

Geheimsache Doping: Wie Russland seine Sieger macht

[Classified information on doping: How Russia makes champions]

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Time	Audio
0:00	Narrator: Here are Yuliya Stepanova and Vitalyi Stepanov and their little son Robert. They don't feel safe any longer in their home country Russia for they gave away a secret. But their story begins much sooner - at the beginning of this year.
0:50	[Title: Classified information on doping: How Russia makes champions] Narrator: The Winter Olympics in Sochi in February: Russia presents herself as a proud sporting nation. The world's largest country wins the most medals, just like at the athletics world championships the year before, and just like at so many other major sporting events. Russia - a sport superpower.
1:20	Narrator: Shortly after the Games, I receive several emails in my office. I first reported about doping in Russia from Sochi. Openly and anonymously I'm told about more strange things in Russian sport. I don't have an inkling yet that this is the starting point of an unbelievable story. One email in particular catches my eye - from Moscow - from Vitalyi Stepanov and his wife Yuliya.
1:50	Narrator: In April I go to Russia for the first time. They want to meet me in Moscow. My cameraman accompanies me, but I don't know yet whether he will be allowed to film at the meeting. They are scared - everything is secret. Am I dealing with nutters here, or is this really serious? We talk on the phone for the first time. I find out about the meeting point - a restaurant on the fringes of Moscow. A separate room where we will be undisturbed. But only Vitalyi has come. After hours we are allowed to film.
2:24	Narrator: This here is Vitalyi Stepanov, 32 years old. I'm starting to understand why he only offered hints in his email. After his studies in the US he wanted a job in anti-doping in sport - that was his dream job.
2:37	Vitalyi Stepanov: I wanted to fight doping and make sport cleaner, more honest, better. I really believed I would go to work at the anti-doping agency of Russia which combats doping in sports. I wasn't married back then. I was prepared to work 24 hours a day for this.
3:07	Narrator: Vitalyi Stepanov loves his job at the Russian anti-doping agency, RUSADA, he leads the education program, works as a control officer, is adviser to the director general. Even the sports minister seeks out his advice. He says he experiences from close proximity what happens within RUSADA. The year 2009 will change him forever.
3:32	[Yuliya Rusanova is shown on the track preparing for a race.]
3:35	Narrator: He meets Yuliya (then Rosanova) at an anti-doping education session for athletes.
3:44	Narrator: She belongs to the best in the world, runs the 800 metres in under 1 minute 57 seconds.
3:58	Narrator: Today she is Vitalyi's wife. It didn't take long for her to tell him why she is so good.

Time	Audio
4:06	Vitalyi Stepanov: During our first or second conversation she told me quite clearly that all athletes in Russia are doped - that one can't achieve these results without doping, at least not in Russia - that you have to dope - that this is how it's done in Russia - that the officials and coaches clearly tell you that you only get that far with your natural abilities - to get medals you need help, and this help is doping - prohibited substances.
4:46	Narrator: An extreme assessment. Now I want to learn more, meet Yuliya Stepanova in person, but first I wait. Days go by. Then, finally, they invite me and my cameraman to their home. This is only possible in the hours when Vitalyi's brother, who also lives here, is not present. I will learn later to how much danger they expose themselves. Yuliya is 28 years old, currently banned for doping. She has kept all documentation in relation to this, also from the time when she met her husband.
5:23	Yuliya Stepanova: When we met and got to know each other I opened his eyes. I told him how it worked in reality. He then resigned to that. This is hammered into the coaches' head, and the coaches hammer it into the athletes' heads. Therefore the athletes don't think that they're doing anything wrong when they're taking prohibited substances.
5:44	Narrator: First, Vitalyi helps his wife to dope, obtains substances, leads a kind of double life - it's almost unbearable. Then they don't want to continue to lie, they say. They write to the World Anti-Doping Agency, recounting their experiences. I ask myself why none of this has been made public. At the end of this story I will know, and the fairytale of clean sport will be refuted once and for all. A story which sounds incredible even when looking at small details.
6:13	Yuliya Stepanova: Either my coach ordered the EPO from the pharmacy and it was then delivered to me, or I simply bought it myself.
6:20	<p>Narrator: Doping substances from the pharmacist - illegal, without a prescription - I know that already from Belarus or from Mexico, but here I don't even need to go to a pharmacy. Supposedly one can order EPO syringes from home, just like pizza. Yuliya gives me the number of a pharmacy. My translator makes the call.</p> <p>Translator: Hello, can I place an order, please? ... Yes, with express delivery ... A pack of Epokrin 2000... Thanks a lot!</p>

