

Running Head: THE PSYCHOLOGICAL IMPACTS OF
CATCALLING ON WOMEN ATHLETES

A Qualitative Study Investigating the Psychological Impacts of Catcalling on Women Athletes

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Abstract

Background and Aims: Catcalling is commonly viewed as harmless, acceptable and a normal part of women's everyday life. Previous research has investigated the impact of catcalling on women's mental health, but there is limited research which focuses on the impacts of catcalling on women athletes. For this reason, the aim of this study is to investigate the psychological impacts of catcalling on women athletes.

Method: Participants were recruited through convenience sampling when informative Facebook posts were published containing details of the study and individuals were asked to contact the researcher if they might be interested in participating. Semi-structured interviews were conducted with 7 participants. During these interviews, participants were asked questions which related to their past experiences of catcalling and how they felt about these experiences. Data gathered from these interviews was analyzed using Braun and Clarke's (2006) six phases of thematic analysis.

Results: The use of thematic analysis allowed for the researcher to identify five themes: (a) Strategies for Avoiding Catcalling, (b) Self-blame, (c) Intimidation, (d) Frustration and (e) Objectification.

Conclusions: It is evident that there are negative psychological impacts on women athletes due to the regular catcalling they experience.

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Introduction

Thompson (1994) stated that women runners are frightened, debased and limited due to heckling. Catcalling can be defined as “use of crude language, verbal expression, and nonverbal expression that takes place in public areas such as streets, sidewalks, or bus stops” (Chhun, 2011, p. 276). Similarly, Fairchild et al (2008) state that catcalling is a form of sexual harassment, nonverbal sexual attention or unwanted verbal harassment. Catcalling is pervasive harm that has profound impacts on women’s awareness, well-being, independence and fundamental rights’ (Thompson, 1994). Many women engage in athletic activities to reduce their stress levels and as a form of enjoyable exercise. Experiencing catcalling during this can ruin the intended peacefulness and cause stress.

Writing in ‘The Irish Times’ Ciara Kenny (2018) states that harassment on women runners is an endemic problem in Ireland. Throughout this article eleven women provide encounters of their experiences of being harassed while running in Ireland. Nine out of eleven of these women state they’ve been harassed, chased and jeered at from passing cars while running, leaving them feeling vulnerable. Two of the women state that they have never been harassed or that they have never been bothered by women while running.

A study conducted in 1994, consisting of two participants, Sheila and Simon, aimed to decipher the impacts of catcalling. The participants disguised themselves as members of the opposite sex and then spent time on the streets of New York (“Sheila McDevitt & Simon Brooking, Trading Places: One Couple Tries a Sex-Role Switch,” 1994). Early on in this study, Simon stated “being a woman means being continually noticed and assessed”. Sheila’s reaction was that she “enjoyed the anonymity of not being stared at for a change”. These quotes from

Sheila and Simon highlight that the experiences of catcalling are negative even in a role reversal situation.

Perry (2007) states that catcalling has been normalised and is often tolerated and viewed as a form of sexual harassment that should be accepted. Throughout this project, studies may be discussed which refer to 'Stranger Harassment'. This can be defined as a form of sexual harassment that occurs in a public setting, and the harasser is not personally known to the victim (Fairchild et al, 2008). It is common throughout literature for both catcalling and stranger harassment to be combined into a term which is known as 'Street Harassment'. O'Leary (2016) states that street harassment is a form of stranger harassment that includes verbal harassment, gestures and eye contact made with the victim, in public settings.

Previous research has highlighted that it is most commonly women who are the victims of catcalling, and men who are the perpetrators (Kissling et al., 1991; Tran, 2015; Tuerkheimer, 1997). There are many factors that may influence a man's likelihood to catcall. Pryor et al (1993) conducted a social psychological analysis of sexual harassment which determined that how an individual perceives group norms, will predict the likelihood sexual harassment occurring. These group norms will determine what the standards of behaviour are and what behaviours are most appropriate in specific contexts. During this study, it was also argued that the group norms will influence the likelihood of an individual sexually harassing a woman. This means, that if a group member thinks the group norms are accepting of sexual harassment, it is more likely that the members of the group will sexually harass.

Neilson (2000) conducted a qualitative study consisting of 100 interviews with individuals from different genders, class groups and races. Participants were recruited from public locations within three northern Californian communities. It was reported that 61% of

their participants stated that they experience catcalling every day. Results from this study highlight that white women and people of colour are more likely to be targets of offensive public speech than white men and that these experiences dramatically affect their daily lives.

Fairchild et al (2008) states that women's stranger harassment experiences are related to feelings of self-objectification and perceived risk of rape. Women who feared rape had a higher likelihood of restricting their movements. A quantitative study was conducted whereby 228 women volunteers completed a set of four questionnaires. There were: a modified version of the Sexual Experiences Questionnaire (SEQ; Fitzgerald et al., 1995), Coping with Harassment Questionnaire (CHQ; Fitzgerald, 1990) and McKinley and Hyde's (1996) Objectified Body Consciousness Scale (OBCS). Participants also reported their fear of rape on scales ranging from 1 to 10 and similarly their likelihood to restrict their movements on a similar scale of 1 to 1. Results showed that 31% of participants reported that they experienced "catcalls, whistles, or stares" from strangers more often than every few days. These findings suggest that stranger harassment and catcalling may have both an indirect and direct negative effect on women's lives.

Macmillan et al (2000) conducted research regarding differences between unwanted sexual attention from strangers and individuals known to the victim. The data analysed shows that 85% of the women reported that they have experienced stranger harassment. Most of these women stated that experienced unwanted sexual harassment such as catcalls. Despite this, 51% of the women stated that they have experienced non-stranger sexual harassment, suggesting that stranger harassment and catcalling may be a larger problem than non-stranger harassment and may have a more consistent and significant impact on women's fears due to a lower perceived level of safety.

According to Bowman (1993) street harassment victims have been shown to suffer from emotional distress, anxiety, depression and disgust. Chhun (2011) states that women who are publicly insulted “experience a psychological toll from feelings of degradation, embarrassment, and helplessness in addition to feelings of shame about their bodies”. Schneider et al (1997) stated that women who experience sexual harassment show negative psychological outcomes in comparison to women who have not previously experienced sexual harassment. It was also stated that, even when the women do not label their experiences of sexual harassment such as, they will still experience negative psychological outcomes.

Harris et al (2000) conducted quantitative research with 660 university students in Mexico that suggests that, in comparison to men, women have consistently higher levels of fear of dangerous situations involving men. 68% participants from this study were women. They also suggest that this fear may stem from daily experiences of women, experiencing minor sexual harassment occurrences, which are usually ignored due to their non-criminal nature. This supports the idea that this fear is likely to prevent women athletes from training alone in public spaces along with having a negative psychological effect on them.

Farmer et al (2017) conducted a study which included 11 women participants, who completed a journal each day, for a period of 2 weeks, which documented their catcalling experiences. Examination of these entries found that ‘feelings of hopelessness are common’ among their participants, when investigating the effects of catcalling (Farmer et al., 2017). Participants responded to catcalling in a way that would not further jeopardise their safety. Participants from this study reacted to catcalling by ignoring the catcall or staring at the assaulter. Participants in this study also coped by blaming themselves, or society. Interestingly, some participants questioned whether their catcalling experiences could be considered harassment. This act of questioning whether catcalling experiences may affect the outcome of

this current study. Participants may not explain fleeting experiences of catcalling as they may believe they are not important or included as an experience of catcalling. Throughout this study, participants discussed wearing clothing to make themselves appear more masculine and wearing long trousers and sunglasses to feel less exposed. Results from another survey containing 811 participants found that women commonly alter their routes, exercise indoors and avoid wearing earphones to avoid catcalling experiences (Kearl, 2009).

Similarly for the proposed structure of this project, Esacove (1998) explored the health effects of everyday occurrences of unwanted sexual attention by conducting semi-structured interviews with eight women. The women in this study reported that they suffered physical effects from the unwanted sexual attention, rather than just psychological effects. The participants in this study stated that were affected by their perceived inability or ineffectiveness to deal with their experiences with catcalling.

Jones et al (1992) states that subtle sexual behaviour may be offensive but it is not intrusive in nature (Jones et al, 1992) but the majority of studies do show that there are detrimental psychological impacts to these experiences (Fischer et al, 2019; Farmer et al, 2017; Schneider et al, 1997; Bowman, 1993; Chhun, 2011).

Fisher et al (2019) conducted a study that aimed to evaluate the effects of exposure to catcalling. Participants for this study (92 women college students) were randomly separated into an experimental group and a control group and were pretested to determine their state regarding body image and self-objectification. Prior to conducting this study, it was hypothesised that the participants would experience higher levels of self-objectifications and body dissatisfaction. It was also hypothesised that if the participant enjoyed being sexualised, the negative consequences would be lesser. The experimental group watched a video that included four women being

catcalled by a man while they walked down the street. The control group watched a similar video, which was filmed on the same street, with the same women, but the video did not contain any catcalling. The participants then completed a questionnaire to measure their state regarding body image and self-objectification. The results of this study suggested that there were no differences between the groups regarding body image or self-objectification. The potential limitations for this study include the fact that the participants were not directly exposed to experiences of catcalling, so feelings of unsafeness were not evoked. Another potential explanation for these results is that women are more resilient to experiences of catcalling than had been originally hypothesized in this study.

There are few studies that investigate how women cope with catcalling and stranger harassment. As catcalling occurs in public spaces, in a fleeting nature, it is difficult for women to take any legal or formal actions against their harassers. Saunders et al (2017) conducted a study with 143 women undergraduate students who were asked to complete a short questionnaire in exchange for a piece of candy. Saunders et al (2017) suggests that women are most likely to apply passive coping strategies in reaction to being catcalled. It is possible passive coping strategies are used due to the victims having fears for their safety and wishing to avoid any further hostility from the harasser. It was also predicted and confirmed that participants with lower levels of self-esteem would self-blame for their stranger harassment experiences (Saunders et al, 2017). Meaning that individuals with lower self-esteem and confidence would be more likely to view themselves as the issue, rather than the harasser.

