



English script of the ARD-documentary "Top-secret Doping: How Russia makes its Winners", which was broadcasted in Germany on Wednesday, 18.50 hrs. (CET)

00:03

This is Yulia Stepanova and Vitaliy Stepanov and their small son Robert. In their native Russia they don't feel safe anymore. Because they've given away a secret. But their story really begins at the beginning of this year.

00:22

Graphic Insert:

"The Secrets of Doping: How Russia makes its winners"

Graphic Insert:

"A film by Hajo Seppelt"

00:48

The Olympic Winter Games in February in Sochi. Russia presents itself as a proud sporting nation. The world's largest country wins the most gold medals. As already at the World Athletics Championships a year earlier. And as so often at other major sports events. Russia - a superpower in sports.

01:17

Shortly after the Games. In my office, I received several emails.

In Sochi I had reported on doping in Russia for the first time. Openly and anonymously, now significantly more extraordinary things about Russian sports are being reported to me.

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Deutsche Welle

Yet I still do not suspect that this could be the starting point of an incredible story. One email message, in particular attracts my attention. From Moscow. From Vitaliy Stepanov and his wife Yuliya.

01:48

In April I set off on my way to Russia for the first time. The two of them want to meet me in Moscow. My cameraman is there, but whether he can take pictures of the meeting, I do not know yet. They are afraid. Everything is secret.

Am I dealing here with a couple of nutcases or is it really serious?

We talk on the phone for the first time.

I am informed about the meeting place. A restaurant on the outskirts of Moscow. A separate room, undisturbed. But only Vitaly has come.

After a couple of hours we can shoot. This is Vitaly Stepanov, 32-years- old. I begin to understand why he only dropped hints by email.

After studying in the USA, he wanted a job in sports. Fighting doping. That was his dream job.

02:38

Vitaliy Stepanov

I wanted to fight doping. And I wanted to make sports cleaner, more honest, better. I truly believed, that I came to work, to an Anti-Doping Organisation, who will fight doping in Russia and I was not married back then, I was single. I was ready to work 24 hours a day.

03:07

Vitaliy Stepanov loves his job at the Russian Anti-Doping Agency, RUSADA, he manages the training programme, works as a doping control officer, is an adviser to the Director-General. Even the Sports Minister seeks his advice. What happens within RUSADA, he gets to see up close up, he says.

The year 2009 will then change him forever.

He gets to know Yuliya, at that time still Rusanova.



03:20

**Original Live Sports Commentary, freestanding (in german)
"Yuliya Rusanova. Dritte der Halleneuropameisterschaften."**

03:26

At an anti-doping course for athletes.

She is one of the best in the world, running the 800 meters in less than 1 minute 57 seconds.

Today she is Vitaly's wife. It was not long before she told him the reason she was so good.

03:56

Vitaliy Stepanov

During our first or second talk she clearly told me, that all athletes in Russia are doping. You cannot achieve the results that you are getting, at least in Russia, without doping. You must dope. That's how it is done in Russia. The officials and coaches clearly say by using natural ability you can only do so well. To get medals you need help. And the help is doping, prohibited substances.

04:34

An extreme assessment. Now I want to know more, to meet Yuliya Stepanova herself. But first: wait.

Days go by.

04:47

Then, finally, they invite me and my cameraman to their home - it's only possible at those times when Vitaliy's brother, who also lives here, is not there.

What risks they are taking, I only find out later. Yuliya is 28 years old. Currently suspended because of doping.

She had kept the records about it.

Also from the time when she met her husband.

05:12

Yuliya Stepanova

When we first met, I have opened his eyes. I told him how it really works. He had then accepted it. The coaches have it hammered into them and the



coaches hammer it into the athletes. Therefore, the athletes, do not think when they are taking banned drugs that they are doing something illegal.

05:33

First Vitaliy even helps his wife with doping, procures the drugs, leads a kind of double life. Scarcely bearable.

Then: they do not want to continue to lie, they say, write to the World Anti-Doping Agency, describe their experiences.



I am wondering why nothing about this was made public.

At the end of this story, I will know it and the fairytale of clean sport will be refuted for all time.

A story that sounds incredibly even on a small scale:

06:10

Yulya Stepanova

Either my coach ordered the Epo in the pharmacy and then brought it to me or I've simply bought it myself.

06:19

Performance-enhancing drugs at the pharmacy.

Illegal without a prescription. I know that already from Belarus or Mexico.

But here I do not even have to go to a pharmacy.

Apparently here you can order EPO injections from home just like the pizza service. Yulia gives me the number of a pharmacy. My translator calls them.

06:36

Reporter on the phone

"Good morning. Can I place an order?"

"Yes, with express delivery."

"One pack of Epokrin 2000."

"Thank you very much."

Woman, made unrecognizable (no insert)

"Good day."