Time	Audio
6:53	<p>[Delivery of the package is shown]</p> <p>Translator: Hi.</p> <p>Delivery person: Hi. Here is the package. You should keep it in the fridge.</p> <p>Translator: OK - and the invoice?</p> <p>Delivery person: I'll tell you in a minute that's 3925 rouble.</p> <p>Translator [handing over the money]: Here you go!</p> <p>Delivery person: Thanks very much, goodbye.</p> <p>Translator: Goodbye.</p>
7:16	<p>Narrator: EPO for about 60 euros. A prescription would be required, but no-one bothers with it.</p>
7:20	<p>[Packet of Epokrin 2000 is shown.]</p>
7:22	<p>Narrator: Such EPO injections, they are part of her every day, says Yuliya Stepanova. Whilst she is training her husband spends his time fighting doping. He was three years at RUSADA, until 2011. Two worlds under one roof. The main function of RUSADA is to conduct doping tests. Both of them believe to know why only few athletes are caught.</p>
7:50	<p>Vitalyi Stepanov: People from the association, sports officials, went to doping control officers, offered them meals, or cash, to have some fun at night.</p>
8:07	<p>Yuliya Stepanova: In a training camp in Portugal our athletes were there under assumed names. They took prohibited substances. And to prevent the control officers from foreign countries to come and test them they used assumed names. During a training camp in Kyrgyzstan I should have commenced a course of tablets on 15 September. My coach asked me 'Do you have clean urine' - I said to him 'no, you haven't told me that before', then he said 'just get some ready for when the control officers come here.' I did what he told me to do. And in the freezer I had a container with clean urine.</p>
8:51	<p>Narrator: Back in Berlin I'm trying to piece together a picture of what Yuliya Stepanova and her husband have told me. I'm interested in the last annual report of the Russian Anti Doping Agency, from 2013. 23,110 tests, the highest number of tests worldwide. 2.2% of these were positive - over 500 cases. And the others, did they really not dope? Whom can I believe? The statistics or Yuliya and Vitalyi? The first breakthrough after weeks of investigating. I receive ever more information from several sources, and then this: I even receive sound recordings of conversations between high ranking coaches and athletes.</p>

Time	Audio
9:50	<p>Voice 1: What have you brought here? EPO?</p> <p>Voice 2: Peptide hormones - these have a positive influence on endurance, increase testosterone</p> <p>Narrator: I have the original sound files in full length, including this conversation:</p>
10:01	<p>Voice 3: Are these prohibited substances?</p> <p>Voice 4: Don't put it like that. Call it a special type of preparation. Special preparation, that's how it works during the winter.</p>
10:14	<p>Narrator: And then I hear Alexei Melnikov, one of the two national team coaches of the Russian track and field athletes.</p>
10:20	<p>Alexei Melnikov: We don't need high hemoglobin levels - why then do we need EPO? Especially in such amounts as we used to use?</p>
10:30	<p>Narrator: Of course I asked Melnikov and the other coaches about this. None of them replied to me. Yuliya Stepanova was also looked after by these coaches. I recall what she had told me about them:</p>
10:42	<p>Yuliya Stepanova: They take any girl, fill her up with tablets and she then runs, and tomorrow she will be banned, and then they find a new one. They feed them and say 'take this, everyone takes this, take these substances', and when someone gets caught they cast the athlete aside and get a new one.</p>
11:02	<p>Narrator: In the meantime Yuliya & Vitalyi are no longer the only ones who want to talk to me. I am able to make contact with many people from the Russian sport system. Is this system as perverted as they suggest in their emails? In my search for answers I fly across Russia, want to meet the athletes and coaches. First up, I travel from Moscow 1500 km south to Krasnodar. Will the people here talk openly? And why? Some are banned for doping, feel betrayed. Others just want to put an end to years of lying, they say. Some have already spoken publicly, many, like Evgenia Pecherina haven't done so yet.</p>
11:45	<p>Narrator: What is your estimate, how many athletes from the Russian national team are doping?</p> <p>Evgenia Pecherina (discus thrower): Most of them, the largest part, 99%, and you can get absolutely anything, anything the athlete wants, and the more difficult a substance is to trace the more expensive it is.</p>
12:13	<p>Narrator: I continue on to Samara, almost 1600 km northeast, which was closed to foreigners during Soviet times. This is where in those days and in secrecy weapon materials were produced. My translator is always present during this meeting. Not all of them want to speak openly. There is talk about a doping distribution system.</p>

