex 2 for the members of the committee.

Annex 1

Balance sheet as at December 31, 2013

Assets	2013	2012
<i>Fixed assets</i>		
Tangible fixed assets	€ 44.064	€ 58.703
<i>Current assets</i>		
Receivables	€ 79.055	€ 147.235
Cash and bank balances	€ 1.104.633	€ 937.677
	€ 1.183.688	€ 1.084.912
Total assets	€ 1.227.752	€ 1.143.615
Liabilities		
<i>Foundation reserve</i>		
Other reserves	€ 328.740	€ 283.800
Egalisation reserve Ministry of Health, Welfare and Sports	€ 0	€ 121.207
Reserve for doping controls	€ 258.656	€ 168.698
Reserve for special purposes	€ 76.750	€ 90.000
	€ 664.146	€ 663.705
<i>Long-term liabilities</i>		
<i>Current liabilities</i>		
Trade creditors	€ 141.204	€ 155.181
Taxes and social premiums	€ 57.128	€ 54.255
Other liabilities and accrued expenses	€ 365.274	€ 270.474
	€ 563.606	€ 479.910
Total liabilities	€ 1.227.752	€ 1.143.615

Statement of revenue and expenditure for the year 2013

	2013	2012
Revenue	€ 2.870.944	€ 2.482.322
Direct costs of testing	€ 1.012.193	€ 951.641
Project revenues	€ 1.864.084	€ 1.441.522
	€ 2.876.277-	€ 2.393.193-
Salary and wages	€ 694.651	€ 634.514
Social charges	€ 76.523	€ 81.271
Retirement benefit costs	€ 59.582	€ 58.635
Depreciation tangible assets	€ 19.772	€ 21.722
Other staff expenses	€ 51.025	€ 45.697
Housing costs	€ 85.542	€ 81.878
Office expenses	€ 130.096	€ 84.990
Car cost	€ 17.161	€ 15.441
Selling fees	€ 2.380	€ 18.834-
General costs	€ 194.352	€ 114.630
		€ 1.119.944-
Recharged staff costs and overhad costs	€ 1.317.814-	€ -
Sum of operating costs	€ 13.250	€ -
Balance of income and expenses	€ 18.583-	€ 89.129
Interest income and similar income	€ 11.184	€ 15.061
Interest payable and similar charges	€ 743	€ 525
Financial income and expenses	€ 10.441	€ 14.536
Net loss / net profit	€ 8.142-	€ 103.665

Annex 2

Members of Board of Management, Advisory Board and TUE committee (as at 31-12-2013)

Board of Management

Dolf Segaar, chairman

Marc Benninga, secretary (NOC*NSF nomination)

Paul Depla, treasurer (Ministry of Health, Welfare and Sport nomination)

Advisory Board

Bert Bouwer (on behalf of Dutch coaches)

Arnold Brons (VSG)

Hinkelien Schreuder (NOC*NSF Athletes Committee)

Francien Huurman (on behalf of Dutch athletes)

Annemieke Horikx (KNMP)

Saskia Sterk (Rikilt)

Manuela de Jong (KNMG)

Therapeutic Use Exemption Committee (TUE committee)

Marjon van Eijsden-Besseling

Edwin Goedhart

Leo Heere (chair)

Ed Hendriks (chair)

Jan Hoogsteen

Hans Keizer

Harry Koene

Hans Jurgen Mager

Huib Plemper

Hans Vorsteveld

Annex 3

Office staff (as at 31-12-2013)

Management / secretarial department

Herman Ram	chief executive officer
Chui Har Lee-Tang	secretary
Gerdi van Driel	administration officer

Policy management

Olivier de Hon	scientific policy assistant
Steven Teitler	policy assistant for legal affairs
Frans Stoele	information/documentation policy officer & TUE secretary
Tineke Idema	intelligence officer