Reporter

"Good day."

Woman, made unrecognizable (no insert)

"Here is the delivery. You should store it in the refrigerator. "

Reporter

"OK, and what about the bill?"

Woman, made unrecognizable (no insert)

"Just a moment.... That's 3,925 rubles. "

Reporter

"Thanks."



Woman, made unrecognizable (no insert)

"Many thanks. Goodbye."

Reporter

"Goodbye."

07:18

Epo for just over 60 Euros. Prescription only. But no one asks for one.

Such Epo injections - they for years have been a natural part of everyday life for Yuliya Stepanova, she says.

While she is training, every morning her husband leaves home to fight against doping. He was with RUSADA for three years up to 2011.

Two worlds under one roof.

The main task of RUSADA: doping tests. Why only few athletes are caught thereby, the two of them believe they know.

07:48

Vitaliy Stepanov

Russian athletics, any sports officials went to the doping control officers, have offered them food, or cash so that they could have a bit of fun in the evening.

08:04

Yulya Stepanova

In a training camp in Portugal, our athletes simply lived under false names. They have taken banned substances, they undertook a course of doping, and to ensure that foreign control officers did not come and test them, they provided false names.

When we were in Kyrgyzstan in a training camp, I was supposed to start a course of tablets on 15th November. A coach asked me, have you got clean urine? I said to him: no, you should have told me about that before. Then he said: fill some in here in advance, so that you have some if the control officers come here.

I then did what he had said and I had a container in the freezer with clean urine.

08:49

When I got back to Berlin, I tried to analyze what Yuliya Stepanova and her



husband Vitaliy had told me.

I'm interested in the latest annual report of the Russian Anti-Doping Agency – from 2013.

23,110 controls. The most in the world.

2.2 percent of them were positive.

More than 500 cases. And the others? Have perhaps really not drugged?

Who can I believe? The statistics or Yuliya and Vitaly?

During the research, which has now been going on for weeks, a first breakthrough: from several sources comes ever more new information.

And then this: I even receive audio files of conversations between top coaches and athletes.

09:53

Graphic Insert: "Voice dubbed"

Woman: "What have you got there? Epo? "

Man: "Peptide hormones."

Man: "They have an impact on stamina, boost testosterone"

I have the original audio recordings, in full length. Also from this conversation.

10:01

Woman: "They are banned substances?"

Man: "Don't say that, call them a special kind of preparation, special preparation. That's how it will go in winter".

And then I listen to Alexei Melnikov, one of two national coaches of the Russian athletes.

10:20

Graphic Insert: "Voice dubbed"

Man: "We don't need high haemoglobin levels. Why do we need Epo, especially in quantities like earlier".



10:26

Of course, I also asked Melnikov and the other coaches about this. Nobody gave me any answers.

Yuliya Stepanova was also trained by these coaches. I remember what she told me about them:

10:39

Yuliya Stepanova

They take any girl, feed her with pills and then she runs. And tomorrow she will be suspended and then they say, we'll find a new one. They feed her and say, take that, everybody takes it. Take these substances. And if one is caught, they throw away the athlete and take a new one.

10:59

Yuliya and Vitaliy are meantime no longer the only ones who want to talk to me. I get contacts to several people from the Russian sports system. Is this system as foul as they suggest in their mails?

In the search for answers I fly across Russia, want to meet the athletes and coaches. First, it takes me from Moscow 1000 miles south to Krasnodar.

If these people here talk openly? And why? Some are banned for doping, feel cheated, others simply want to put an end to the years of lies, they say. Some have already spoken publicly, many like Evgenia Pecherina not yet.

11:43

Reporter

What is your guess, what do you think: how many athletes from the national team in Russia are doping?

11:50 am

Evgenia Pecherina, discus thrower

Most of them. The greater part. 99%. And you get absolutely anything. Everything the athlete wants. And the shorter the period it can be detected, the more expensive the product.

12:12

I travel on to Samara - nearly 1,000 miles to the North-East, closed to foreigners in the Soviet age: strictly screened armaments were produced here in those days. My translator is always at the meeting. Not everyone I meet wants to speak openly. There is talk of a doping distribution scheme.



12:32

Coach squad athletes (hidden)

That is an internal schema that has established itself over the years. If you would like to improve a result, you call a number and introduces yourself. In this way, you can get the necessary preparations. But this number – not everyone is given it, only those people who have been checked. If the leadership thus does not agree with it, then it will never even come to a deal.

12:54

Oleg Popov, coach throwing events

The athlete has no choice. Either you prepare yourself in national team with banned substances, in order to win medals which are also accredited to the Federation – the head coach, the Ministry of Sport, the Federation President, the entire Russian Athletics Federation. And, if you are unable to agree with this scheme, which they offer you, then things can move very quickly and you're out.