Time	Audio
12:33	Unidentified national coach: This is an internal scheme which has established itself over the years. If you want to improve a result you call a number and you introduce yourself. In this way you get the necessary substances. But not everyone gets this number - only the people who have been vetted. If the leadership doesn't agree with that then there won't even be a deal.
12:54	Oleg Popov (throws coach): The athlete has no choice. Either you prepare yourself as part of the national team using prohibited substances in order to win medals which will also be credited to the association, the head coach, the ministry for sport, the president of the association, the entire Russian Athletics Federation, and if you don't agree with this scheme they offer you, then you can be kicked out very quickly.
13:28	Narrator: And then he mentions a name I haven't heard before, but which I will hear many more times.
13:35	Oleg Popov: We have someone in Moscow, Portugalov, he deals with it.
13:41	Narrator: Back in Berlin. I have another closer look at the records. All the people I interviewed affirmed their evidence, and I want to know, who is this Portugalov so many people talked about, his full name is Sergey Nikolayovich Portugalov.
14:02	Narrator: This year he conducts a seminar and warns of the dangers of doping in children and youth sports. I see that with the support of the IAAF he is to advise an anti-doping task force in Russia [IAAF website article shown, titled 'Seminar leads to creation of new anti-doping task force in Russia']. He is recognised as an internationally leading expert in the fight against doping.
14:23	Narrator: There is a video on the internet featuring him - a PR video of a seminar for the pharmacological support of elite athletes and coaches [video extracts shown].
14:32	Sergey Portugalov: We have looked at various aspects of the effects of medicinal substances or supplements on muscles.
14:43	Narrator: Some international sporting bodies rely on his advice.
14:49	Narrator: Athletes and coaches tell us Sergey Portugalov is the central figure in the preparation of Russian athletes for the Olympic Games. Not everyone knows: He was already in this role during Soviet times during the main doping era of the 70s and 80s - until today.
15:07	Unidentified national coach: He administers it in person, and he does the injections himself. One calls on him Portugal, that's his nickname, you don't call him Portugalov, you call him Portugal, as in 'I went to Portugal to get this or that' - that's how all athletes talk.
15:25	Narrator: These are serious allegations, and I receive evidence. One piece of evidence comes from Yulyia's documents, an email addressed to her [Email shown]. In it there are clear references to doping substances being administered by Sergey Portugalov. 'Your testosterone levels are low, we'll fix it during the preparation week' - or he writes to her during a training camp 'start your course afterwards.' Course is the usual code for a doping cycle.

Time	Audio
15:50	[Another email shown] Narrator: And then there's an email of another world class athlete who follows Portugalov's instructions. Portugalov recommends to him: 'Begin with EPO and with Dynatrop' - this is a prohibited growth hormone - 'and 2 vials of testosterone next week.'
16:07	Yuliya Stepanova: I went to his office - it was the first time I was there - I found it crazy, how it all worked, I thought it would work differently. He gave me the substances personally. Most were prohibited, others were not. He explained to me that the whole world prepares like that. I looked frightened at that moment, but he told me 'don't look like that, you don't need to worry, if you listen to me, all will be fine. He gave me oxandrolone - these are tablets. It was a white container, about this big, on which was written 'oxandrolone'. And when you achieve first place at the competition for which he prepared you, you give him 50,000, for second place 30,000, and for third place 20,000 rouble. That is, I had to pay for the medals I won, plus 5% of the money I've won during the season, which means from commercial starts and others, and then the substances he sells to me.
17:15	Narrator: Yuliya Stepanova sends me a video clip. She doesn't just want to tell her doping story, but prove that doping is a systemic problem in Russia. She secretly recorded a recent visit to Portugalov using a small camera. [Footage shown] I have in my possession the unedited video and sound in full length.
17:45	Portugalov: You reacted wonderfully to the aid back then, as if someone had turbocharged you. Narrator: And another person is also in the room. It is Alexei Melnikov, the head coach. He says to the banned Yulia:
18:02	Alexey Melnikov: We will find a way for you so we don't repeat our mistakes. Now we have to be careful.
18:12	Narrator: Alexey Melnikov, head coach of the Russian athletics team. He doesn't reply to my questions, nor does Portugalov. The physician doesn't reply to the accusations that he recommends and administers doping and benefits financially from this.
18:30	Yuliya Stepanova: When I arrived at Portugalov's office for my consultations I met in the queue coaches and athletes from other sports, and he told me himself how he prepares cross country skiers, walkers, 400 metre runners, and other girls from our national team. Amongst them were swimming coaches. The people I saw there... amongst them were also champions and medal winners from European and world championships.
19:13	Narrator: The administration of doping substances is, according to Russian criminal law, an offence. According to article 234 of the criminal code of the Russian Federation.
19:43	Narrator: I'm back in Russia. to me it looks more and more like a system. I search for those responsible in the National Olympic Committee. This is where all the sports federations are housed, including athletics. But I am turned away [Footage shown of narrator being turned away].
20:00	Narrator: In the street I'm told that German TV is not allowed to film here.