Results from a study conducted by Fasting et al. (2002) suggest that the incidents of sexual harassment can commonly have a negative impact on women athletes, but that some participants reported that these incidents had no impacts at all. This study was conducted by interviewing 25 elite women athletes, who had indicated in the previous questionnaire that they

had experiences sexual harassment from someone in sport. Some participants stated that they left their sport due to experiences of sexual harassment. The focus of this study is similar but differs slightly from that of the current as the focus was on sexual harassment by another individual involved in the participant's sport, rather than by anyone while the participant is training or competing, as will be the focus of this study. In an article with a similar focus to Fasting et al.'s 2002 study, Brackenbridge (2000) focused on the impacts of in sport sexual abuse and harassment on the women athlete. It is stated that the sexual nature of sport poses frequent risks for women in sport. Fasting et al., (2007) also examined the personal responses of 25 elite women athletes to assess their responses to their sexual harassment experiences. The most common responses notes were disgust, fear, irritation, and anger. Responses also indicated that reactions occurred internally, within the athlete, rather and externally and towards the perpetrator.

Rintaugu et al. (2014) investigated the prevalence of sexual harassment amount university going women athletes in Kenya. 339 participants completed questionnaires. The results of these questionnaires showed that 64.4% of participants experienced incidents of sexual harassment which most included looks from the perpetrator that were sexual in nature, comments from the perpetrator that are sexual nature or unwanted comments on the participants level of attractiveness. It was stated that the perpetrator was most commonly a spectator at a sporting event. It was found that the victim's response to these incidents would most commonly be removing themselves from the situation by distancing themselves from the perpetrator, responding to the perpetrator by informing them that their advances were not okay or speaking to another trusted individual about their experience. The participant's physical reactions to these events were also documented and included difficulty sleeping, headaches and fatigue.

It is evident that there is research investigating the impacts and occurrences of sexual harassment and catcalling on women athletes, but there is very little to no research which focuses on the prevalence and impacts of catcalling on women athletes in an Irish context. The current research indicates that psychological impacts, on women as a population, are existing, but there is little research regarding these impacts on women athletes, and no research on the impacts of women athletes in Ireland. It is important that the current gaps in literature are filled in order to raise awareness of how often women athletes are experiencing this and the psychological impacts it has.

The Current Study

Existing research has suggested that many women experience negative psychological impacts due to regular catcalling while out in public. Within this research is it evident that a large amount of catcalling occurs when the women are exercising. There is limited research which focuses on the psychological impacts that catcalling has on women athletes and no existing research could be found regarding catcalling on women athletes in an Irish context. While keeping this at the forefront of the researchers mind, the aim of this study is to investigate what the psychological impacts may be along with the women athletes usual responses to these situations. There is a clear gap in existing literature regarding the psychological impacts of catcalling on women athletes. This project aims to explore these impacts through personal stories shared by women athletes during semi-structured interviews with an overall objective of seeing whether common themes present themselves between all participants interviews. The rationale for this project is to develop empirical information for the public regarding women athletes' experiences with cat calling and may assist in the development of interventions to prevent this happening in future.

Throughout the course of this project, the psychological impacts of catcalling on women athletes will be explored in detail. The information gathered through the course of this project will allow for education regarding the impacts and may assist in promoting the prevention of catcalling on women athletes. The findings from this project will be beneficial for sports organisations with women members.

Methods

Participants

Throughout this qualitative study, experiences of catcalling while training or competing were discussed in one-to-one semi-structured interviews with 7 women who identified as women athletes. In previous similar studies, sample sizes were not large in nature. Esacove (1998) conducted a study regarding the physical impacts of catcalling on women. These impacts were deciphered through semi-structured interviews with 7 participants. Therefore, it was decided that the number of participants for this study should be 5 – 10 participants. A total of 10 participants displayed interest in participating in this current study but due to their busy schedules, 3 participants could no longer attend interviews. Participants were recruited using convenience sampling methods. Individuals who were interested in participating responded to informative Facebook posts consisting of a description of the study and nature of the study (Appendix A). These Facebook posts were posted in running related Facebook groups. Individuals were encouraged to share the information regarding this study with non-running athletes who may have been interested in participating.

The potential participant then contacted the researcher and informed them that they were interested in being interviewed. The researcher then provided further information regarding the project and what would be required from the participant. The researcher also provided the potential participant with the interview questions (Appendix B). If the potential participant still wished to participate, they were provided with an informed consent document. The participant was provided with potential times for interviews to occur and asked if there were a particular location that they would feel most comfortable with the interview occurring. Participants were informed that the interviews could occur using Microsoft Teams or in-person. All participants

wished to be interviewed using Microsoft teams. All women who responded to the notices fit the eligibility criteria for the study.

Participants were women athletes who lived in Ireland. For the purpose of this project an athlete is defined as “people who engage in physical activity with the primary goal of improving performance to bolster athletic excellence and/ or achievement” (MacMahon et al, 2017). All participants were over 18 years of age. The participants for this study ranged in age from 28 years old to 55 years old. Participant ages were 28, 28, 29, 34, 40, 45 and 55 ($M = 39$, $SD = 10.26$). Two of the participants were single, five were married and one was in a relationship. Participants were mainly runners but there was one participant who only stated that they used a gym. All participants except one mentioned that they compete in their chosen sport.

Ethical Considerations

Prior to beginning the recruitment process for this project, the proposed project design was sent to the National College of Ireland Ethics committee for their approval. This was approved and ensured that all necessary measures were taken to protect the participants.

A pilot study was conducted, as the interview questions used in this study had not been used in previous studies. The pilot study consisted of the interview questions (Appendix B) being asked to two of participants and participants were asked how they felt about the questions they had been asked. Participants were asked if there are any changes that could be made to this process to ensure it is comfortable. Pilot study participants did not feel that there were any changes that could be made to the interview questions.

Prior to the interviews, participants were provided with an informed consent document (Appendix D). Best efforts were made to ensure that the participant understood the contents of this document and that they were aware that they may withdraw from the study at any time, prior

to the analysis of the interview transcriptions. All participants agreed and returned informed consent forms signed. Participants did not receive any financial or any other incentive for their participation.

A debriefing sheet (Appendix E) was provided to the participants following each of their interviews. This debriefing sheet included information regarding the participant's right to withdraw, obligations of the researcher, and helplines and avenues for the participant to receive support if they experienced distress or anxiety following their interview. The participant was encouraged to contact a helpline if they feel like they required support.

Materials

Interview questions were based on literature from previous studies and were approved by for use by the National College of Ireland Ethics committee. Esacove (1998) conducted a study regarding the physical impacts of catcalling on women. The interview questions used in Esacove (1998) helped to form the basis of the interview questions for this study. Other materials used throughout the course of this study including the informed consent document, Facebook post, participant information sheet and debriefing sheet were all approved for use by the National College of Ireland Ethics committee for their approval.

Data Collection

The interviews lasted 10-20 minutes on average ($M= 14.8$). With the longest being 23 minutes and 6 seconds and the shortest being 4 minutes and 56 seconds. Each interview was conducted using Microsoft Teams and was recorded with the permission of the participant. Participants were also asked to confirm they were away that they may withdraw from the process until this point, prior to beginning the interview. The audio recordings were stored on a password protected laptop which only the researcher had access to. Recordings were deleted following the

transcribing process. The signed consent forms were stored separately to other data and were not linked to the transcriptions or recordings. The signed informed consent forms were given to the supervising lecturer, Dr. Lynn Farrell, for safe storing at the end of the data collecting process.

Each interview included an attempt to discuss the participants past experiences of catcalling and when and where these occurred, how they felt after these experiences and whether they had witnessed other athletes experiencing catcalling. Probes were used to clarify details of the participants' experiences. Although, one participant did not wish to discuss any instances in particular.

Data Analysis

The interview recordings were then transcribed for analysis. Each participant was assigned a number in order to protect their identity. Identifying information was not transcribed from the recordings. Participants were provided with the transcription of their interview and advised that they may make any changes to this that they wish. No participants wished to remove themselves from the study and consented for the transcriptions to stay as they originally were.

An inductive thematic analysis of the interview transcriptions was completed. According to Braun et al (2006), thematic analysis is a method for identifying, analysing, and examining themes within data. The thematic analysis allowed for the qualitative data to be organized and described in rich detail. A thematic map can be seen in Figure 1. According to Braun et al (2006), there are six phases to completing an inductive thematic analysis. Firstly, the researcher should familiarize themselves with the data. The transcriptions should be repeat read to ensure no important details are missed. Secondly, initial codes should be developed. These initial codes should then be reviewed, and patterns should be identified. It should be then acknowledged that

there may be multiple codes within one theme. Grounded theory techniques were used to code the data and identify potential themes. These themes were then solidified. These final themes were analysed in detail and previous research on this topic was reviewed to decipher whether there are commonalities between the themes found in this research and themes found in previous similar studies. It is common for researchers to have specific views and opinions on a topic. It was important that these views were outlined for the reader prior to the thematic analysis being presented. The researcher is of the opinion that catcalling and stranger harassment have a negative psychological effect on women athletes.