13:26

And then he names a name, that I don't know yet but I will hear very often.

13:32

Oleg Popov, coach throwing events

We have someone there in Moscow: Portugalov - he looks after that.

13:39

Back in Berlin. I look at the records again very carefully, all the people I've talked to have given an affidavit on their statements.

And I want to know: who is this Portugalov, about whom so many people spoke? Full name: Sergey Nikolaiewich Portugalov.

As recently as this year he holds a seminar and warns of the dangers of doping in the children's and youth sports.

I see that, with the support of the Athletics World Federation, he should advise an anti-doping task force in Russia. He is considered a leading expert in the anti-doping fight. There is a video of him on the Internet.

14:23

Graphic insert: "Source: YouTube"

A PR video for a seminar on "Pharmacological support" for athletes and coaches.

14:31

Graphic insert: "Source: YouTube"

Sergey Portugalov



We have looked at various aspects of the effect of medicinal substances or dietary supplements, which have an effect on the muscles.

14:42

Graphic insert: "Source: YouTube"

Several international sports organizations rely on his advice.

Athletes and coaches tell us: Sergey Portugalov is the central figure in the Olympic preparation of Russian athletes. What not everyone knows: he did so already in the Soviet era. In the intensive doping phase in the 70's and 80's. Until today.

15:05

Coach squad athletes (hidden)

He administers it personally himself and he even injects it himself. People turn to him. To Portugal. That's his nickname. They don't call him Portugalov, they say Portugal to him. "I went to Portugal, got myself this or that". That's how the athletes talk.

15:22

These are serious accusations. And I receive evidence. One is from the documents of Yuliya. An email to her. In it is clear evidence of the supply of doping. By Sergey Portugalov.

"Your testosterone level is low. We will remedy that in the preparation week".

Or on the occasion of a training camp he writes:

"Start with your course afterwards".

Course - the usual code for a doping cycle.

And then an email from another world-class athlete who followed Portugalov's instructions.

Portugalov recommends him:

"Start with EPO"

And with:

"Dinatrop"

That is a banned growth hormone.

And:



"Two ampoules of testosterone next week."



16:04

Yulya Stepanova

I had come to see him in the office, it was the first time that I'd been there. It was crazy for me, that everything went the way it did. I thought that it would have been different. He personally gave me the drugs. Most of them were banned. Others weren't. He told me that the whole world prepared itself like that. I had really scared eyes at that moment. But he told me: don't look at me like that. You don't need to be afraid. If you listen to me, everything will be OK.

He gave me some Oxandrolone, those are pills. That was a white container, about this big, on it was the name Oxandrolone.

And when you then took first place in the competition for which he had prepared you, then it was fifty thousand rubles, for second place thirty thousand, for the third place twenty thousand.

That means that I had to pay him for the winning medal. In addition there was about five percent of the money I won in the season, commercial starts and others. And then the supplements, which he sold to me.



17:12

Yuliya Stepanova sends me a video. She not only wants to tell her doping story, but also prove that doping is a problem of the system in Russia. Secretly, she had a small camera running when she recently visited Portugalov in the office. I am in possession of the original and uncut video and sound.

17:42

Grafikinsert: "Voices dubbed"

Portugalov: "you reacted wonderfully at that time to the additives – just as if someone had given you a turbo-booster."

And there someone else in the room. It is Alexei Melnikov, the head coach. He says to the suspended Yuliya:

18:00

Melnikov: "We will find a way for you, so that we don't repeat our mistakes. Now we have to be careful."

18:10

Alexei Melnikov: The head coach of the Russian track and field athletes. In response to my questions I hear nothing. Also not from Portugalov. The allegations that he recommends, distributes and is paid for drugs are left unanswered by the doctor.

18:28

Yuliya Stepanova

When I came to the appointments with Portugalov, I've seen coaches and athletes from other sports in the queue. And he also told me himself, how

he prepared nordic skiers, walkers, 400 meter runners and other girls from our national team. Swimming coaches were also present. These people who I saw there, among them were also winners and medal winners from European and World Championships.

19:08

The provision of doping - according to Russian laws a criminal offence. According to Article 234 of the Criminal Code of the Russian Federation.

19:40

I'm back in Russia. For me, it looks increasingly like a system. The search is on for those responsible.

The National Olympic Committee. This is where all the sports federations are grouped together. Also the athletic federation. But here too I am turned away.

On the street I am told that German television is not allowed to film here.

20:02

Security guard

"The management has said that you may not film here".

20:08

In response to my written questions I never get a reply from the Russian Athletics Federation.

20:21

So I fly off to the place where those responsible are sure to be found. 800 kilometres Eastwards. To Kazan. This is where the Russian Championships are being held. Journalists from countries to the West practically never lose their way here. And hardly a spectator. For years, there have been rumours that at this event many go to the start having taken drugs.