Time	Audio
20:06	Officer: The administration has said you are not allowed to shoot here.
20:09	Narrator: I never receive a reply from the Russian Athletics Federation to my written questions.
20:24	Narrator: So I fly to the place where those responsible should definitely be, 800km east, to Kazan. This is where the Russian athletics championships are taking place. Western journalists hardly ever come here, and there are hardly any spectators. For years there have been rumours that many participants at this event are doped. Before I can approach the officials, I notice RUSADA's doping control officers. However, is all as well as it seems? Yuliya claims 'no'.
21:02	Yuliya Stepanova: I knew that I would be doped at the time of the Russian championships, and Portugalov told me, 'don't worry, you'll probably have to go to the doping control - you'll be amongst the top three or even win. You just go there like all the others. After the control you get a pink form with the number of your sample - send me that via SMS, and then you can sleep peacefully.
21:28	Narrator: There is no reply from Portugalov to the question whether he assists in covering up positive tests.
21:36	Narrator: But here is the president of the Russian Athletics Federation, Valentin Balakhnichev. I had come here above all to see him. I want to ask him directly what he has to say about the doping allegations. He prefers to talk about the great successes of the Russian athletes. My request for an interview is declined. I try my luck with Valentin Maslakov, aside from Alexei Melnikov the most important coach of the Russian athletics team. After Russian TV I should be next. But when my translator mentions the topic doping, that's the end of that. But we didn't come in vain. I'm interested in RUSADA's role, which is collecting samples here. If I believe Yuliya and Vitalyi, RUSADA is part of the system of cheating, which he experienced as an employee.
22:36	Vitalyi Stepanov: There were times at the Russian anti-doping agency when people from the ministry, the anti-doping department there, telephoned and wanted to know who the athlete with the positive test was. If it was an unknown athlete, then the test was positive, but when it was someone famous or a young medal hopeful, then it was a mistake, and no further steps were taken.
23:14	Narrator: Vitalyi Stepanov worked for three years at RUSADA, from where all domestic controls are ordered, even as advisor to the director general.
23:18	Vitalyi Stepanov: I experienced how officials tried to ensure that some athletes were not even tested. Narrator: Which sports? Vitalyi Stepanov: Swimming, cycling, biathlon, athletics, weightlifting, nordic skiing.
23:49	Narrator: After a few days I have an appointment with the director general, Nikita Kamaev. He was appointed to the position after Vitalyi Stepanov had left. He doesn't want to know about corruption.

Time	Audio
24:08	Nikita Kamaev: That samples are swapped or RUSADA randomly selects athletes or even takes bribes when carrying out tests, that's not at all true. All athletes who make such claims have previously breached doping laws. Such people then turn to journalists and tell stories. To professionals, such stories are simply ridiculous.
24:37	Narrator: All lies? From so many people? And: Vitalyi Stepanov is not a banned athlete but was part of RUSADA for years. Kamaev also tells me that RUSADA works properly and has always done so. A few weeks after my visit, Yuliya Stepanova receives this email [Email shown]. Unbelievable. RUSADA asks her to pay for a doping test and to have this done at RUSADA. That athletes have to pay for their own tests and go to RUSADA instead of RUSADA visiting them is against all rules and international practice. Later RUSADA is at pains to point out that the agency naturally abides by the WADA Code, but no reply to this concrete allegation [of malpractice].
25:21	Narrator: All anti-doping facilities in Russia are financed almost 100% by the state and are controlled by the government. Just about everything is arranged with the Ministry for Sport, which even has its own anti-doping division. The Minister for Sport is called Vitalyi Mutko. He is also on the board of the troubled FIFA and has friendly connections to the president. Vitalyi Stepanov was close to the ministry for years.
25:58	Vitalyi Stepanov: I can clearly recall a conversation with a man from the Ministry for Sport, in 2010. It wasn't an official conversation. He told me the ministry didn't like it that WADA tried to influence the Russian anti-doping agency, tries to take control over what is being done in Russia.
26:22	Narrator: Just how much influence the state has is proved by a paper document I receive, a governmental decree from 2010 addressed to foreign [doping] control officers. [Decree shown] Transport and export of doping samples must always be approved. Samples may even be opened at the border. The decree was authorised by ... Vladimir Putin, prime minister at the time. Probably to ensure that athletes don't get caught at big sporting events there is a further decree from the ministry:
26:52	Valenti Krugliakov (400m runner): They control before [the athletes] leave the country - so the head coach is sure that his entire team is clean before the competition and so that during for example the European championships nobody is caught. It is easier to sieve out these cases before the trip.
27:09	Oleg Popov: Those who don't pass these [pre-departure] doping controls, even if they were registered to compete at international competitions, they just didn't travel, but that didn't always automatically mean they were banned.
27:30	Narrator: The Russian team at the Olympic Games 2012 in London. The small print of RUSADA's annual report for 2012 confirms the widespread use of pre-departure controls. [Extract of annual report shown and relevant section highlighted]. Each of the almost 500 Olympic athletes was tested at least once before the Games commenced. My questions to the Ministry for Sport remain unanswered.