Control Department

Koen Terlouw	head of department
Jeroen Brakels	account manager
Fienie Verhagen	senior officer for doping controls
Jan Kroes	senior officer for doping controls
Angela Mols	whereabouts officer
Yvonne Kwakernaak	doping controls officer

Prevention Department

Bart Coumans	head of department
Erik Duiven	elite sports educator
Hans Wassink	grassroots sports educator

Anti-Doping Knowledge Center

Rien Tuk	documentalist
René Weerts	documentalist

Annex 4

List of Doping control officials (active as at 31-12-2013)

Ton Bieber
Ellen van de Bunt
Dick Doornik
Sally Fischer
Jan Kroes
Karin Lindhout
Gonnie Monsieurs
Victor Niemeijer
Geeta Ramdajal
Hans Scholtz
Cees Smid
Jaap Stomphorst
Fienie Verhagen
Ton Verhagen
Alex Vermeulen
Gerrit Vooren
Ton Zasada

Annex 5

Overview of publications and presentations

Articles

Stoele F & Mager JJ. Wat zijn de praktische regels voor gebruik van longmedicatie in relatie tot de dopingwetgeving? Spreekuur Longziekten, 4(4): 4-5, 2013.

De Hon O & Coumans B, Doping in de huisartsenpraktijk. Huisarts & Wetenschap, 56(6): 286-9, 2013.

Van der Gronde T, de Hon O, Haisma HJ & Pieters T, Gene doping: an overview and current implications for athletes. Br J Sports Med 47(11): 670-8, 2013.

Pieters T & de Hon O, Sneller, hoger, sterker - Kennis over oude en nieuwe dopingmiddelen. Ned Tijdschr Geneeskd, 157(28), A6450: 1-5, 2013.

Valkenburg D, de Hon O & van Hilvoorde I, Doping control, providing whereabouts and the importance of privacy for elite athletes. Int J Drug Policy, 27 December 2013. DOI: 10.1016/j.drugpo.2013.12.013. [Epub ahead of print].

Stubbe JH, Chorus AM, Frank LE, de Hon O & van der Heijden P, Prevalence of use of performance enhancing drugs by fitness centre members. Drug Test Anal, 9 September 2013. DOI: 10.1002/dta.1525. [Epub ahead of print].

Contributions to books

De Hon O & Ram H, Dopingautoriteit. In: Jaarboek Sportgeneeskunde 2012, Van Beek P, Kanne C, Kessel M & Eyssen N (eds.), Arko Sports Media, Nieuwegein, 2013, pp. 54-6.

De Hon O & Pluim BM, Contra-indicatie 100 – Sportbeoefening; doping. In: Commentaren Medicatiebewaking 2013/2014. Stichting Health Base, Houten, pp. 1066-78, 2013.

De Hon O, U heeft waarschijnlijk ook patiënten die doping gebruiken! In: Ontwikkelingen in de Geneeskunde 2013, Bindels PJE, Brinks A, Van der Lelij AJ, Van der Meer LW & de Vries AD (eds.), Erasmus MC & Het Congresbureau, Rotterdam, pp. 91-6.