Before I get to the persons in charge, the doping control officers of RUSADA, the Russian anti-doping agency catch my eye. Is everything fair here? Yuliya maintains: No.

20:59

Yuliya Stepanova

I knew that I would be doped at the time of the Russian Championships. And Portugalov had told me: Don't worry. You will probably then have to go to the doping control. You will be one of the first three or even win. Then you go there very calmly, just like everyone else. After the control, you will receive a pink form with the number of your sample. Send it to me by SMS and then you can sleep peacefully.



21:34

Also when asked whether he helps to cover up positive tests: from Portugalov no reply.

But here is the President of the Russian Athletics Federation, Valentin Baklakhnichev – it is mainly because of him that I came. I want to ask him directly what he has to say about the doping accusations. He prefers to speak about the great successes of Russian athletes. My interview request is declined. I try my luck with Valentin Maslakov who, alongside Alexei Melnikov, is the most important coach of the national team. After Russian television, it should be my turn.

When my translator mentions the doping theme, it's all over.

22:34

Vitaliy Stepanov

There were times in Rusada when I heard people from the ministry, from anti-doping department would call to Rusada and wanted to see who the athlete is, who has the positive sample and if it is a no-name, then the sample is positive, if it is someone famous or someone young and medal-hopeful, then it is a mistake and it is not reported.

23:12

Vitaliy Stepanov has worked for three years at RUSADA, where all domestic controls are commissioned.

Even as an advisor to the General Director.

23:26

Vitaliy Stepanov

I clearly could see that officials try to make sure that some athletes are not being tested.

23:33

Reporter

Which sports?

23:35

Vitaliy Stepanov

In Swimming, Cycling, Biathlon, Athletics, Weight Lifting, Nordic Skiing.



23:47

A few days go by, then I get an appointment. With Director-General Nikita Kamaev. He came into office after Vitaliy Stepanov had gone. He claims that he has no knowledge of corruption.

24:07

Nikita Kamaev, Director RUSADA

That samples are exchanged and that the RUSADA arbitrarily selects the athletes or even accepts bribes for the conduct of tests - that is not the reality at all. All those athletes who claim that, have previously already violated the doping laws. Such people then turn to journalists and tell stories. For professionals these stories are simply laughable.

24:36

All lies? From so many? And: Vitaliy Stepanov is not a suspended athlete, but for years worked right in the RUSADA headquarters.

I also hear from Kamaev, that the RUSADA always operates correctly and that it has always done.

A few weeks after my visit, Yuliya Stepanova receives this email.

Unbelievable: The RUSADA asks her to pay for a doping test. And also even to come to RUSADA for it.

That athletes themselves pay for testing and go to controls and are not visited by inspectors is contrary to all the rules and international practice.

The RUSADA emphasizes later, that, of course, it adheres to the WADA Code. But about the actual accusation: silence.

25:17

All facilities to combat doping in sport in Russia - almost 100 percent financed by the State – and controlled by the Government. Almost everything is coordinated with the Ministry of Sport. There it even has its own Anti-doping Department. The Sports Minister is called Vitaliy Mutko, has a seat on the Executive Committee of the scandal-plagued FIFA and has a friendly contact to the President. Vitaliy Stepanov was close to the Ministry for many years.

25:55

Vitaliy Stepanov

I clearly remember one conversation with a person from the ministry in 2010, what it to unofficial talk. He told me, that we don't like the idea that WADA is trying to control Russian anti doping organization trying to control what we do in Russia.



26:19

How strongly the Government exerts influence, is proved in a paper that was given to me. An Act of Government from 2010 for foreign control officers: the transport and export of urine and blood samples must always be approved. Samples may even be opened on the border. The Decree comes from - Vladimir Putin, at that time, the Prime Minister.

Probably in order to make sure that athletes at major championships are not exposed, there is yet another order from the Ministry.

26:51

Valentin Krugliakov, 400-metre runner

They make controls before trips abroad. That way, the head coach is sure that his entire team is clean before the event and that, for example, during the European Championships, absolutely no one is caught. It is easier to weed out such cases before the trip.

27:07

Oleg Popov, coach throwing events

Those who have not passed these controls, even if they had already been entered for international competitions, they simply did not travel with the team. Which does not always automatically mean that they were also suspended.

27:23

Original comment London 2012

“Federation Russie. The Russian Federation”

27:28

The Russian team at the 2012 Summer Olympics in London: In the small print of the annual report of RUSADA 2012 is the confirmation of nationwide controls when leaving the country: each of the almost 500 members of the Olympic team were tested at least once before the start of the Games.

27:49

But in response to my questions to the Sports Ministry, once again: no answer.