Time	Audio
27:51	<p>Narrator: In the meantime I have been researching for months. Gradually a picture emerges. There seems to be a doping system operating which I wouldn't have expected to be possible in this form in the year 2014. And I receive more and more hints from informants. I should have a closer look at a prominent female Olympic champion ... Mariya Savinova, she has already been a European and world champion, a world star over the 800 metre distance - then came the London Games. [Footage from the Olympic 800m final shown.]</p>
28:41	<p>Narrator: I receive video clips from autumn 2014, recorded with a handycam. Depicted is Mariya Savinova. Here is a sequence from this video, in which she says, amongst other things:</p> <p>Mariya Savinova: Well, what can we do? What could we do differently? That's our system, and in Russia this is only possible with pharma. Luckily my coach works with Melnikov and he helps to cover up the tests. They let him change the appointments for controls, and oxandrolone leaves my body quickly, in less than 20 days, we've had that tested - my husband has very good connections to the doping control laboratory.</p>
29:17	<p>Narrator: I am in possession of the original video and sound file in its entirety.</p>
29:25	<p>Narrator: I don't receive a reply to this from the Olympic champion Mariya Savinova. But her coach, Vladimir Kasarin will preoccupy me later.</p>
29:40	<p>Narrator: But I'm intrigued by the doping control laboratory which was mentioned in the video in passing. What's the story there? I get one step closer to the answer in Montreal. At the World Anti-Doping Agency no one is surprised about my enquiry, because even WADA itself has noticed several irregularities at the laboratory. Another stone in the mosaic.</p>
30:05	<p>Oliver Rabin: Yes, there were elements we found disturbing. Why were positive tests not reported as positives when we knew they should have been? We tried to find technical reasons, but if technical reasons can't explain why these tests were not reported positive, well, one thinks of that as a possible reason....</p> <p>Narrator: Corruption?</p> <p>Oliver Rabin: Corruption, or what I call influencing the result of positive tests. Yes, it can be corruption or something else.</p>
30:37	<p>Narrator: The laboratory always denied all allegations. Nevertheless, it was facing closure just before the Games in Sochi. WADA sent external experts to have it supervised, threatend with the withdrawal of its accreditation - WADA's most potent weapon. However, the laboratory is internationally recognised for its capabilities. The director is recognised as an outstanding scientist. Gregoryi Rochenkov. I've known him for a long time, and I'm asking myself, how else has he used his knowledge from Russia?</p>

Time	Audio
31:10	Vitalyi Stepanov: He does the same as Portugalov. He sells doping to athletes. He prepares the athletes' schedules for the administration of the substances. And when doping controls take place, he sees to it that those athletes who are looked after by him, Rochenkov, are not tested positive. Of course he does that for money.
31:45	Oleg Popov: If someone has taken prohibited substances during the preparation phase then the laboratory found out about it, and for these athletes, especially for the most famous ones, those in the top 10 of the best lists, for athletes who belong to that group, samples were swapped.
32:11	Evgenia Pecherina: Rochenkov is informed about all of this. He knows how long substances take to disappear from the body, which ones take longer, which one not so long, he knows about this, and he provides advice. He is the most important specialist.
32:30	Narrator: These are serious allegations against the director, who by the way also led the Olympic laboratory in Sochi almost a year ago. What does he say about the allegations?
32:38	Grigory Rodchenkov: You should be very careful not to believe cheats. After all they experience the catastrophe of their lives.
32:46	Narrator: He doesn't acknowledge any fault. But I want to know: 'Have you ever accepted money to cover up doping?'
32:52	Grigory Rodchenkov: Have I ever accepted money? From people who want to cover up doping? Have I ever taken money to cover up doping? The response is no, until today. There are many rumours, but you know, people talk about me, 'OK, we know Grigory, he will solve the problem,' but that's not the case.
33:23	Narrator: Strange, three years ago Rochenkov was suspected of having dealt with doping substances. But the state did not pursue the allegations against its own employee.
33:27	Narrator: Rochenkov emphasizes later, in writing, that no charges have ever been laid against him and once again denies any manipulation.
33:46	Narrator: Zurich, in August, I'm still concerned with how the Russian governing body treats the topic of doping. That's why I'm at the European Athletics Championships. The Russian national coaches are quite busy counting medals. 22 medals altogether for Russia. An then there is the man who doesn't want to talk to me. Valentin Balakhnichev, the president of the Russian [Athletics] federation. During the 80s he was a Soviet coach, during times where doping was rampant. Today he is honorary member of the European [Athletics] federation. In the evening I learn in which hotel Balakhnichev resides. I drive there, and this time I succeed - and so suddenly that the camera is not even mounted properly yet.