Results

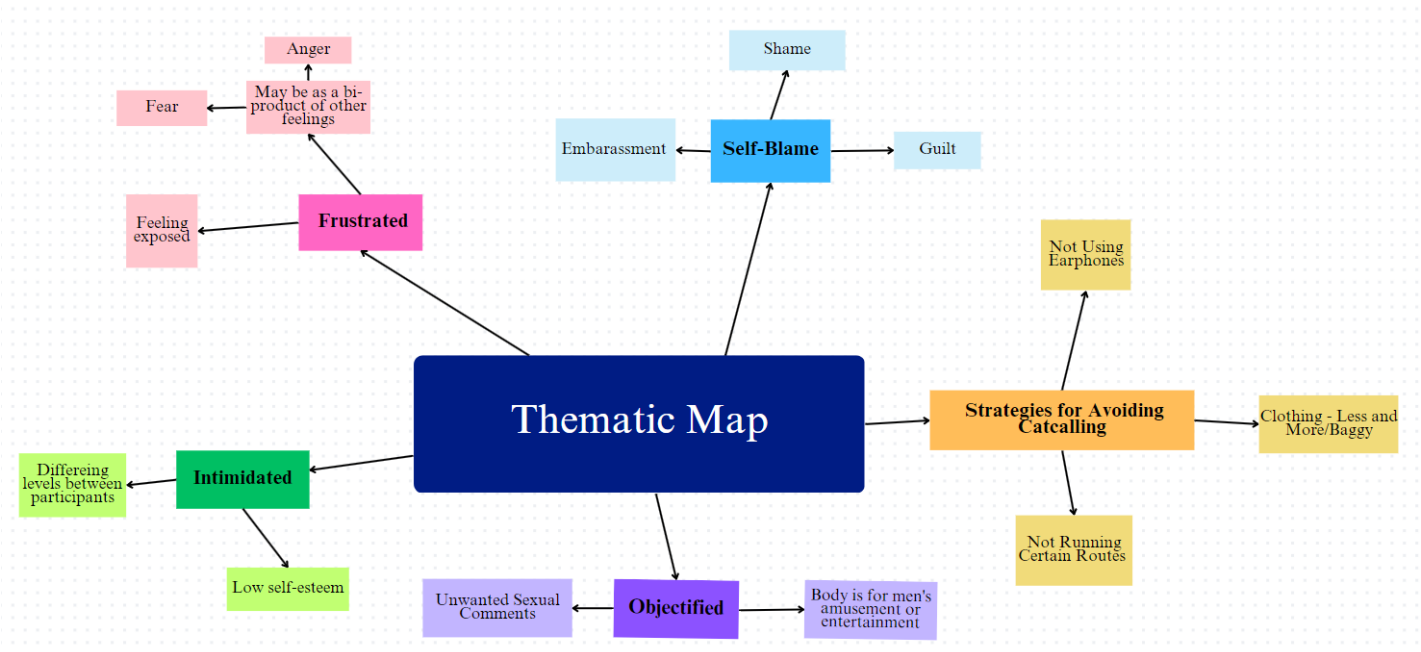


Figure 1. Thematic Map

Throughout the course of seven interviews, participants discussed experiences of unwanted attention they received from strangers. A thematic analysis of these interviews was conducted, and some interesting points were noted, along with the researcher distinguishing if any common themes were evident among the interviews. Some points of interest will be discussed, followed by a detailed analysis of the themes identified. It is important that these points of interest are noted, as although they do not directly relate to the focus of the study, they may be useful for further research on this topic.

The researcher noted that although four out of seven participants stated they had never witnessed a male athlete being catcalled, three participants did share their experiences of witnessing male athletes experiencing different forms of harassment. One participant shared a time where she witnessed a male runner being harassed due to his running form, another shared

how male runners would be chased by a man carrying bottles at a local running track and another shared their general experiences of men messing around with each other while training.

Six out of seven of participants stated that they have never been catcalled by a women. One participant provided a description of a situation where she was running by a group of teenage girls and felt intimidated as they were mocking her.

It is interesting to note that two participants stated that they are most catcalled by groups of construction workers or builders. Another participant stated that she noticed catcalling was most commonly done by younger boys, rather than men.

Participant three stated she believed men catcall while in a groups in order impress the other members of the group.

“I think it's like a social thing.... So it's like when men- mostly do in groups, it's more... like ohhhhh- I'm gonna be a hard man or I'm gonna be one of those. And I'm gonna say it to this girl here, look at her, blah, blah. Like it's like it they're trying to up themselves to make themselves... Feel better.” (Participant 3).

Five themes were identified using Braun et al's (2006) method for thematic analysis. These themes were: (a) strategies for avoiding catcalling, (b) guilt, (c) frustration, (d) intimidation and (e) objectification.

Strategies for Avoiding Catcalling

All participants in this study noted various techniques that they use to avoid or reduce their risk of exposure to catcalling. Strategies that participants discussed included wearing different clothing, not running certain routes and not using earphones.

Throughout the course of their interviews, five participants stated that they wore impractical clothing, due to fears of attracting unwanted attention if they wore suitable clothing. During her interview, participant one questions why she would find herself wearing baggier clothes to avoid attracting attention from others. “So I'll be like always wearing, like baggier clothes. Or do you know, kind of like trying to hide so people wouldn't give them a reason to say anything to you?” (Participant 1). Participant three speaks very similarly about her experiences of wearing different clothing to avoid comments.

“Ehmmm well, I-, like in summer and stuff. I think I I'd still wear like T-shirts and like longer trousers or longer shorts just in case. Like, I don't want anyone seeing my body and like, making a comment on it.” (Participant 3).

Participant two discusses how when an individual comments on her physical appearance, she feels as though she should be wearing more clothes to prevent this. “This is like, uh, I probably should just wear an actual layer.” (Participant 2). At various stages throughout her interview, participant three speaks about a time where she removed her tank top while running, leaving her wearing her sports bra. She speaks about how she was wondering what people passing her were thinking. Participant five stated that she would wear baggier clothes, but this did not work. “Like much baggier clothes and stuff. But it didn't really change anything.” (Participant 5).

Another strategy that participants discussed using was to avoid running certain routes where they had been catcalled in the past. Participant one states that she avoided running along a specific canal route and park route. The participant avoided the park route as she would have negative experiences.

“Most recently actually happened not that long ago was after you mentioned the study and it was just in the park outside my house. And I usually try and avoid that park just because, like there would sometimes be groups of people and. Emmm. And I feel like since I've had some of those. Experiences. It's just made me even more skeptical to go in those areas, but.” (Participant 1).

Similarly, participant five discusses how she was ‘roared’ at by a car of ‘fellas’ when running on a specific road and since then she has now not ran on that specific road since then. “Yeah, I probably at like I said, I haven't ran on that road.” (Participant 5). Participant seven also mentions how she avoided the route on which she experienced sexualized catcalling. “Yeah. So I would have avoided that. Route a bit for a while.” (Participant 7).

Throughout the course of their interviews various participants discussed how they would avoid wearing earphones when running, for safety purposes. Participant six states “The funny thing now. In all the years of I don't like running my earphones in.” (Participant 6). Similarly, Participant one stated “So I still would, but I would just like make sure it's bright and not wear earphones and so on.” (Participant 1). When participant two was asked if they have ever witnessed another women athlete being catcalled she discussed how she witnessed a girl being chased, while wearing earphones.

“No, very rare was just one episode that I saw this girl being chased by some guys and that was when I lived in Dublin and I was like. I was just like how? That's wrong! She is. She. She was with her earphones- like.” (Participant 2).

Another precaution that two participants mentioned using was to tell another person where they were going when they were going for a run. Participant four states “And anytime I'm going out and back roads, I'd always tell [Husband's Name Redacted], look, I'm going here. I'll tell him where I'm planning on going.” (Participant 4). Likewise, Participant seven states “I

always tell somebody where I'm going anyway. I always tell somebody where I'm going anyway.” (Participant 7).

Participant four also mentioned a different precaution that she took, that wasn't mentioned by the other participants. She discussed how she had emergency assistance set up on her running watch. “Ehmm and I know I have my watch with the emergency assistance if I don't have my phone, my watch has the emergency assistance on it. So I'd be like, right, well, I have that there if needs be.” (Participant 4).

Self-blame

Throughout the course of the interviews conducted, various participants discussed topics which suggested feelings self-blame. Participant one stated that she blames herself for her running location choice when she experiences catcalling.

“And then it probably, yeah, kind of makes me blame myself because when it happened in the park, I was like, I had previously just said to myself, ohh, it's getting quite dark. I probably should stop running in the park, but then I kept going. So you automatically say like, oh, well, I shouldn't have been here anyway. And then even like the clothes I wear. Like, I started thinking.” (Participant 1).

At a different stage during her interview, Participant one states she blames herself for how she is dressed when she is catcalled.

“It that happened in the past where say it's been really warm or something and I'm wearing like shorts or something and it makes you then think like ohh maybe I should wear something else or and yeah. Kind of like putting the blame back on yourself though. I feel like now if that happens, I know it's not my fault, but those thoughts still come into your head.” (Participant 1).

Similarly, participant two displayed feelings of self-blame regarding her clothing choice. “This is like, uh, I probably should just wear an actual layer.” (Participant 2). Participant three discusses how she would wear more clothing in order to avoid being catcalled. “Ehmmm well, I-, like in summer and stuff. I think I'd still wear like T-shirts and like longer trousers or longer shorts just in case. Like, I don't want anyone seeing my body and like, making a comment on it.” (Participant 3).

Frustration

Throughout the course of their interviews three participants displayed direct feelings of frustration regarding their catcalling experiences. At various stages throughout her interview participant one discussed how she feels frustrated about how she wanted to reply but did not want to put herself in further danger.

“I just feel so frustrated because I know like what happened the other day in the park. It's probably the first time it's happened in a long time and I'm older and I feel I want to say something, but I also don't want to put myself in that situation to like, I don't know who they are and what their intentions are. And there was no one else around. But it's just so frustrating because I'm like, OK, I'm a bit older now and I can brush this off and you know, but like when I was younger, like, it's just can really make you feel so. Exposed, and I don't know, like. Yeah, it's just really gross feeling.” (Participant 1).

“When it happened more recently, I got really just frustrated and like, angry and I kind of mumbled something as I went by. But intentionally, like far enough so they wouldn't actually hear me.” (Participant 1).

“But, yeah, makes me really angry, frustrated, and I usually just respond like keep going though. Like I would love to say something. I just feel like it's not worth it. And then it probably, yeah,

kind of makes me blame myself because when it happened in the park, I was like, I had previously just said to myself, ohh, it's getting quite dark. I probably should stop running in the park, but then I kept going. So you automatically say like, oh, well, I shouldn't have been here anyway. And then even like the clothes I wear. Like, I started thinking.” (Participant 1).

Participant four displays frustration when she speaks about how a man told her it was too hot to be running.

“I remember mine commented to me before I was out for a run and he commented saying that something I shouldn't be out running and that it was too hot. And I was like- just like, alright, well, you know my. I-. It's my choice. You know, if I want to go for a run, I'll go for a run.” (Participant 4).

Participant seven also appears to be frustrated when she can be heard speaking about how she is unsure on whether or not she should be responding to the perpetrator when she is catcalled.

“Hmm, it's hard because like, if you respond your, you could be welcoming something worse, nearly like the-. Yeah, and you can escalate. Yeah, it's very hard. Yeah. And then if you don't respond, then they will just-. Are you condoning it? Yeah. -Keep doing. Yeah, so frustrating.” (Participant 7).

Intimidation

Throughout the course of the interviews conducted, various participants mention that they felt intimidated when they experienced catcalling. Participant one states that she has only ever been catcalled by men, and that she believes that if she was catcalled by a woman, she would not feel as intimidated.

“And it actually never happened. From women, always men. And, and as I said, I could always groups of men and I think if it did happen by like a women, I wouldn’t find it as intimidating, potentially because there’s just that like... More intimidated, especially when its like a group of men and you kind of just see them as like bigger than you or stronger.” (Participant 1).

Participant three states that she feels fear and thinks of how she may be assaulted while out running, suggesting that she feels some level of intimidation.