In the meantime, my research has been going on for months. It is gradually adding up to form a picture. It would appear that a doping system is operating which I wouldn't have believed possible in 2014. And I now receive growing evidence from Russian informants. I should take a look at the case of one prominent Olympic winner.



28:13

Original commentary London 2012 (in german)

" Die russische Weltmeisterin Maria Savinova"

28:18

Maria Savinova. She was already European and World champion. A world star over 800 metres. Then came the Games in London.

28:24

Original commentary London 2012 (in german)

"Ist es das schon? Die Südafrikanerin kommt mit einem fulminanten Endspurt. Jelimo geht ein. Savinova ungefährdet"

28:44

I receive video material. From autumn 2014. Taken with a cell phone camera. To be seen is Maria Savinova. Here an excerpt of this video, in which, among other things, she says:

29:03

Graphic insert: "Voices dubbed"

Savinova: "Well really, what should we do? How should it go differently? That is our system and in Russia that only works only with pharma.... My coach fortunately works with Melnikov and he helps to cover up the tests. They allow him to change the dates for the controls. Oxandrolone is very quickly out of my body out again. It takes less than 20 days. We have tested that - my husband has very good contacts to the doping control laboratory".

29:22

I am in possession of the video and audio in full-length and uncut in the original version. I never receive a reply to my requests from Olympic champion Maria Savinova. And her coach Vladimir Kazarin will concern me later.

29:38

Initially, however, the doping control laboratory that is mentioned on the video won't let me go. What's it all about?

I come an important step closer to finding an answer in Montreal. My request does not come as a surprise at the World Anti-Doping Agency. Because even the WADA itself has found several irregularities in the laboratory. Another piece of the puzzle.

29:58

Olivier Rabin, Scientific Director WADA

There were some elements, that were troublesome to us, why some miscommunication happened in the lab. Why some samples were not reported



as positive when we knew they should have been reported as positive. We try to find technical reasons. But sometimes when the technical reasons cannot explain, why a result was not reported positive, yes of course, it is always something, that comes to our mind as a possible reason.

Reporter
Corruption?

Olivier Rabin, Scientific Director WADA

Corruption or what I call interference with the reporting of a result. I mean it can be corruption or it can be something else.



30:37

The lab always denied all suspicions.

Nevertheless, shortly before the Games in Sochi it was on the verge of extinction. WADA sent external experts to monitor it. It even threatened withdrawal of accreditation. The sharpest weapon in WADA's armoury.

Whereby, the laboratory is internationally-recognized for its research. Its head is considered an outstanding scientist: Grigoriy Rodchenkov. I've known him for long time and I ask myself: what had he possibly also done with his knowledge in Russia?

31:09

Vitaliy Stepanov

He does the same thing as Portugalov, he sells doping to athletes, he provides plans, doping use plans for athletes. And when doping controls come he makes sure that athletes that are under Mr Rodchenkov they don't get positive tests. Of course, he does it for money.

31:53

Oleg Popov, coach throwing events

If someone took banned substances during preparations, the laboratory found out about it. And among these top athletes, especially the most famous, the top 10 on the best performance lists, for the athletes who belonged, in those cases samples were sometimes exchanged.

32:10

Evgenia Pecherina, discus thrower

Rodchenkov is informed about everything. He knows how long which drugs need to disappear from the body. Those which need longer and those which need less time. He knows about it and he instructs. He is the most important specialist.

33:29

They are serious accusations about the Director. Who, incidentally, also was head of the Olympic control laboratory a year ago in Sochi. What does he have to say about the allegations?



32:38

Grigoriy Rodchenkov, Anti-doping Laboratory Moscow

You should be very careful to believe cheaters. Because they have the catastrophe of their life.

32:44

He says he is innocent, but I want to know more:

Reporter

Have you ever accepted money to cover up doping?

Grigoriy Rodchenkov, Anti-doping Laboratory Moscow

Did I ever take money?

Reporter

From people who wanted to cover up doping?

Grigoriy Rodchenkov, Anti-doping Laboratory Moscow

I never took money from people who try to cover up doping? The first question is: no. Until at here. You can see many rumors. But, it's again... All people are referring to me. OK, we know Grigoriy and he wants to solve problem. It is not the case.

33:20

Strange: three years ago Rodchenkov was suspected of dealing in doping substances. The State did not pursue the accusations against its own employee further.

33:35

Rodchenkov stressed later in writing, that he never faced charges and denied once again any manipulation.

33:42

Zurich in August. I am still concerned: how do those responsible in the Russian Federation handle respond to the topic of doping? For that reason I am at the European Athletics Championships.

The Russian coaches are kept very busy counting the number of medals.

22 medals in total for Russia.

34:32

And then there is the man who does not want to talk to me: Valentin Balakhnichev, President of the Russian Athletics Federation. In the 1980s he was a Soviet coach, when doping was at its peak. Today an honorary member of the European Athletics Federation.