Time	Audio
35:05	<p>Narrator: Mr Balakhnichev, Hajo Seppelt, German TV, I would like to ask you something about the doping problem in Russia.</p> <p>Valentin Balakhnichev: I'm not involved. That's your job, leave me out of it.</p> <p>Narrator: Can you tell me when we can talk about it?</p> <p>Valentin Balakhnichev: Never.</p> <p>Narrator: Never? You don't want to talk about it?</p> <p>Valentin Balakhnichev: I don't want to talk, I'm not involved. You have your viewpoint, and I have mine, which is: I'm not involved. I'm the president and never involved in anything. I reject your questions about this.</p> <p>Narrator: So you are not involved in the doping problem?</p> <p>Valentin Balakhnichev: I'm not involved, your questions are weird. [Sports footage shown]</p>
36:15	<p>Narrator: On the way back to Berlin, time for a provisional analysis. I found coaches and physicians who administer doping, athletes who admit to it, state edicts which hinder [doping] controls, a laboratory which seems to help in the cover-ups, an anti-doping agency which is apparently handing out appointments for doping controls, and a leadership that doesn't want to talk. And then I come to realise that this is by far not all of it.</p>
36:42	<p>Narrator: In the mail I receive further documents from an anonymous informant. They contain blood values, that's clear, taken between 2009 and 2012, supposedly of one of the world's best marathon runners of all time, a Russian. When blood values are atypical and the variances can't be attributed to natural causes, the reason is normally attributed to doping. This makes these papers so interesting. In the laboratory in Cologne, Prof. Mario Thevis assesses the obviously very suspicious values.</p>
37:28	<p>Mario Thevis (doping scientist): We are dealing here with values which are from an athlete who has been tested several times, and some of the values are far from the usual reference values, and if based on this a ban is imposed, then this is absolutely comprehensible.</p>
37:44	<p>Narrator: I am very alert now. I travel to Stockholm. Here I am to learn more about the ominous papers. This was not to be discussed via email or via telephone. How serious this is I will find out later. So here I have a meeting with the person who allegedly knows whose blood values from 2009 to 2012 these are. My contact person comes from within the inner circle of the world athletics governing body, the IAAF. The person wants to remain anonymous, they are scared. During the conversation we talk about alleged corruption.</p>

Time	Audio
38:24	<p>Anonymous informant: How can we trust the IAAF when I have to assume that people take bribes when doping cases occur, when money is extracted without explanation, without saying which rules have been broken?</p> <p>Narrator: Are you saying there is someone within the IAAF who does that?</p> <p>Anonymous informant: Yes, at least in one case I make that assumption.</p> <p>Narrator: You believe someone is taking money to cover up positive doping test?</p> <p>Anonymous informant: That's correct.</p> <p>Narrator: Is it that which is behind the blood values? Was there really no ban imposed despite [a positive] doping [test]? To find out more I need to find out whose blood values these are. In the meantime I know from which competitions they come - there can really only be one athlete - indeed a Russian marathon superstar. Are these the values of Liliya Shobukhova?</p> <p>Anonymous informant: Yes.</p> <p>Narrator: Liliya Shobukhova, for several years the world's best female marathon runner. She won the London and Chicago marathons. She earned millions. Ran from success to success - obviously with blood values that were outside the norms - measured at the Chicago marathon. She was never banned, despite her blood values ... until this summer, during the time of my research. Only now the old values catch up with her.</p>
40:05	<p>Narrator: I try to establish contact with her - a world star who is now banned for doping. Covered-up doping, that is what the informant talked about in Stockholm. What does Liliya Shobukhova know about this? Weeks pass by. Then finally some news. Shobukhova agrees to meet with me. Why did she, who from 2009 to 2011 had extremely suspicious blood values, remain undisturbed? The IAAF writes to me, saying that it can take longer for bans to be imposed on the basis of blood irregularities, but there had also been a significant delay on the part of Russia until she was banned. Liliya Shobukhova explains the reasons as follows:</p>
40:55	<p>Liliya Shobukhova: It all started at the end of 2011, in December. The Russian Athletics Federation approached us. We were told we might get problems. The participation at the Olympic Games 2012 was in danger. And we now had to pay 150,000 euros to solve these problems. Then I could participate at the Olympic Games. I had dedicated my whole life to prepare for the Olympics.</p>
41:37	<p>Narrator: She continues her story as follows: In Beloretsk, their hometown in Bashkortostan, they withdraw the money in January 2012 - for a meeting in Moscow.</p>
41:53	<p>Igor Shobukov: We flew to Moscow on the 12th. We then had a meeting there at the office of the athletics federation, in the house of the Olympic Committee. We handed over the money and we were told all will be well. Then on the 13th we went to the training camp in Portugal.</p>