“Ehmmm but yeah, mostly it’s. It’s like fear. It’s like, even if I like, say something back to them, it’s like- what are they gonna do to me?... So, I get worried about going out and running by myself if I’m gonna experience that and possibly get injured or like assaulted in the process.” (Participant 3).

Participant five states that she experienced men looking at her and not breaking eye contact while she was using the gym despite her showing she was uncomfortable. This is likely to have left her feeling intimidated.

“Ehmm... Just like making comments on your appearance and like approaching you constantly. Staring and not looking away when you’re looking back, you know when you’re making yourself show that you’re uncomfortable, you know?” (Participant 5).

Participant six provides a differing perspective than the other participants. She states she never felt hugely intimidated when experiencing catcalling.

“I mean, I would have obviously the odd time maybe fellas’ passed in a van might beep or whatever but. I can't say ever was intimidated by it or kind of felt it would- never have kind of thinking, oh, that's not nice about I- I it didn't particularly bother me.” (Participant 6).

At a later stage in her interview, this participant states she knows another women runner who was verbally attacked and intimidated.

“It's definitely I- I have. I do know 2 incidents in the last.... two years for two runners I know were verbally- well one was- was actually attacked, physically attacked and that was that went through the courts and another girl had an incident in which she was intimidated. Which is kind of- that's in recent times-”. (Participant 6).

Throughout the course of her interview, participant seven stated that she felt intimidated during her experiences of catcalling. When speaking about how sexualized comments were shouted at her from an apartment balcony while she was running, she said the below.

“... it wasn't particularly- Umm.. Early in the morning, but there wasn't a huge amount of other people around, so its quite intimidating. It was just more of a surprise.” (Participant 7).

“And them doing it like was bizzare to me I suppose cause you were... I haven't thankfully come across much of it now. And- and I felt. So I felt quite intimidated because I was on my own, and I proceeded on to do my run and-.” (Participant 7).

Objectification

Throughout the course of the interviews conducted, participants suggested that they felt feelings which suggest that they were feeling objectified.

Participant one spoke about how she felt like she was an object for other people's enjoyment.

"Emmm. I found that question really interesting when I first read it cause it's not something you really think about until like you know, you're asked the question but I definitely think.

And just like feeds back into that idea that you're just like an object and for other people's, like, entertainment or amusement. And I think that's like a message, a really strong message that we

get, like in society in general. And I definitely, it's something I've really had to like untangle from, like, growing up that you're not. Your body's not something to, like, be objectified. And and it's like there for you to live your life and to do the things you love.

And it's just really horrible like that. These experiences kind of knock you down and make you just basically, yeah, like, feel like an object. And like, that's it's definitely made me.

Not like male gaze. Through, like Secondary School kind of made me put like, way too much worth into my body then as well, because I kind of thought like, this is what people think is worthy. And if it changes then this will happen. So yeah, I think it definitely can have a negative effect on, like, your mental health growing up and then.” (Participant 1).

“Yeah. No, I did. I'm like that. I would have been like quite a. I think I was. I well, I still can me, but definitely growing up I was very like self-conscious and quite shy. So that like really knocked me and I was just it really made me like ohh no, people are actually looking at me here and I'm like as I said they were nice and like they they weren't malicious comments but it was still just the idea that like, yeah, you're like an object to be looked at. So yeah, it made leave there and. I can't rember ehhe, what was the rest of the question?– sorry.” (Participant 1).

Participant one spoke of an experience where she was informed that individual's from her gym were commenting on her body and she stated the below.

“It's not, and it's not like welcomed and and it just feeds. I don't know, it just feeds so much more into, like, yeah, that idea of objectifying people and making it there as if you're something to be looked out and not like a human being.’ (Participant 1).

Participant two had a very different view on catcalls than the other participants. She stated that she would feel a confidence boost if she received a comment on how she was looking, so long as the comment wasn't 'nasty' in nature.

“Well, to be honest, if not like the confidence wise like I wouldn't, I wouldn't mind that that actually like I was like ohh gosh, this is like. Really, you know, like you're like, if someone says anything like. Oh, jeez, I must be looking really good. You know, for someone going out of their way to say something. But like, in that case, it's like if they don't say anything nasty, you know, because once you like, kinda like, go with some sayings, you know, it's just kind of disgusting and you just feel like.” (Participant 2).

Participant three speaks about how she will wear long shorts in order to prevent someone seeing her body and wear long shorts in order to prevent someone seeing her body and commenting on it.

“Ehmmm well, I-, like in summer and stuff. I think I I'd still wear like T-shirts and like longer trousers or longer shorts just in case. Like, I don't want anyone seeing my body and like, making a comment on it.” (Participant 3).

Participant 5 stated all comments made about her were regarding her body, suggesting that her body was an object for the men to make comments about. “Yeah, just. Yeah, just about, like, your body and stuff and like.” (Participant 5). Throughout the course of her interview, participant seven explains an experience she had where sexual comments were made about her body by two strangers when she was out running. “It wasn't like cursing or anything, but it was quite I think it was quite sexualized.”. (Participant 7).

Discussion

The aim of this study was to decipher the psychological impacts of catcalling on women athletes and distinguish if common impacts were evident among multiple women. The interview transcripts were analyzed, and five main themes were evident. There were (a) strategies for avoiding catcalling, (b) self-blame, (c) frustration, (d) intimidation and (e) objectification. Some interesting observations, that were not prominent enough to be considered themes are also discussed briefly.

No participants could recall witnessing a male athlete being catcalled. This is in line with the literature preciously discussed in this study, which also found that women are most commonly the victims of catcalling and men are most commonly the perpetrator (Kissling et al., 1991; Tran, 2015; Tuerkheimer, 1997). Three participants discussed the populations or types of men who they have been catcalled by. Two participants discussed how they were commonly catcalled by groups of construction workers. It is possible that this is due to the nature of this line in work, meaning work is commonly done in a group. It has been discussed that if it is believed that the group norms are to sexually harass, then members of a group will participate in catcalling (Pryor et al, 1993). Participant three stated that she believes men catcall when in a group as they are they're trying to up themselves to make themselves... Feel better.” (Participant 3). One participant also discussed how she found she was more commonly catcalled by younger boys. No similar findings could be found in existing literature.

Strategies for Avoiding Catcalling

In relation to the theme ‘strategies for avoiding catcalling’ all 7 participants stated that they used various strategies to avoid catcalling. These strategies included wearing different clothing, not running certain routes and not using earphones. Five out of seven participants stated

that they would consider their choice of clothing before exercising, in an attempt to avoid being catcalled. Farmer et al (2017) found that the participants in their study also made changes to their clothing (wearing more masculine clothing and long trousers with sunglasses) in hopes to lessen the amount of attention they would attract and to increase feelings of safety during catcalling experiences. Kearnl (2009) found that their participants would restrict their choice of clothing. Both participant one and five stated that they would wear baggier clothes in order to “hide so people wouldn't give them a reason to say anything to you?” (Participant 1) and Participant five stated she would “Like much baggier clothes and stuff. But it didn't really change anything.” (Participant 5). Three participants stated that they would avoid running certain roads and routes due to past experiences of catcalling at these locations. Identical results were found by Kearnl (2009) in their qualitative study with 811 participants. Their participants stated they would exercise inside or avoid certain areas as a measure of avoiding catcalling. The third strategy that was commonly raised by participants in this current study was to avoid wearing earphones when exercising. This method had not been discussed in previous studies on the topic and wearing earphones had even been mentioned as a strategy to avoid being catcalled (Kearnl, 2009). Participant four also discussed how she would ensure that the emergency assistance setting on her watch was set up, no other research on this topic in relation to catcalling could be found.

Self-Blame

Another common theme found throughout the course of the interviews conducted during this study was the theme of self-blame. Subthemes within this theme included; shame, guilt and embarrassment. Participant one states that she would blame herself if she ran in certain locations past dark or if she wore certain clothing and then experienced catcalling. Previous studies found similar results and discuss how women experience feelings of self-blame, embarrassment and shame (Chuun, 2011; Farmer et al, 2017). Participant two also displayed feelings of self-blame

regarding her clothing, after being catcalled when she stated “This is like, uh, I probably should just wear an actual layer.” (Participant 2). In line with previous research, the participants in this study question whether they are welcoming the catcalling due to their choices (Farmer et al, 2017). Participant one appears to be aware of the fact that it is not her fault that men are catcalling her, but still discusses how the self-blame will still come despite this. “Kind of like putting the blame back on yourself though. I feel like now if that happens, I know it's not my fault, but those thoughts still come into your head.” (Participant 1). Saunders et al (2017) found that individuals with lower levels of self-esteem are precited to self-blame for stranger harassment experiences.

Frustration

Three out of seven of the participants interviewed in this study displayed feelings of frustration when speaking about their past experiences of catcalling. Although various studies focus on the impacts of catcalling (Bowman, 1993; Chhun, 2011; Farmer et al, 2017; Fischer et al, 2019; Schneider et al, 1997; Thompson, 1998), there is little existing research which directly reported feelings of frustration among victims. Similarly to the frustration displayed in this current study regarding their inability to react, Esacove (1998) stated that participants in their study were greatly affected by their perceived inability or ineffectiveness to deal with their experiences with catcalling. It is possible that although frustration is not reported as a direct result of the catcalling, frustration is felt by the participants due to the other feelings that were reported such as fear, shame and anger. Participant one and seven both displayed large amounts of frustration about her inner conflict on whether she should respond to the catcalling, or if this would leave her open to potential danger. Passive coping strategies are likely used by the participants due to fears for their safety (Saunders et al., 2017). Fasting et al (2002) found that

there reactions to catcalling were likely to occur internally, within the athlete, rather and externally and towards the perpetrator.

Intimidation

Throughout the course of their interviews, five participants indicated that they felt intimidated due to experiences of catcalling. Participant six also stated that she knew another women athlete that had been intimidated when running. There is little existing research which directly reports feelings of intimidation among participants, but there are various studies which report feelings of fear, which is a feeling that commonly comes hand in hand with feelings of intimidation. Interestingly, participant one stated that if she was catcalled by a woman, she would not feel as intimidated. She stated this was due to men being ‘bigger than you or stronger’ (Participant 1). Similar results have been found in a previous study which suggested that women have higher levels of fearing dangerous situations involving men (Harris et al., 2000).

