



**IRONMAN
ANTI-DOPING PROGRAM**

2025 ANNUAL REPORT

Protecting Clean Sport · Safeguarding Athlete Health · Upholding Integrity

For more information on the IRONMAN Anti-Doping Program:
www.ironman.com/resources/anti-doping

PROGRAM OVERVIEW

Deter. Detect. Educate.

At IRONMAN, we are committed to protecting the integrity of our sport and supporting the health and safety of every athlete who competes with us. The IRONMAN Anti-Doping Program is built around a comprehensive approach that combines targeted testing, education, and intelligence-driven strategies to discourage and detect doping.

This report provides an overview of our annual program activity, including the volume and types of tests performed, the outcomes of anti-doping rule violations, and any resulting sanctions. It also outlines our continued work in education and prevention, which remains central to fostering a strong culture of clean competition across all IRONMAN events.

We continue to prioritize transparency and accountability in how we operate. Sharing these results helps reinforce trust among athletes, partners, and the wider sporting community. Upholding fairness, respect, and excellence is fundamental to who we are, and we remain steadfast in advancing those values throughout the IRONMAN ecosystem.

"The IRONMAN journey is defined not just by the finish line, but by the principles upheld along the way."

2025 BY THE NUMBERS

A Year of Clean Sport

The figures below summarize the scope of the IRONMAN Anti-Doping Program across testing, adjudication, and prevention. Testing figures reflect samples collected under IRONMAN jurisdiction; additional statistics across all WADA signatories may always be found on WADA’s website: [Anti-Doping Statistics | World Anti Doping Agency](#).

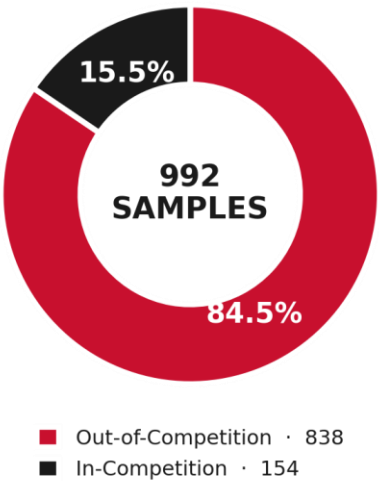
992	838	154
TOTAL SAMPLES	OUT-OF-COMPETITION	IN-COMPETITION
300	507	185
ABP BLOOD SAMPLES	URINE SAMPLES	BLOOD SAMPLES
7,210	6	23
INDIVIDUALS EDUCATED	TUE REQUESTS	WHEREABOUTS FAILURES

TESTING STATISTICS

Scope of Testing

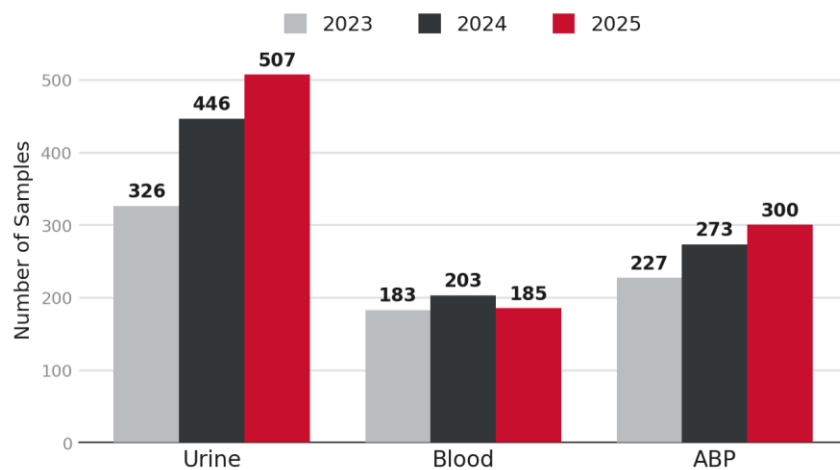
A total of 992 samples were collected under the jurisdiction of the IRONMAN Anti-Doping Program in 2025. Of those samples, 154 were collected in-competition and 838 were collected out-of-competition (OOC), reflecting a strategic emphasis on no-advance-notice testing outside of events.

By sample type, the program collected 507 urine samples, 300 Athlete Biological Passport (ABP) blood samples, and an additional 185 blood samples. The continued growth in ABP testing strengthens the program’s ability to detect doping over time through longitudinal monitoring.



Sample Collection Breakdown — In-Competition vs. Out-of-Competition

Collection Category	Samples	Share
Out-of-Competition (OOC)	838	84.5%
In-Competition (IC)	154	15.5%
Total Samples	992	100%



Samples Collected by Type — Year-over-Year Comparison (2023–2025)

Sample Type	Samples	Share
Urine	507	51.1%
ABP Blood	300	30.2%
Blood	185	18.7%
Total	992	100%

COLLABORATIONS & OVERSIGHT

A Global Network

The IRONMAN Anti-Doping Program continued its partnership with the Sports Medicine Research and Testing Laboratory (SMRTL), which serves as our Athlete Passport Management Unit. Throughout the reporting period, SMRTL provided scientific oversight for the 300 Athlete Biological Passport (ABP) blood samples collected as part of our monitoring program.

Our testing operations integrate planning, intelligence, and results management with leading anti-doping organizations around the world. These collaborations strengthen strategic deterrence and detection efforts while reducing unnecessary duplication across agencies. The program relies on the Anti-Doping Administration and Management System (ADAMS) to administer testing, manage ABP data, and track athlete whereabouts, supporting transparency and enabling ongoing oversight by the World Anti-Doping Agency (WADA).