34:51

In the evening I find out in which hotel Balakhnichev will be staying - and this time it should work. So suddenly, that the camera has still not been properly set up.

Reporter

Mr. Balakhnichev, Hajo Seppelt, German TV, I would like to ask you some questions about the doping problem in Russia.

Valentin Balakhnichev, President of the Russian Athletics Federations
I am not involved. It is your business you can do it yourself.

Reporter

Can you tell me when we can talk about it?

Valentin Balakhnichev, President Russian Athletics Federations
Never.

Reporter

You don't want to talk about it?

Valentin Balakhnichev, President Russian Athletics Federations
I dont want to talk. I am not involved. That is your vision and my vision is that I am not involved. I am the president and I am the never involved in any cases. I totally reject your questions about my involvement in this cases.

Reporter

That means you are not involved in the whole doping problem?

Valentin Balakhnichev, President Russian Association of Athletics Federations

I am not involved. And this is very strange.



35:34

On the way back to Berlin. Time to reach an interim conclusion: I found coach and doctors who authorize doping, athletes who admit to it, an Act of Government of the State which hinders controls, a laboratory which seems to help with the cover-up, an anti-doping agency, which apparently provides appointments for controls. And a management that does not want to talk. And then I realize, that still was not everything.

36:38

By mail I receive more documents from an anonymous informant. Blood values are enclosed, that much is clear. Measured between 2009 to 2011.

Apparently from one of the best marathon runners of all time. A Russian.

If blood values are atypical and cannot be explained by natural causes, usually the only remaining explanation is doping. That makes the papers so explosive.

37:10

In the Cologne control laboratory, Professor Mario Thevis judges the obviously very suspicious blood values.

37:25

Mario Thevis, doping researcher

We are dealing here with values which came from an athlete who has been tested several times and some of the values are well outside the usual reference range and if a suspension were to be made on their basis, then it would be perfectly understandable.

37:40

My attention is aroused. I travel to Stockholm.

Here, I should apparently learn more about the ominous papers. In an email, or by phone this cannot be cleared up, i am told. How serious this is, I still have to learn.

38:00

Here I have an appointment with the person who apparently knows who the blood values of the years 2009 to 2011 came from.

My contact person comes from close to the IAAF Athletics World Federation, wishes to remain anonymous, is scared. The conversation is about alleged corruption.

38:21

Insider (anonymous)



How can we trust the IAAF, if I must assume that bribes are being accepted in doping cases? If money is extorted from someone without explanation, without saying which rules were broken.

Reporter

Are you saying that there is someone in the IAAF who does that?

Insider (anonymous)

Yes. At least in one case I assume.



Reporter

Do you think this person takes money to cover up positive doping tests?

Insider (anonymous)

That's right.

Is that what's behind the blood values?

Was no suspension really imposed despite the doping?

To get any further, I need to know whose blood values this are. In the meantime I know from which competitions they are. Actually, there can be only one. In fact, a Russian Marathon superstar.

Are these the values of Lyliya Shobukhova?

Informant (anonymous)

Yes.

39:12

Liliya Shobukhova.

For several years the best female marathon runner in the world.

She won the London and Chicago Marathons. Earned millions.

Ran from success to success - apparently with blood values that were beyond any regulations. Measured at the Chicago Marathon.

She was never suspended. Despite her blood values.

Until this summer. During this research. Then the old blood values did catch up with her.

40:02

I attempt to contact her. A world star now suspended because of doping.

Concealed doping, that is what the informant in Stockholm had talked about.

What does Liliya Shobukhova know about this?

Weeks pass. Finally: A message. Liliya Shobukhova agrees to meet me.

Why did she, who had already between 2009 and 2011 had extremely abnormal blood values, be unchallenged for so long? The IAAF writes to me saying that suspensions based on such blood values can take so long. But also, that there was a significant delay on the Russian side.

Lilya Shobukhova tells the reason this way:

40:52

Lilya Shobukhova

It all started at the end of 2011, in December. The Russian Athletics Federation approached us. They told us that we could have problems – that participating at the 2012 Olympic Games was endangered.

And now we would have to pay 150,000 Euros to solve these problems.

Then I could take part in the Olympic Games.

I have dedicated my whole life to preparing for the Olympic Games.

41:33

She goes on with her story as follows:

in Beloretsk, the couple's home close to the border with Kazakhstan, they withdraw the money in January 2012. For a meeting in Moscow.

41:49

Igor Shobukhov

We flew on the 12th to Moscow. There was a meeting there in the office of the Athletics Federation in the House of the Olympic Committee, we handed over the money, and they told us: 'Everything will be OK', afterwards, on the next day, the 13th, we travelled to the training camp to Portugal.