Objectification

Research suggests that women's experiences of stranger harassment are directly related to feelings of self-objectification and perceived risk of rape (Fairchild et al., 2008). Feelings of objectification upon the participants were evident upon analysis of the interview transcripts. Participant one stated she felt like an object for ‘other peoples entertainment or amusement’ and that her experiences knocked her down and made her ‘feel like an object’. Participant one also stated that these feelings of objectification have a negative impact on her mental health. O’Leary (2016) stated that several women in their study stated that catcalling made them feel like ‘objects or pieces of meat’. Interestingly, participant two stated she would feel a confidence boost if she received a comment regarding her appearance, so long as the comment wasn’t ‘nasty’ in nature.

Similarly, some participants in a study conducted by Fasting et al. (2002) stated that their experiences of catcalling had no impacts at all.

Strengths and Limitations

A major strength of this study was the population which was investigated. There is little current research which specifically focuses on the psychological impacts that catcalling has on women athletes, yet there is a large amount of research which highlights that women athletes are very commonly the victims of this behaviour. The majority of research regarding catcalling is quantitative in nature and therefore the qualitative nature of this study allowed for exploration and a loose-styled thematic analysis of the data gathered. The use of informal interviews allowed for participants to discuss their experiences without pressure.

Limitations of this study included the small number of participants. Ideally the sample size would have been larger but this was limited due to time constraints. Participants were also recruited close to Christmas time meaning that potential participants may have been busy and participating in a study was not a priority for them. Due to the small number of participants, it is difficult to generalise that the impacts of catcalling on these women would be the same as a larger population.

Implications and Further Research

The findings from this project highlight that, although there are clearly psychological impacts as a result of being a victim of catcalling while training or competing, these impacts differ from women to women. Common impacts are feeling as though they need to create strategies to avoid the experiences, feelings of being intimidated, frustrated, sexualised and feeling like their body is an object for their perpetrator's amusement. One participant did state that she did not mind receiving non-'nasty' comments, therefore an interesting topic for further research could be to

decipher if catcalling does raise confidence levels among women in general. The findings from this study should be used to raise awareness of the impacts that the everyday encounters of catcalling that these athletes endure. This current project is a strong starting point for further research on the objectification of women athletes. It would be interesting to conduct further research into the relationship between self-esteem and self-blame surrounding catcalling experiences. It would be beneficial to conduct some longitudinal research on the number of experiences of catcalling women athletes experience over a year long period. It would also be beneficial to conduct a quantitative study to investigate the number of women athletes who experience catcalling regularly, within a large population.

Conclusion

To conclude, the results from this current study coincide with the results from previous studies discussed in the introduction section of this study. The results contribute to the existing literature by adding depth and focusing on a particular population. Five key themes captured the commonalities between the interviews: (a) strategies for avoiding catcalling, (b) self-blame, (c) frustration, (d) intimidation and (e) objectification. These themes highlight the impacts that catcalling has on women athletes and should be considered when discussing this topic and in relation to further research on both catcalling as a topic and the experiences of women athletes training in Ireland. The researcher hopes to gather further data on this topic in the future.

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Appendices

Appendix A - Facebook Post

Hi All,

I hope this is okay to post on here, please delete if not!

I am a BA Psychology student in my fourth and final year of college, studying in National College of Ireland. I am conducting a project to investigate the psychological impacts of catcalling on woman athletes. There is research suggesting that catcalling has a variety of impacts on women but very little research exploring the impact this behavior has on women athletes. I will investigate these impacts through conducting interviews with women athletes regarding their experiences of catcalling.

If you are 18+, identify as a woman athlete, in Ireland, and have experienced catcalling while training or competing, I would like to hear from you. If you are interested in participating in this study, I can provide an information sheet and copy of the interview questions.

If you have any further questions or think you may be interested in participating, you can private message me here or email me at x19168241@student.ncirl.ie.

Thanks a million,

Gemma

Appendix B - Interview Questions

1. What is your age?
2. What is your relationship status? Single, living with partner, married, in a civil partnership etc.
3. What was it about the study that interested you?
4. What is the main sport are you involved in? Would you like to tell me a bit about yourself?
5. Have you any experiences of catcalling when you have been training or competing that stand out to you? Would you like to explain these experience?
6. Where did these experiences of catcalling occur? Were you training or competing?
7. Have you been catcalled more by men and women? If so, did you feel differently between these situations? Which one happens more commonly?
8. Do you more commonly experience catcalling when competing or when training? Why do you think this is?
9. How do you think these experiences affected you?
10. How did you respond to these experiences of catcalling?
11. Do you feel as though the catcalling experiences have affected your training? I.e. Avoiding training, lack of motivation or fear to train/compete
12. Do you think these experiences have affected your athletic abilities or your desire to continue the sport?
13. Do you feel as though you use any strategies to avoid experiencing catcalling? If so, what are these?
14. Have you witnessed any fellow female athletes being catcalled?

15. Have you witnessed any male athletes being catcalled?
16. Is there anything further you wish to say on this topic or anything you think I missed?

Appendix C – Participant Information Sheet

Psychological Impacts of Catcalling on Women Athletes

You are invited to take part in a research study. Before deciding whether to take part, please take the time to read this document, which explains why the research is being done and what it would involve for you. If you have any questions about the information provided, please do not hesitate to contact me using the details at the end of this sheet.

What is this study about?

I am a final year student in the BA in Psychology programme at National College of Ireland. As part of our degree we must carry out an independent research project. The basis of my project is to investigate the psychological impacts of catcalling on women athletes. This project will be supervised by Dr. Lynn Farrell, assistant professor in psychology. For the purpose of this study, catcalling will be defined as “use of crude language, verbal expression, and nonverbal expression that takes place in public areas such as streets, sidewalks, or bus stops” (Chhun, 2011).

What will taking part in the study involve?

If you decide to take part in this research, you will be asked to undergo a 30-45 minute interview with myself. During the course of this interview you will be asked various questions regarding the psychological impacts that catcalling has on you. The interview can take place at a location that suits you and will be recorded using an audio recording device.

Who can take part?

Individuals who identify as women, who are over 18, who are athletes and who have experienced catcalling when training or competing can take part in this study.

Do I have to take part?

Participation in this research is voluntary; you do not have to take part, and a decision not to take part will have no consequences for you. If you do decide to take part, you can withdraw from participation by informing the researcher via email at x19168241@student.ncirl.ie. Unfortunately, data can only be withdrawn from the study within a two week period following your interview. A transcription of your interview will also be provided to you within this two week period and you may remove or amend your transcription as you wish. You have the right to refuse to answer any questions that may make you uncomfortable.

What are the possible risks and benefits of taking part?

There is a small risk that some of the questions contained within this survey may cause minor distress for some participants as participants will be discussing difficult experiences. If you experience this, you are free to discontinue participation and leave the interview or take any breaks when required. Helpline contact details will be provided to offer you further support if required.

Will taking part be confidential and what will happen to my data?

All data will be treated in the strictest confidence. The interviews will take place one-to-one in a location that is convenient to the participant and provides sufficient privacy. All interviews will be recorded using a Zoom audio recording device, and these interviews will then be transcribed for analysis. Audio recordings will be destroyed once the data has been transcribed. Only de-identified interview transcriptions and signed consent forms will be stored. These will not be stored in the same location. Interview transcriptions will be stored on a password protected computer. Signed consent forms will be passed to the research supervisor to be stored.

Any information in the interview transcript that could identify the participant, or any other individual will be anonymised. Only the researcher and academic supervisor will have access to the data collected. Although, there may be situations where confidentiality must be breached. These situations may include cases where the participant discloses information related to a serious risk of harm or danger to the participant or another individual. In this very unlikely event, the researcher would discuss this with you first, but they may be required to breach confidentiality with or without your permission.

Each participant will be assigned a unique ID code, and their data will be stored under this ID code, separate from their name or other identifying information. As this is a qualitative study, direct quotes from interviews may be included in the presentation of the results., but these quotes will be anonymised and will not contain any information that could identify the participant or any other individual. Audio recordings will be managed as per GDPR guidelines, and the data will be stored in line with NCIs data retention policy.

What will happen to the results of the study?

The results of this study will be presented in my final dissertation, which will be submitted to National College of Ireland.

Who should you contact for further information?

Researcher: Gemma Fox

X19168241@student.ncirl.ie

Supervisor: Lynn Farrell

lynn.farrell@ncirl.ie

Appendix D - Informed Consent Document

Psychological Impacts of Catcalling on Women Athletes

The basis of my project is to investigate the psychological impacts of catcalling on women athletes. These impacts will be investigated through conducting interviews with women athletes. These interviews will be transcribed and themes will be identified. These themes will be compared against existing literature.

By signing below, you are agreeing that:

1. You have read and understood the Participant Information Sheet
2. Any questions about your participation in this study have been answered satisfactorily
3. You are aware of the potential risks (if any)
4. You are taking part in this research study voluntarily (without coercion)

Participant's Name (Printed)*

Participant's signature*

Date

Name of person obtaining consent (Printed)

Signature of person obtaining consent

**Participants wishing to preserve some degree of anonymity may use their initials (from the British Psychological Society Guidelines for Minimal Standards of Ethical Approval in Psychological Research)*

Appendix E – Debriefing Sheet

It has been suggested by research that catcalling has a negative impact on women. This research aims to further explore the psychological impact of catcalling specifically among women athletes who may experience this behaviour during training and competitions. Throughout the course of this study, you were interviewed in a semi structured interview style regarding your previous catcalling experiences. The audio recording of these interviews will be transcribed and analysed to look for common themes and then compared to existing literature on the topic. The data will be de-identified and included in the researcher's undergraduate thesis.

Interviews will be transcribed and sent to you. You have a two week period following your interview to withdraw your data with no repercussions or questions. Once the transcription has been sent to you, you may amend or remove any data you wish from the transcription of your interview. This can be done by emailing the researcher on x19168241@student.ncirl.ie and stating you wish to withdraw from the study or edit your interview transcription. Participants may also email the researcher using the above email address if they have any questions regarding the study.

If at any time you feel distress due to the topics discussed during your interview, Helplines and information websites are below which may be able to help and support you.

Women's Aid - 1800 341 900 - <https://www.womensaid.ie>

Samaritans – 116 123 - <https://www.samaritans.org/?nation=ireland>

Thank you for participating in this study

Appendix F – Interview Transcriptions

Participant 1

Interviewer OK, perfect. I think that's recording now.

Participant1 I think so, yeah.

Interviewer And that's so cool. Can you see that? It's transcribing what we're saying.”

Participant 1 I can't see the transcription, but it came up that it is doing it.”

Interviewer That's really cool. That's so handy. And yeah, I can see like, as I'm speaking, it's coming up. It's really cool. Yeah, it's really good.”

Participant 1 Can you see it?

That's great.”