Time	Audio
42:12	Narrator: Almost 200,000 dollars are said to have changed hands. Did Liliya Shobukhova buy her start at the Olympics? And who initiated this? How close are bribery and corruptibility? I remain interested in this case, and I receive a document. It is a fact: the IAAF reported the suspicious blood values to the Russian federation, shortly before the Olympic Games in London in 2012, in June, almost three years after the first suspicious values. And these are now considered a doping violation. [Document by Dr. Gabriel Dollé addressed to Valentin Balakhnichev, dated 12 June 2012, shown.]
43:07	Narrator: Strange, shortly afterwards head coach Alexei Melnikov calls Liliya Shobukhova and her husband, they say. Again he wanted money. There it is again, the name Melnikov. The man I already knew from the video. The one who talks about doping methods in athletics.
43:30	Liliya Shobukhova: This time he already asked for double the amount. We were not to pay 150,000 euros, but 300,000 euros. This sum was to be split up into two payments.
43:43	Narrator: Again the pay in cash and in dollars, they say, altogether 450,000 euros, almost 600,000 US dollars.
44:00	Narrator: The Olympic marathon 2012, with Liliya Shobukhova. She says she had to pay a high price to participate - to her own national federation. [Liliya Shobukhova shown ending her marathon due to injury.] But her story doesn't end there. Despite extremely suspicious values the IAAF probably doesn't want to know during an Olympic year whether the superstar of the marathon is doped or not. The control statistics, which inform about test in and training, her name doesn't appear at all. The IAAF says she had been tested once in competition. Once! Shobukhova seems to be protected - from those who she paid? I get closer to an explanation. In 2013 Shobukhova falls pregnant, and a storm brews in the background. She is to be banned after all. Probably because tough doping analysts, who knew her blood values, didn't want to shut up. Again they are asked to go to Moscow, they say - at the beginning of 2014.
45:21	Igor Shobukhov: Melnikov told us there that we had to sign a paper - it was to do with the ban of Liliya. And then he showed me the paper, it was from the IAAF. I replied 'we won't sign this paper' and asked them, 'what did we pay 450,000 euros for?'
45:45	Liliya Shobukhova: Balakhnichev became nervous because I refused to sign the paper.
45:53	Narrator: And then this Balakhnichev, the president of the federation, ordered to repay the money, they say - this is the man who told me in Zurich not to know anything about doping. I never receive a reply to my written questions about this. But I receive a document from Igor Shobukhov. It is the receipt for a bank transaction to Shobukhov Igor in the amount of 300,000 euros - from Black Tidings, a company. I learn that Black Tidings actually exists, registered in the company register of Singapore. Singapore, I want to know who this company in this offshore paradise belongs to. This is a pure residential area, no companies nearby, and here is the address of Black Tidings. I'm using a concealed camera so as not to attract attention. This is the letter box of Black Tidings. The attempt to talk with the man who can be found at this address.

Time	Audio
47:19	<p>Narrator: I would like to talk with you about Mr Shobukov.</p> <p>Man: Who is that?</p> <p>Narrator: He received 300,000 euros from you.</p> <p>Man: From me?</p> <p>Narrator: From Black Tidings, are you the owner? I was a partner of the firm, I don't know what you want, I'm just going to call the police now.</p>
47:38	<p>Narrator: Later on I learn the apparent letter box of Black Tidings was cancelled shortly after the payment to Igor Shobukov had been made. Did Balakhnichev and Melnikov really have something to do with this company which paid Igor Shobukov 300,000 euros? I receive an email titled 'bank confirmation', addressed to Liliya Shobukhova and her husband - from Alexei Melnikov, a forward email from a certain Valentin... Valentin Balakhnichev, and it begins with the already familiar confirmation of the transfer of 300,000 euros. And in an internal IAAF document I receive this refund is indeed confirmed. The ethics commission of the IAAF is now investigating, interestingly against Liliya Shobukhova, because of bribery. The IAAF doesn't want to talk about this. And Valentin Balakhnichev? He continues to prefer to keep quiet, just like his head coach Melnikov. Balakhnichev, the man who controls all money movements of the IAAF, for he is the treasurer of the world federation. It could be the biggest corruption scandal in the history of athletics. Once again the anonymous informant calls me. He recounts a phone conversation, says he received a death threat, was warned not to pass on his knowledge. There it is again, the topic I have heard so often about in my travels through Russia. Fear and intimidation seem to be part of the system.</p>
49:33	<p>Valentin Krugliakov: One of them is currently banned for two years, and he tried to do something about it. He was told to leave it, otherwise you could be in a car accident.</p>
49:58	<p>Anonymous coach: If you talk about these things it can be dangerous. A tragedy can happen, you know what I mean? Anything can happen. Some people have tried to kill themselves. One of them, I know about him, he couldn't be saved.</p>
50:22	<p>Narrator: I have gathered a lot of evidence over almost a year. I go to Montreal one last time, to visit the anti-doping agency. Vitalyi Stepanov and Yuliya had told WADA a lot already. In this moment WADA founding president Richard Pound and WADA director general David Howman see for the first time the extent of doping in Russia.</p>
51:09	<p>Richard Pound: You have here a comprehensive and extremely alarming case. One needs to think about answers to that. When something of this nature is organised in a country this is a huge problem for the credibility of international sport and the credibility of the fight against doping. It's dreadful to see that this reaches a world federation. This is equally serious.</p>