Spoken presentations

- 'Sport & Doping', Kenniscafé discussion evening, Almere, 24 January.
- 'The Lance Armstrong Case', Asser Institute, The Hague, 6 February 2013.
- 'Handhaving dopingregels: hoe houdt de Dopingautoriteit toezicht op de sporters?', Dutch Central Bank, Amsterdam, 20 February 2013.
- 'Antidopingbeleid voor artsen', 'Voedingssupplementen & doping' & 'Epidemiologie van dopinggebruik', Stichting Opleidingen in de Sportgezondheidszorg, Bilthoven, 4 March 2013.
- 'Sport is te mooi voor doping', optional subject at Hogeschool Rotterdam, Rotterdam, 5 March & 10 December 2013.
- 'Rules and Reality: Doping rules as part of society', Rotterdam Law School, Rotterdam, 7 March 2013.
- 'doping', BètaBreak discussion lunch at the Science Faculty (FNWI) of the University of Amsterdam, Amsterdam, 20 March.
- 'Supplements & Doping - An Anti-Doping Perspective', EU Round Table, Brussel 5 June 2013.
- 'Topsport en doping', Master Class for Elite Sports Doctors, Arnhem, 6 September 2013.
- 'Unity in diversity: challenges in governing a world-wide anti-doping fight', MESGO, Mainz, 25 September 2013.
- 'Diversifying, targeting, investigating and cooperating: the road ahead', Play the Game, Aarhus, 28 October 2013.
- 'Harmony in Diversity: challenges in governing a world-wide anti-doping fight', Play the Game, Aarhus, 29 October 2013.
- 'Doping in de (huisarts)praktijk', Developments in Medicine Refresher Course, Rotterdam, 1 November 2013.
- 'Een nuchtere kijk op doping', Sociëteit Olympisch Stadion, Amsterdam 11 November 2013.
- 'Sport is te mooi voor doping', Van Gils Symposium for interns, Zwolle 15 November 2013.
- 'Sport is te mooi voor doping', Human Movement Sciences Faculty of the VU University, Amsterdam, 20 November 2013.
- 'De rol van de Dopingautoriteit in tuchtzaken', Institute for Sports Law, Amsterdam, 21 November 2013.

Annex 6

Abbreviations

ADAMS	Anti-Doping Administration and Management System
ANP	Algemeen Nederlands Persbureau
BVO	Professional Football Organisation
CAS	Court of Arbitration for Sport
CIOS	Centraal Instituut Opleiding Sportleiders
DCO	Doping control official
DIL	Doping InfoLine
EFAA	European Fitness and Aerobic Association
EHFA	European Health and Fitness Association
EC	European Championships
EPO	Erythropoietin
EYOF	Europe Youth Olympic Festival
TUE	Therapeutic Use Exemption
HP	High Potential
IADA	International Anti-Doping Arrangement

IF	International Federation
INADO	Institute for National Anti-Doping Organizations
IRMS	Isotope Ratio Mass Spectrometry
ISL	International Standard for Laboratories
ISO	International Organization for Standardization
ISR	Sports Judicial Institute
IST	International Standard for Testing
ISTUE	International Standard for Therapeutic Use Exemptions
ISU	International Skating Union
IT	International Talent
JBN	Judo Association Netherlands
KNBSB	Royal Dutch Baseball and Softball Association
KNLTB	Royal Dutch Lawn Tennis Association
KNMG	Royal Netherlands Medical Society
KNMP	Royal Netherlands Pharmaceutical Society
KNMV	Royal Dutch Motorcyclists Union
KNRB	Royal Dutch Rowing Association
KNSB	Royal Netherlands Skating Association

KNVB	Royal Dutch Football Association
KNWU	Royal Netherlands Cycling Union
KNZB	Royal Netherlands Swimming Association
LOOT	National Consultation Education and Elite Sport
NADO	National Anti-Doping Organisation
NBB	Dutch Basketball Association
NDR	National Doping regulations
NGS	Dutch Association for Sports Massage
NK	Dutch Championships
NOC*NSF	National Olympic Committee*Dutch Sports Confederation
NPN	Natuur- en gezondheidsProducten Nederland
NT	National Talent
NTP	National Testing Pool
NTTB	Dutch Table Tennis Association
NVWA	Dutch Food and Commodities Authority
NZVT	Dutch Safeguards System for Dietary Supplements in Elite Sport
RIVM	National Institute of Public Health and Environmental Protection
ROC	Regional Training Centre
SADA	Surinamese Anti-Doping Authority

SMI	Sports Medicine Institution
T/E	Testosterone/Epitestosterone
USADA	United States Anti-Doping Agency
VSG	Association for Sports Medicine
VWS	Ministry of Health, Welfare and Sport
WADA	World Anti-Doping Agency
WADC	World Anti-Doping Code
WC	World Championships