Interviewer And OK, perfect. So again, if there's any questions that you don't wanna answer, you absolutely don't have to answer.”

Participant 1 Yeah.”

Interviewer And so we'll fire away if that's okay?”

Participant 1 Mhmm. Yeah.”

Interviewer Okay, so the first thing is what is your age?”

Participant 1 I'm 28.”

Interviewer And the second one is what is your relationship status?’

Participant 1 I'm Single’

Interviewer And the third one is, what is it about this study that interested you?’

Participant 1 Emmm.. I think when you mentioned it [identifying information redacted], I just.

I was like wow, that's actually so interesting because it happens, but it's like not spoken about, really. And I-. It's been kinda' more on my radar since I started running more. It's definitely where I've noticed that. And I'm just like, why does this keep happening? But like, it's not spoken about or you feel like you can't do anything about it. So yeah, I just thought it would be interesting to answer some questions about it and participate in the study.'

Interviewer And then the next question is what is the main sport you're involved. And I think you mentioned there it's running. And then would you like-'

Participant 1 Yeah, I run and then I go to gym. Like just I've always been into sports, but now mainly I run and then I go to a fly fit gym. So just like strength and conditioning.'

Interviewer Cool. Just out of curiosity, do you run on the treadmill much?'

Participant 1 I do sometimes like I hate it, but I do it when, like, say when I was like training for the marathon and it was raining or I knew, I don't know, it would just be easier if I wanted to, like, watch something on YouTube. But I find I'm so much slower on the treadmill and I don't know why it doesn't seem to make sense because it feels harder. But yeah, I know I try and avoid it.'

Interviewer Yeah, I get it. Me too. And then the next thing is, have your experiences of catcalling when you've been training or competing, or have you any experiences of catcalling when you've been training or competing that stand out to you? Would you like to explain any of these experiences?'

Participant 1 Yeah. And so I presume when you saying, like catcalling, I wasn't sure- it's like anything to do with like, harassment towards you, like sexually?'

Interviewer Yeah, it it doesn't even have to be sexual. It can be like mockery as well.'

Participant 1 Okay, mainly that stand out for me... Definitely I've noticed it with running
 and.'

Interviewer Yeah.
 Umm.'

Participant 1 Kind of like I'd.

Most recently actually happened not that long ago was after you mentioned the study and it was just in the park outside my house. And I usually try and avoid that park just because, like there would sometimes be groups of people and.

Emmm.

And I feel like since I've had some of those.

Experiences. It's just made me even more skeptical to go in those areas, but.

And they, there was like 4 men, I think. And they just been working, I don't know in like builder construction or something they have like all that...

uniform on and they wouldn't like they were just having a chat on the street, on the road, on the path like in the park. But they wouldn't separate. So, I couldn't figure out like, what way to go around them. So then in the end I kind of had to go through them, but I could just do and you can just feel like all eyes on you and maybe it's in my head from like past experiences.

But, And yeah, like one of them just started. Like kind of mocking me, like saying things. Just like with who's, you know, like, things like that. And then they started laughing with each other and they were speaking in their language.

But I just.

The fact that it happened so recently and yeah, like it's definitely happened in the past. Emmm. And then I think it just makes you, it nearly makes me like blame other people when I'm running by them, as if I like, expect it from them.

And then when they don't, then I feel like a bad person because I'm like, thinking everyone's like that.

And, but yeah, I say that would be the one that stands out just because it was the most recent and how it made me feel.

Interviewer Yeah.

Yeah, that's weird.

and then the next question, I think you kind of mentioned that happened in the park, but it was where did these occur, where you training or competing?

Participant 1 Yeah. So I started running in like a running group and I've never had it happen when I'm with them, which I thought was interesting. Like when I read your questions, it has always been when I've been by myself and it's always been like a group of other people. So it's never been just like one person and which I thought was interesting as well. But yeah, kind of when I'm training by myself and in a park, it also happened, like, down now.

Interviewer Mm-hmm.

Yeah.

Participant 1 And in saying this, it's not my fault, but I kind of view it as my fault because I was running down just like a dark. It was kind of a short, quick, through an estate and it happened there as well, where they were just saying, like, derogatory things about like my body and and.

Interviewer Umm.

Umm.

Participant 1 I like automatically was just like ohh this is this is my fault. I shouldn't have come down here. And which is funny when you think of it now but I can't remember the question. I think I answered it but yeah, kind of happened in park or like dar-when it's dark.

Interviewer Yeah.

A lot of the studies that I read actually did go back to say that a lot of women were like ohh, I shouldn't have been running there anyway or I shouldn't have been training there anyway.

Participant 1 Umm which is insane and especially since my mom would always give out to me and I totally under understand it. But the [name redacted] I can't remember her name. Who was killed along the canal. What was her second name?

Interviewer [Name redacted] Yeah.

Participant 1 Yeah. And just like and I know, I don't know what the background that was, but how like an area that's so lovely to run can just be now attached with something, like such a horrific event that just makes me feel and like.... like that if I pass any like- I still really like to run along the canal. So I still would, but I would just like make sure it's bright and not wear earphones and so on., but when I do go to pass someone its automatically in my head it's like oh, this is I shouldn't have come this way. Like this is unsafe.

And then nothing happens, but it's. It is interesting that you kind of go back to that part.

Interviewer Yeah.

Umm, just out of curiosity, has it ever happened to you in the gym where there's other people around? Or is it usually just more running?

Participant 1 In the gym, it's kind of been different. Let me try think. It's different. Yeah, like once. Definitely more so. When I was younger. Emm. And I don't know if it's like the boys were younger as well, but I remember once it happened. I don't. I presume it could be called like the same sort of thing like call. I was. I was going into like this. It was like a smaller room. And I just like went past this

guy and I was like, oh, sorry, like, I'll just. I was just like wasn't sure if there be enough space because it was kind of smaller.

Interviewer Hmmm.

Participant 1 And I was just, like, moving out the way out of his way because he was like looking in the mirror, you know, just like lifting away. And then he was like, ohh, like, don't worry about it. And I'm looking at the at the view of like, as in, like, he wasn't looking at himself. He was looking at me. And I was just, like, so disgusted. And I was just like, Oh my God. So like, if that happened but.

Interviewer Hmmm.

Participant 1 I don't think it's happened in the same way that like when I'm when I've ran and.

Interviewer Yeah.

Participant 1 And it's crazy because I'm like, I don't know how.

Not that any person deserves it more, but you know if someone like.

I don't know. I just always feel like I look like such a mess when I'm running or at the gym. And like, I don't put effort into that. I couldn't even not that that, that they deserve it more. But I'm just like, you're literally doing this to anyone and everyone. Like, it's just disgusting.

Interviewer Yeah.

And, and then the next thing is, have you been catcalled more by men or women? And do you feel differently if you like? If it has been both, do you feel differently between the situations?

Participant 1 And it actually never happened. From women, always men. And, and as I said, I could always groups of men and I.

Think, if it did happen by like a woman, I wouldn't find it as intimidating, potentially because there's just that like.

Interviewer Mmm-hmm.

Participant 1 More intimidation, especially when it's like a group of men and you kind of just see them as like bigger than you or stronger. And but it would definitely be. Interesting if a woman did, 'I think I'd just be like wait what just happened?'. I just wouldn't expect to at all.

Interviewer And then the next one is do you more commonly experience training... or catcalling when you're competing or when you're training? And why do you think this is so for example, like you mentioned that you did the marathon, so did you experience any catcalling during that?

Participant 1 Yeah.

Oh my God. Like no, no, that whatsoever. When I was doing the marathon. Emmm. And like, all I feel like anyone that was there supporting the marathon and it was all like goodness and just people like cheering you on and giving you jellies and stuff. And anytime I've done any running competition like I've done little ones and I used to do cross country when I was in school. Emmm. It's always been like a very good feeling experience. And I've never felt conscious of the way I look.

Or like what my body looks like when I'm running or what other people are thinking, but definitely, yeah. When I'm by myself training it's... it's the only times that happened and like even yeah. When I've trained within a group of people that hasn't happened or even if I'm running...

That's never happened, even when I've just been running with one other person.

And it's always been like when I've been by myself.

And what was the other part of that question? Sorry you.

Interviewer Why do you think that is?

Participant 1 Emm I suppose you're more vulnerable when you're just by yourself and because you're kind of like an easier target? And I think running communities are really supportive.

In general, like any running group I've joined, or when I did cross country or with the marathon there they just have like good intentions and people are kind of, I don't even find it that competitive. Like I find people really cheer each other on. So I think if it was to happen, there would be a group of people there to support you and kind of turn around and say something and have a come back or say something to them. And. And I suppose it's probably more intimidating for.

Interviewer Hmmm.

Participant 1 The person who's doing the catcalling. If there's a huge group of people rather than just one girl by herself.

Interviewer Emmmm. And. And then the next one is, how do you think these experiences have affected you?

Participant 1 Emmmm. I found that question really interesting when I first read it cause it's not something you really think about until like you know, you're asked the question but I definitely think.

And just like feeds back into that idea that you're just like an object and for other people's, like, entertainment or amusement. And I think that's like a message, a really strong message that we get, like in society in general. And I

definitely, it's something I've really had to like untangle from, like, growing up that you're not. Your body's not something to, like, be objectified. And and it's like there for you to live your life and to do the things you love.

And it's just really horrible like that. These experiences kind of knock you down and make you just basically, yeah, like, feel like an object. And like, that's it's definitely made me.

Not like male gaze. Through, like Secondary School kind of made me put like, way too much worth into my body then as well, because I kind of thought like, this is what people think is worthy. And if it changes then this will happen. So yeah, I think it definitely can have a negative effect on, like, your mental health growing up and then.

Interviewer Mm-Hmm.

Participant 1 Now it just makes me really angry like.

I just feel so frustrated because I know like what happened the other day in the park. It's probably the first time it's happened in a long time and I'm older and I feel I want to say something, but I also don't want to put myself in that situation to like, I don't know who they are and what their intentions are. And there was no one else around. But it's just so frustrating because I'm like, OK, I'm a bit older now and I can brush this off and you know, but like when I was younger, like, it's just can really make you feel so.

Exposed, and I don't know, like. Yeah, it's just really gross feeling.

Interviewer Mm-hmm.

Yeah.

And. And how do you respond when it happens?