Time	Audio
51:36	David Howman: The combination of it all is terribly shocking. Many details are also disappointing on a human level. When you combine everything and consider the facts and that which I have just seen and heard, then this is shocking. What we now need to do is to tackle these things without fear, but also to ensure that those who are scared are protected.
52:04	Narrator: That the image of a whole sporting nation hangs in the balance seems to have registered even in Russia. In August state television reports about an anti-doping summit, under Minister for Sport, Andrey Mushko. Six coaches had been banned due to administering drugs to athletes. But the names remain secret, until today. Later one can read in the newspaper that the government wants to crack down on doping in sport with an iron fist.
52:46	[Kyrgyzstan, a few days ago] Narrator: Yuliya Stepanova is in a training camp in Kyrgyzstan. Her ban ends next January. She is soon to compete again. She is coached by Vladimir Kasarin, the coach who also looks after Olympic champion Marina Saminova - Saminova, who talked about doping practices in the handycam video footage. After the first training session, the coach asks her to see him. She starts filming. I also possess this unedited video in full length.
53:15	<p>Vladimir Kasarin: We can still work with oxandrolone and with primobolan, and of course at the start with EPO. But we must be careful that you stay within the reference values in case there is a control. Here are the pills.</p> <p>Yuliya Stepanova: What's this?</p> <p>Vladimir Kasarin: Oxandrolone.</p> <p>Narrator: She quickly films the pills whilst Kasarin leaves the room for a short period. The camera continues to film whilst Yuliya Stepanova returns to her room. My questions to Kasarin about these events remain unanswered. Neither the Russian Athletics Federation nor a Russian coach will ever react to the earth-shattering allegations.</p>
54:08	Narrator: But are Kasarin's pills actually oxandrolone, the highly effective anabolic steroid? Last week in the doping control laboratory in Cologne the substance was analysed.
54:22	Mario Thevis: The substance you have brought us contains undoubtedly oxandrolone, an anabolic substance, to be precise an anabolic androgenic steroid hormone, and the ingestion of such substances is at all times prohibited in and out of competition.
54:42	Narrator: This is the facade - nobody is supposed to see the system behind it. But does this only exist in Russia? A few days ago it is suggested to me that it would be worth having a closer look in other countries. What is clear: The list of champions are often only protocols of deceit.

Time	Audio
55:10	Narrator: A last visit at Vitalyi Stepanov and his wife Yuliya. They have put themselves in great danger with their decision to expose in this way the obvious corruption and the doping system. They have become the most significant whistleblowers in the history of the fight against doping. It was important to them because they want clean sport - also for their personal future.
55:45	Vitalyi Stepanov: We have a son who is now 8 months old, and both of us love sport, and we hope that our son one day will share this passion with us. Perhaps he will become a footballer or a runner, or a cross country skier, a biathlete, and we would like to contribute to him basing his success on training and his natural abilities, and that there will be fair competition.
56:24	Yuliya Stepanova: What I do here, to talk about this, I will become Russia's enemy of the state number one, because I tell about the system we have, I do something bad, I commit treason against our country ... that's bad. After this will be aired and the government learns about it, then life in Russia will be very difficult. I think Russia will not forgive something like this.
57:08	Narrator: Last week WADA wrote to Vitalyi Stepanov and Yuliya Stepanova. WADA confirms that both through their courage and their efforts have made a valuable contribution to the fight against doping. Yuliya Stepanova wants to return to her sport, without using doping. Vitalyi Stepanov wants to help her with that. A few days ago, they and their son left Russia for good.