IRONMAN also maintained its collaboration with the International Testing Agency (ITA), delegating Results Management, Intelligence & Investigations, and Therapeutic Use Exemption (TUE) functions to the ITA. All Adverse Analytical Findings (AAFs) and whereabouts failures are reported simultaneously to IRONMAN, ITA, and WADA to ensure coordinated and consistent handling.

Partner	Role
SMRTL	Athlete Passport Management Unit; ABP scientific oversight
ITA	Results Management, Intelligence & Investigations, TUEs
WADA	Global oversight; concurrent reporting of AAFs and failures
ADAMS	Testing, ABP, and whereabouts management platform

Results Management

During the reporting period, no new Adverse Analytical Finding(s) were reported under IRONMAN's jurisdiction and delegated to the ITA for adjudication. A summary of case outcomes is provided below.

Case Outcome	Count
New Adverse Analytical Findings (AAFs)	0
Confirmed Anti-Doping Rule Violations (ADRVs)	1
Cases pending resolution / provisional suspension	3
Prior-year cases resolved during this period	3
Whereabouts Failures recorded (Filing Failures + Missed Tests)	23

Case Detail

Case 1- The use of a prohibited method led to the confirmation of an Anti-Doping Rule Violation. The age group athlete received a 2-year period of ineligibility.

Case 2- The presence of SARMS LGD-4033 led to an agreement to a finding of no fault.

Case 3- Breach of participation of an age group athlete during a period of ineligibility led to an additional 3.5 year period of ineligibility.

A full list of Anti-Doping Rule Violations may be found on the ITA's website at: [Anti-Doping Rule Violations - International Testing Agency](#)

Strengthening Clean Sport Through Intelligence

The ITA's Intelligence and Investigations Department strengthened its capabilities in 2025 through use of I&I-dedicated IT tools, recruitment of additional specialist staff and the further development of a strong liaison network including WADA I&I, ADOs and law enforcement bodies and private experts.

ITA I&I staff processed 32 REVEAL reports related to IRONMAN in 2025, which was the highest number of reports received for a single Federation last year. ITA I&I staff also processed 42 information reports; and developed three investigative inquiries. ITA I&I maintained a network of intelligence sources; engaged closely with proactive reporters; and coordinated with IRONMAN to facilitate testing of high-risk athletes.

THERAPEUTIC USE EXEMPTIONS

Medical Necessity and TUEs

When legitimate treatment for a diagnosed medical condition requires a substance or method prohibited under the WADA Prohibited List, athletes may apply for a Therapeutic Use Exemption (TUE). The ITA manages IRONMAN's TUE program, evaluating each application against the WADA International Standard for TUEs.

During the reporting period, a total of **6** TUE requests were submitted to the ITA. The breakdown of outcomes is summarized below.

TUE Outcome	Count
Requests Submitted	6
Approved	3
Withdrawn	2
Denied	1
Pending at year-end	0

Empowering Athletes Through Education

From an education standpoint, the IRONMAN Anti-Doping Program remains focused on ensuring that any athlete who may be tested receives appropriate anti-doping education in advance. Throughout the reporting period, we continued to deliver and promote a broad range of educational resources and initiatives.

In total, the program directly engaged **7,210** athletes and support personnel through e-learning modules, targeted email education and event-based communications. A summary of reach by channel is provided below. While 7,210 individuals were directly reached through these efforts, many more athletes and support personnel accessed our educational materials through the IRONMAN website and other online resources, extending the program’s impact well beyond formal delivery channels.

Education Channel	Reach
Professional member education	1,178
Targeted age group education emails	4,075
Athlete Support Personnel notified	1,957
Total athletes & stakeholders directly reached	7,210

Educational Initiatives

- **E-Learning Course:** Created in collaboration with USADA and mandatory for Registered Testing Pool (RTP) athletes.
- **Pro Registration Education:** All IRONMAN Professional members receive education resources and must submit a list of Athlete Support Personnel as a component of their Pro membership.
- **Athlete Support Personnel Education:** All support personnel receive notification of their responsibilities and resources to help them educate their athletes on competing clean.
- **IRONMAN Website:** A dedicated anti-doping section includes FAQs, links to all associated anti-doping rules, and supplement education.
- **“Anti-Doping 101” Videos:** Produced in conjunction with USADA and published on the IRONMAN website.
- **Pro Newsletters:** Include reminders on checking medications, the current Prohibited List, and TUE requirements.
- **World Championship Qualifier Education:** Anti-doping education emails are sent to age group and professional World Championship qualifiers ahead of races.
- **Event Registrations:** All IRONMAN and IRONMAN 70.3 event registrations advise athletes that they are subject to the IRONMAN Anti-doping rules and direct them to additional resources.



COMMITTED TO CLEAN SPORT

The IRONMAN Anti-Doping Program remains dedicated to protecting clean athletes, safeguarding health, and upholding the integrity of endurance sport. Our commitment extends beyond testing and enforcement; it reflects a broader responsibility to foster trust, reinforce fairness, and support athletes in competing at their best.

Each year, we strengthen our partnerships, refine our processes, and expand our educational outreach to ensure athletes have the knowledge and resources they need to navigate the anti-doping landscape confidently. These collective efforts- supported by athletes, staff, medical professionals, and global anti-doping organizations- form the foundation of a program built on transparency, accountability, and respect for the values that define IRONMAN.

We thank our athletes, staff, and global partners for their continued commitment to fair competition and for contributing to a culture where integrity is celebrated as strongly as performance. Together, we advance the mission of clean sport and uphold the principles that make IRONMAN a standard-bearer in endurance sport.

"The strength of IRONMAN is measured not only in miles, but in the integrity that guides every step."

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