Participant 1 Umm, I think I definitely, yeah. When it happened more recently, I got really just frustrated and like, angry and I kind of mumbled something as I went by. But intentionally, like far enough so they wouldn't actually hear me. But, yeah, makes me really angry, frustrated, and I usually just respond like keep going though. Like I would love to say something. I just feel like it's not worth it. And then it probably, yeah, kind of makes me blame myself because when it happened in the park, I was like, I had previously just said to myself, ohh, it's getting quite dark. I probably should stop running in the park, but then I kept going. So you automatically say like, oh, well, I shouldn't have been here anyway. And then even like the clothes I wear. Like, I started thinking.

Interviewer Yeah.

Yeah.

Participant 1 It that happened in the past where say it's been really warm or something and I'm wearing like shorts or something and it makes you then think like ohh maybe I should wear something else or and yeah. Kind of like putting the blame back on yourself though. I feel like now if that happens, I know it's not my fault, but those thoughts still come into your head.

Interviewer Umm.

Yeah.

And then the next thing is, do you feel as though catcalling experiences have affected your training and this one is more like, have you like, like you mentioned, you were thinking you shouldn't run the park, but like, have you avoided training? Have you felt the lack of motivation like, have you felt fear to go out and run, like physically somewhere rather than, like, do it on a treadmill?

Participant 1 Umm, I think I'm trying to think overall I think. I suppose if calling like feeds and said whole idea of like male gaze and general it's definitely made me say I used to do like other gyms like I was in a CrossFit gym before and it wasn't. It's hard to say because I don't know what you're like classifying, catcalling and the I know you said it more broadly would.

There wouldn't have been like too me, but behind my back like mess things were said to each other that got back to me and it made me like so uncomfortable. And it was so such a shame because like, I loved that style of training and I just felt like when I was there I felt really strong. I didn't feel like.

Interviewer Yeah.

Participant 1 I would have to be conscious of like my body or the way I looked and just to think that those messages were being said. I'm like those people probably meant it with good intentions, but it just made me like realize, oh, people are looking at me and I actually quit. Then that gym, which one I look back now, I I'm really.

Sad about because I did like love that style of training and but other than that like running, yeah. Definitely like made me change where I'd run. What time I'd run and I'd kind of feel like safer running in a group so I'd be more likely to run in a group and.

And ah yeah, I'm just even like when I'm at the gym, I'm very aware that not really as much now. But when I was younger, it would have been like, don't worry that because then other people will look at you and you'll feel uncomfortable. So I'll be like always wearing, like baggier clothes. Or do you

know, kind of like trying to hide so people wouldn't give them a reason to say anything to you?

Interviewer Yeah.

I get what you mean. I think you kind of already answered this one, but the next thing is to think these experiences have affected your athletic abilities or your desire to continue this work. But I think you already mentioned there that you did leave the CrossFit gym.

Participant 1 Yeah. No, I did. I'm like that. I would have been like quite a.

I think I was. I well, I still can me, but definitely growing up I was very like self-conscious and quite shy. So that like really knocked me and I was just it really made me like ohh no, people are actually looking at me here and I'm like as I said they were nice and like they they weren't malicious comments but it was still just the idea that like, yeah, you're like an object to be looked at. So yeah, it made leave there and.

I can't remember ehhh, what was the rest of the question?— sorry.

Interviewer And it was it didn't affect your desire to continue this work. Maybe like you kind of seem like you've just gone around.

Participant 1 Yeah. So.

Interviewer The-.

Like the situations that you might be more likely to be tackled in, kind of like you run in a group rather than you don't run.

Participant 1 Yeah.

Yeah, like definitely like I would just like remove myself from situations where might happen.

Interviewer Yeah.

Participant 1 Umm.

Interviewer Perfect. And then the next thing is, do you feel as though you use any strategies to avoid experiencing catcalling and if so, what are these? This is similar again to the previous question.

Participant 1 Yeah, and strategies that I use are.

We definitely like, yeah, avoid certain situations and like if it's dark, I try stick to like main roads or I avoid parks and sometimes like avoid a group of guys like if I was running somewhere and I saw they were sitting like on a bench somewhere, I kind of run a different way and anything else I might not use earphones as well if I'm conscious.

That we can just be more of like a danger thing in general. Like if there was a group of people emmm, and any other strategies.

Interviewer Yeah.

Participant 1 I suppose not really as much anymore, but definitely like growing up kind of being strategic about like what I wore and stuff as well.

Interviewer Yeah.

Umm. And then the next one is. Have you ever witnessed any fellow female athletes being catcalled?

Participant 1 Yeah. Don't think in person, but I there was someone my followed, like, online. And she got really into running. And she, like, travels quite a bit. And she just she said she couldn't get over. Like, how frequently it was happening. And because she was really athletic, but she never did running. And it kind of was like when she noticed it more so she would like, post quite a lot. And while I

remember, like, once while she was posting like recording a video when she had just finished running, saying how angry she was that while she was running in Portugal. She was like, wearing a short top and shorts and while she was recording someone beeped and said something out the window.

And I was like what's the chances of it happening while she's recording about it happening it actually happened like.

But like I can't recall like in person.

Interviewer Umm.

Yeah.

Umm.

Participant 1 It happening, but I'm sure it probably has, but it's just.

I can't think of it right now, but I just thought that online version was kinda... of captures the problem.

Interviewer Yeah.

Yeah, I like.

Maybe like you mentioned like the.

And the people there might be less likely to do it if there's someone else there, so that might explain.

Participant 1 Yeah.

Definitely.

Interviewer And then this one is similar. Again, have you ever witnessed any male athletes being charged called?

Participant 1 No, you never.

And.

No, not at all and.

I would be very surprised. I'm sure it must happen, but like it's interesting to think of that and for it to happen to men, but I'm sure it does happen. But yeah, no, I've never witnessed it.

Interviewer Umm.

And then is there anything else that you'd like to say or add in or anything or anything on your mind?

Participant 1 I don't think so. I realize that makes me very passionate. I'm very angry by I'm like this is actually so annoying, and it'd be really interesting because I think, like my friend's Italian.

Interviewer Yeah.

Participant 1 And when I mentioned that I was I doing this with you, she was like saying that she actually noticed. Since she, like, goes to Italy for Christmas in the summer and stuff, she would be even more conscious of it there. And it happens quite a lot. And she's like, she never knew. Was it like the top like people or was it because, like, maybe like that if she's running during the summer, she's wearing maybe likes smaller clothes or whatever. But yeah, it's just like, interesting to hear.

Someone else's experience and kind of.

Recognize that it shouldn't be like just the norm, that it's happened so you know.

Interviewer Yeah.

Yeah, I think it is kind of widely accepted by a lot of people.

Something is happening.

- Participant 1 Definitely.
- Or even like people think. Ohh well, I just meant as a compliment and you're like well.
- Interviewer No.
- Participant 1 It's not, and it's not like welcomed and and it just feeds. I don't know, it just feeds so much more into, like, yeah, that idea of objectifying people and making it there as if you're something to be looked out and not like a human being.
- Interviewer Yeah.
- They were. I actually did read this study that was conducted by a man and he so he didn't actually conduct study, he reviewed literature and he came to the conclusion that it is complementary.
- Participant 1 Umm.
- What?
- Ohg, my God, that just makes me so angry. And did anyone ride back to it? Like in reference to it?
- Interviewer They didn't say I didn't see if it was like slightly anywhere else or anything, but then every single other study concludes the opposite. So I don't know where.
- Participant 1 No.
- Hot.
- Yeah, I suppose you're always going to have the one that's like the opposing side to it.

Interviewer Couldn't.
 Yeah.
 Crazy. I'm gonna stop the recording, if that's OK?

Participant 1 Yeah, grand. Thanks.

Participant 2

Interviewer Perfect. It's recording now and again feel free to ask me any questions on anything and you can give as much detail or as little detail as you want.
 Again, anything you don't want to answer is completely fine.

Participant 2 OK.

Interviewer Perfect. So what is your age?

Participant 2 I'm 34 years old.

Interviewer Yep. And what is your relationship status? Did you mention you're married?

Participant 2 I'm married, yeah.

Interviewer Perfect. And what is it about the study that interested you?

Participant 2 I'm a very active person. I love training and I feel like there are quite a lot of barriers for women to train, especially outdoors. So if I can help anyone with that study or the meeting to do it

Interviewer Yeah.
 And and what is the main sport you are involved in? Is it it's running, is it?

Participant 2 It's triathlons

Interviewer Oh. Cool. That's really cool.

Participant 2 Yeah

Interviewer That's nice.

Participant 2 Yeah

Interviewer When did you start that?

Participant 2 I actually started training triathlons last year, but I've always ran.

Interviewer Ohhh.

Participant 2 But yeah, you have to start from some of the three sports again when you are old, so.

Interviewer Haha. That's always how it goes, isn't it?

Participant 2 I. Yeah.

Interviewer And.

Have you got any experiences with catcalling when you've been training or competing with stand out to you?

Participant 2 Emm. I think once when I was just training, it's always running really hard to get anything like the bike. I would maybe get a honk or something like that.

Interviewer Mm-hmm.

Participant 2 But not not like anyone that would approach me.

Interviewer Mm-hmm.

Participant 2 But yeah, running yes, but just, nothing that is outstanding the moment, no.'

Interviewer And and is there any of these experiences that you'd like to explain or anything?

Participant 2 And.

I think the fact then Ireland is such a cold country, it's really like rare that you're gonna see someone running in there.

Tops and shorts. I do every now and then in the summer.

And even training here, I don't feel that.

They're like, I don't feel that I get any stares or anything like people who just look differently because, like, as you were on your top and your shorts, but no one would say anything.

Interviewer Hmmm.

Participant 2 And because it's cold, you are always have like.

Quite a couple layers on you, so it's really hard to be calling attention that way.

Interviewer Yeah.

Participant 2 But yeah, unfortunately for women, yeah, you can't really run in your top and your shorts and not having someone look at it, for me that. You can just put your shorts on, t-shirt on. No one would say anything.

Interviewer I think you mentioned by text that it happens more in Brazil.

Participant 2 Yeah.

Yeah.

Interviewer I'm do you think that's because it's warmer there and you're wearing less?'

Participant 2 No, no, it's it's culture. It's absolutely disgusting. Like in Brazil. I'm Brazilian.

I don't wanna. I don't wanna bash my country, but it's a culture thing like.

Interviewer Yeah.

Participant 2 If anyone goes if you're like, walking on the on the road like you, you don't, you don't need to be an athlete. You don't need to be pretty or whatever it is like. If anyone is passing on the road.

And there is some guys like construction workers or even someone that works outdoors, you know that they're like seeing people all the time.

Interviewer Mm-hmmm.