42:11

Graphic insert: "reconstructed scene"

Just under 200,000 dollars are said to have changed hands. Did Liliya Shobukhova really buy her Olympic start? And who took the initiative? How close together are bribery and corruptibility?

42:26

In this case, I keep on the trail. A document is passed on to me. The fact is: the IAAF had reported the striking blood values to the Russian Federation.

Shortly before the Olympic Games in London in 2012 in June. Almost three years after the first eye-catching blood values. And these are now regarded as a doping violation.



Strange: shortly afterwards coach Alexei Melnikov contacts Liliya Shobukhova and her husband Igor wanting money again, they say.

That name Melnikov, there it is once again. The man I already met in the video. The one who talked about doping practices.

43:29

Lilya Shobukhova

This time he asked for twice as much. We should not pay 150000 Euros, but 300000 Euros. We should pay this sum in two instalments.



Graphic insert: "reconstructed scene"

They pay in cash once again, and in dollars, they say. A total of 450,000 Euros. Just under \$ 600,000.

43:57

The Olympic Marathon in 2012. With Lyliya Shobukhova. She says she had to pay a great deal of money for her participation. To her own national federation.

44:10

Original commentary London 2012 (in german)

„Jetzt ist es aus. Die Russin ist weg. Man könnte vermuten, dass sie auch nicht ganz im Vollbesitz ihrer Kräfte war.“

But her story is not over with that:

44:28

Despite extremely conspicuous values, in the Olympic year, the IAAF probably does not want to know whether the top marathon superstar dopes or not. Her name does not appear in the control statistics, which provides information about testing during training.

The IAAF comments that she had been tested once in competition. One single time.

Shobukhova seems to be protected. By those to whom she paid?

I'm slowly getting closer to a possible answer.

2013: Liliya Shobukhova becomes pregnant.

And in the background something is brewing. She should still be suspended. Probably because persistent doping analysts who were aware of her blood

values, did not want to keep quiet. Again, they are asked to come to Moscow, they say:

45:18

Igor Shobukhov

Melnikov told us there, that we must sign a paper. It was about the suspension of Lilja, and then he showed me the paper. It was from the IAAF. I replied: we will not sign the paper. And asked them: what have we paid the 450,000 Euros for?

Lilya Shobukhova

Balakhnichev was already getting nervous, because I refused to sign the paper.

46:01

And then this Balakhnichev had arranged for the money to be repaid, they say.

Balakhnichev, President of the Federation. The man who only recently in Zurich, told me he knew nothing about doping.

I never get a reply to my written questions about it.

46:06

However, from Igor Shobukhov I receive a document.

It is the copy of a bank transfer. To Igor Shobukhov. For a sum of 300,000 Euros.

From: Black Tidings. A company.

I find out: Black Tidings really exists. Entered in the commercial register of Singapore.

46:15

Singapore.

I want to know who owns this company in the off-shore paradise?

This is a purely residential area, no companies far and wide. And here is the address of Black Tidings.

And in order not be noticed, a concealed camera is running.

And this is the letterbox of Black Tidings.



The attempt to talk to the man who is to be found at this address.

47:13

Reporter

I would like to talk to you about Mr Shobukhov.

Apartment owner in Singapore, made unrecognizable (no insert)

Who is he?

Reporter

He has received 300,000 euros from you.

Apartment owner in Singapore, made unrecognizable (no insert)

From me?

Reporter

From Black Tidings. Are you the owner?

Apartment owner in Singapore, made unrecognizable (no insert)

I just what a partner from this company. I dont know what you are trying to do, but let me call the police then.

47:34

Later I finds out: the apparent mailbox company Black Tidings was liquidated shortly after the payment to Igor Shobukhov.

Did Balakhnichev and Melnikov actually have something to do with this company, which paid 300,000 Euros to Igor Shobukhov?

I get an email. With the title "bank confirmation".

To: Liliya Shobukhova and her husband.

From: Alexei Melnikov.

A forwarded email from a certain Valentin.

Valentin Balakhnichev.

And the attachment: the transfer confirmation for 300,000 Euros, which I am already aware of.

48:27

And in an internal document of the IAAF, that is passed on to me, such a refund is actually confirmed as a fact.



The Ethics Commission of the IAAF is now investigating. Interestingly enough against Shobukhova on grounds of bribery. The IAAF will not comment on this.

48:45

Balakhnischev continues to prefer to remain silent. Just like his federation coach Melnikov.

Balakhnischev, the man who supervised all the cash-flows of the IAAF. He is namely the Treasurer of the World Association.

It could be the biggest corruption scandal in the history of athletics.

49:02

Once again, the anonymous informant reports. He tells of a phone call. Says he was threatened with death should he pass on what he knows.

There it is again. The theme, about which I've heard so often on my travels through Russia: Fear and intimidation appear to belong to the system.

