

Reprint from

RECENT ADVANCES
IN DOPING ANALYSIS
(11)

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Nandrolone Progress Report to the UK Sports Council from the Expert Committee on
Nandrolone

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Nandrolone Progress Report to the UK Sports Council from the Expert Committee on Nandrolone

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[The entire report is published in Int J Sports Med. 2003 Nov;24(8):620-627.]

Abstract

Since the publication of the first Report of the UK Sport Expert Committee on Nandrolone in January 2000, the Committee has continued its enquiries, including consultation with experts external to the Committee.

A Progress Report was launched in February 2003, which represents further conclusions and recommendations made after renewed consideration of the following: Incidence of adverse findings; Contamination of supplements; Endogenous production of nandrolone; Threshold reporting concentrations; Change to the Anti-Doping Code; Treatment of analytical uncertainty; Court of Arbitration for Sport arbitral awards; Steroid residues in food; Laboratory procedures and reporting recommendations; Status of certain 19-norsteroids as dietary supplements; Specific gravity correction and expert evidence.

The Committee made the following conclusions and recommendations:

- i) The increase in the number of adverse findings for nandrolone in 1999 appears to have been an exceptional occurrence, not subsequently repeated.
- ii) There is further evidence that some dietary supplements contain banned steroids that are not included in the list of product ingredients.
- iii) Competitors are again strongly advised that using dietary supplements carry the potential risk of unknowingly ingesting a banned substance.

We therefore recommend UK Sport:

- a) to encourage more manufacturers and suppliers of sports supplements to (i) strive to eliminate problem substances, and (ii) to label their products clearly to enable sport participants to avoid substances banned by the IOC.
- b) to continue its policy of encouraging and working with governing bodies, sports physicians and coaches to enhance their educational support for sport participants.

iv) The Committee reaffirms its view that the current reporting thresholds for urinary 19-norandrosterone are satisfactory, even after exercise, and noted that the Court of Arbitration for Sport had accepted that there is no so-called "grey zone" between 2 and 5 nanograms per millilitre for this steroid for male competitors. It is recommended that this latter information be conveyed to governing bodies.

v) It is noted that after 1 January 2003, a urinary concentration of 19-norandrosterone exceeding 2 ng/mL in a male or 5 ng/mL in a female will constitute a doping violation, as specified in the Olympic Movement Anti-Doping Code.

vi) It is considered that the possibility is remote of a notifiable urine concentration arising from eating good quality meat from commoner species within the UK.

vii) Recommendations are made in relation to the laboratory report, which include a suggestion that an indication of the concentration of 19-norandrosterone in the sample be reported.

viii) The Committee considers that experts who advise governing bodies should be aware that they must offer independent advice and to present a balanced and unbiased opinion and it is recommended that UK Sport address this issue.