49:26

Valentin Krugliakov

One has just been suspended for two years. And he had tried to do something about it and then they told him: leave it, otherwise you might accidentally get in a car accident.

49:52

Coach squad athletes (anonymous)

When you talk about such things, it can be very dangerous. An accident can happen, you know. Anything could happen. Some people have tried to kill themselves. With one of them that I know about, they had not managed to save him.

50:11

There is much evidence and many statements received over the course of almost a year. One last time, I'm in Montreal at the World Anti-Doping Agency.

Vitaliy Stepanov and his wife Yuliya had already reported some of it to the WADA. In this moment, the WADA founding President Richard Pound and WADA Director-General David Howman see for the first time the extent that doping has reached in Russia.

51: 00

Richard Pound, WADA founding President



I think you put together a pretty comprehensive and extremely alarming case. If that becomes public and it is made public, somebody has to come up with an answer.

If something of this nature is being organized by any country it is a very serious problem for the credibility of international sport and the credibility of anti-doping efforts. It is also pretty dreadful to see, that an international federation is involved in this. And I think, that is equally serious.

David Howman, WADA Director

Well, the combination of all is terribly shocking. Individual components are disappointing. When you combine everything and you look at the facts of this documentation and oft the other things, that I have heard and seen, of course it is shocking. What we have gotta do is to be fearless in approaching this issues and make sure that those who are suffering from fear are protected.



51:59

The fact that the image of an entire sports nation is at stake, now apparently also appears to have been understood in Russia.

In August, the State television reported on an anti-doping summit – chaired by Minister of Sport Mutko. Six coaches had been suspended on grounds of the procurement of doping preparations. But the names remained secret. And they are still unknown today.

Afterwards, it could be read in the newspapers that the Government now wants to proceed with an iron fist against doping in sport.



52:50

Yuliya Stepanova is in Kyrgyzstan in a training camp. Her suspension will end next January. Soon she should start again in competitions. She is coached by Vladimir Kazarin. The coach who also coaches Olympic champion Maria Savinova. Savinova, who spoke on the cell phone video about doping practices.

After the first training the coach asks Yuliya to come to him. She starts filming. I am also in possession of the original and uncut video.

53:16

Graphic insert: "dubbed voices"

Vladimir Kazarin

We can still work with Oxandrolone and Primobolan. And, of course, in the beginning with EPO. But we must take care that you stay within the limits, in case a control comes.

Vladimir Kazarin

So, here are your pills.

Yuliya Stepanova

What is that?

Vladimir Kazarin

Oxandrolone.

53:26

She quickly films the pills when Kazarin briefly leaves the room.

The camera remains on the whole time, as Yuliya Stepanova goes back to her room.

My subsequent question about this incident is left unanswered by Vladimir Kazarin. Neither the Russian Athletics Federation nor a Russian coach will ever respond to the shocking allegations.

54:05

But are Kazarin's pills really Oxandrolone, the potent anabolic steroid? In the Cologne doping control laboratory the substance was analyzed last week.

54:20

Mario Thevis, doping researcher

The pills that you brought us, clearly contain Oxandrolone, an anabolic agent, to be precise an anabolic androgenic steroid hormone, and the taking of such drugs is prohibited at any time, during competition and outside of competition.

54:34

This is the facade. Nobody should be able to see the system behind it.

But does something like this only exist in Russia?

A few days ago I received the hint that it would be well worthwhile also taking a closer look in several other countries.

Lists of winners of international championships – often only protocols of fraud.

55:03 pm

A final visit to Vitaliy Stepanov and his wife Yuliya.

With their decision to reveal the apparent doping and corruption system to the world in this way, they have exposed themselves to great risks and have thus become probably the most important whistleblowers in the history of the fight against doping. It was important to them because they want clean sport. Also for their personal future.

55:39

Vitaliy Stepanov

We have a son who is eight month old now and of course, we love sports and we hope that maybe one day our son wants as both of US share our love with US and maybe he would want to be a football player or a runner or a Nordic skis of or a biathlete and we would like to make sure that when he starts training he achieves results with his own abilities and in fair competition.

56:20

Yuliya Stepanov



What I'm doing here, that I am telling all this - as a result, I will probably become public enemy No. 1 for Russia. Because I'm talking about the system that we have - I am behaving badly in other words. I betray our country to the whole world. This is bad. After that is broadcast, when the Government finds out about it - then life in Russia will be very difficult. I think that Russia will not forgive something like this.

57:01 pm

Last week, the WADA had written to Yuliya Stepanova and her husband Vitaliy. WADA confirmed that both of them with their courage and their efforts have made a valuable contribution in the fight against doping.

Yuliya Stepanova wants to return to her sport. Without doping. Vitaliy Stepanov wants to help her.

A few days ago, together with their son they left Russia forever.