Participant 2 They're just look at you whistle or say, like some nasty things like a 'hot chick' or ooh, I would love you to be home with me. Stuff like that, like those types of approach. There are way more common. I'm not sure why I think it's more as I said. Like, I think it's more of a. Culture. Education.

Interviewer Yeah. Yeah, I even think that there's differences between catcalling and different parts of Ireland. Like, I think it's more likely to happen in rural areas rather than built up areas.

Participant 2 Yes, I think so.

Interviewer Just from my life experience, like if I'm running in the country like my boyfriend' lives in [redacted] when I'm running here, I don't know if it's more of just a more old fashioned culture, but I find that it like it's much more likely to happen here than it will be in [redacted], or [redacted], where I live. At home like.

Participant 2 100% agree and I would say that that's why I don't feel that much like that impact here because I I've only, I've only trained here in the in the in the East, I've never really went like I like. [Redacted] is a small town, but at the same time it's big in I could be running on the on the country Rd and have someone like maybe just looking at me but really rare to say anything you know like stop and say again the weather doesn't help it's either raining or very wind. No one I think would go out of their way to.

Interviewer Umm. Yeah.

Participant 2 Go out of their way to like.

You know, open the window, but you you hear cases of.

Women, they got like a pinched or, you know, there's like, horrible cases, people that even like, died. But it's more like it is. I just said, like, more in the countryside, I would say because it's the mentality of the older culture.

Interviewer Yeah.

Participant 2 Men have the power to say anything to women, you know, like I think it's just mentality and cultures.

Interviewer Yeah.

Yeah.

And from like any of the situations that you've experienced, how do you think that they've affected you like mentally? Like, do you think that it has downed your confidence or anything or like fear or anything like that?

Participant 2 Well, to be honest, if not like the confidence wise like I wouldn't, I wouldn't mind that that actually like I was like ohh gosh, this is like. Really, you know, like you're like, if someone says anything like. Oh, jeez, I must be looking really good. You know, for someone going out of their way to say something. But like, in that case, it's like if they don't say anything nasty, you know, because once you like, kinda like, go with some sayings, you know, it's just kind of disgusting and you just feel like.

Interviewer Yeah.

Participant 2 I would. I would not. Not that I'm. I would just feel probably.

Intimidated in a way that I would feel that I would be probably. I would think that I'm guilty of that person saying something. So that's kind of like the. This is like, uh, I probably should just wear an actual layer.

You know, not showing much my body, you know.

- Interviewer Yeah.
- Yeah, I get what you mean.
- And.
- Sorry, I think I skipped the question there and from any experiences that you've had, where did they occur like did they occur more when you're training or when you're competing?
- Participant 2 Yeah, that's a very interesting question. I I I, I I've seen it that you had that in. I would never feel anything when I'm when I'm actually competing. I wouldn't. I wouldn't feel anything saying like no one would ever say anything. I'm I'm. I think I'm just always in the zone as well. That wouldn't notice anyone on the outside.
- So will be always 100% that happened with me in training.
- Interviewer Yeah, I have found thar any races that I've gone to. Anyone there support and is there just to be positive nobody would ever say anything derogatory or horrible to you. They're always just there cheering you on.
- Participant 2 That's exactly my same thought like I-I-I think the Irish people are so supportive and I always feel such a good vibe that any like the good vibes always like maybe overpower anything. And I think that when people are there, you always like you see others will be. I think that will be suppressed by others as well. Like you wouldn't dare to do any like. Comments. When you have people around because those people are gonna be judging you for like, being completely out of line. You know, so.
- Interviewer Yeah.
- Participant 2 But that is all.

Interviewer And then in the situations that you've experienced, have you been catcalled more by men or women?

Participant 2 All men. 100% of the time.

Interviewer So you have never found that this has happened by a woman?

Participant 2 No.

Interviewer And.

And then the next question is. How do you respond if when it happens like do you reply or do you look away or?

Participant 2 Ohh there is. I think it depends on my emotion on the day. In Brazil I would- It would depend on the person as well, like depends on the comment.

Interviewer Yeah.

Participant 2 If it's something really, really bad.

I'll say- I'll- I'll curse back and if I have a lot of people around and then I feel that nothing is gonna happen to me. You know, because I'm. I'm just.

Say something back then. Yes, I would say it's not. I tried to ignore.

Interviewer Yeah.

Participant 2 Where I just tried to run faster and completely forget about it and if it's something actually interesting I'm- I'm just gonna be like a thank you, you know? But like a interesting, I say that I say like ohh. Like not looking good in a way. It's like looking strong, you know, like looking strong. Well done. Something like that. That's not catcalling, you know. Like that's just some support but.

Interviewer Mm-hmm.

Participant 2 Again.

Yeah.

Interviewer I think that's one of the nicest things that I've experienced as well. Like sometimes when I'm running and I know like there's like some local people around who run and they'll say something like looking strong and it's- it's a really nice.

Participant 2 Yeah.

Yeah.

I always pass by people. This is something that I really enjoy as a runner. So if I'm out on the road in the country, I always see someone I always say something, but I will always say something like well done, fair play and keep going, you know, like looking strong. I always say something because it's.

Interviewer Mm-hmm.

Yeah.

It makes a big difference.

Participant 2 Huge difference.

Interviewer It's a great feeling.

And then the next thing is, do you feel like any of the like experiences have affected your training?

Participant 2 In Brazil, I would say 100%. Not in Ireland though, like the problem with Brazil is because if you would have probably here the same experience that I had in Brazil, yeah, I would say that affects me. So you- you might get another girl or guy that would say that like a guy, you know, not a guy but like you probably get a girl they would say, Oh yeah, I've been calling so many times here in Ireland that she would say yes affect my training because.

You wouldn't go train in this specific time. You would have to go in very urban areas. You would have to go, you know, like it would affect a lot, but not here, no.

Interviewer Yeah.

OK. And do you find that- and I know you mentioned earlier that like you might blame yourself for not wearing more clothes. Who are catcalled? Do you find that you ever go to the length of putting more on?

Participant 2 Yeah.

Yes, yes. And say yeah, I wouldn't. And sometimes I'm like too warm because yeah, I'm wearing like a shirt and I wanted to take my- my shirt off. But I- I feel like I shouldn't.

Interviewer Yeah.

Umm.

And then the next one is a little bit similar. It's like, do you think that these experiences have affected your athletic abilities? I know you mentioned that they might not affect your training here, but in when you were in Brazil or if you go home to visit or anything, do you think that your fitness might be affected.

Participant 2 Well.

Yes and no, to be honest, because I wouldn't let anything like that affect me like, I wouldn't not exercise because of this. I think that this is just excuse to be honest and I some people can say, oh, this is not excuse, do you know, because you don't live here like, yeah. But I would go to the gym. I would do some like treadmill working or something, you know? And I know it's hard to

run for an hour and a half in the treadmill. But yes, you know, like, I wouldn't let that affect me, but.

Interviewer Umm.

OK.

And then the next thing is, have you ever seen any other female athletes being catcalled?

Participant 2 Yes, I have you.

Interviewer In Ireland?

Participant 2 Yeah.

Interviewer And does that happen often?

Participant 2 Yeah.

Interviewer And does that happen often

Participant 2 No, very rare was just one episode that I saw this girl being like cheese by some guys and that was when I lived in Dublin and I was just like.

Interviewer In the city?

Participant 2 Yeah in [redacted].

I was just like how? that's wrong! She is. She. She was with her earphones-like.

Interviewer And then the next thing is, have you ever witnessed any mail after it's being catcalled?

Participant 2 No, never. Very interesting.

Umm.

Interviewer Yes. Interesting.

Participant 2 Yeah.

Interviewer And and then the next one. This is the last, and this is just. Is there any further things that you'd like to say or any examples you'd like to give or any comments or anything?

Participant 2 No, I just said thank you for doing this, conducting the- conducting this, I think it's.

One of the barriers for women to go into sport and.

One being like.

Sports in general. I always like, consider like things for men, and thank goodness that has changed quite a lot in the last. Like, I don't know, 100 years, but it's more common now and seeing women's sport and anything that can break those barriers like.

And make them more active.

I think its being done, so.

Interviewer Thanks a million. I'll stop the recording now.

Participant 2 Thanks.

Participant 3

Interviewer Hi [name redacted], how are you?

Participant 3 I'm great. How are you?

Interviewer Good good... Ehmm. Yes, so, I sent you on the... Information sheet and interview questions. And again, if. Ehm.. theres any of these questions that you don't want to answer, you absolutely don't have to. Ehm- There's no repercussions for not answering any of them at all.

- Ehm- And you can still be a participant if even
if you don't answer a couple other questions or whatever. And-
- Participant 3 Yep.
- Interviewer Ehm- and yeah, if you want to stop at any point, just let me know too.
That's no problem at all.
- Participant 3 Perfect. Thank you.
- Interviewer And so we'll start if that's OK.
- Participant 3 Yep, go ahead
- Interviewer Cool.
So the first one is what is your
Age?
- Participant 3 I AM 28.
- Interviewer And the next one is what is your
relationship status?
- Participant 3 I'm single.
- Interviewer And then the next one is, what is it about this study that interested you?
- Participant 3 Ehm...
Well, I noticed you put it up and I realized that I did get cat called quite often
whenever I exercised and I thought it would be great to see maybe some sort
of results on that and see if women are in the same boat as me.
- Interviewer Yep.
And then the next thing is what is the main sport you are involved in?
- Participant 3 I'm a runner.

Interviewer And would you like to tell me a bit about that or anything about when you started or anything?

Participant 3 And yeah, so I started maybe like four years ago Ehmm.

And- but I didn't start seriously getting into it...

Ehm- until like last January, so January 2022.

Ehm.

But no matter what stages of running I was in. Ehm- I was always like, heckled or cackled or whatever. So it didn't matter-

Interviewer Hmmm.

Participant 3 -if I was bad at it. I still got heckled. Haha. So.

Interviewer Hmmm.

Participant 3 Now that I'm good at it doesn't matter either. I still get heckled.

Interviewer Hmm. Hah.

And then the next question is.

Have you any experiences of catcalling when you've been training or competing the stand out to you?

Participant 3 Ehm- I'd say.

Just usually running around....

Uh, the local village.

And I don't know if it's the same people. I don't really look, but it's just people who generally beep at me or like shout out the window...

Ehm.

And that would happen like fairly regular, maybe like once a month.'

- Interviewer And do they all say the same thing?
- Participant 3 Ehmmmm.
And.
Well... they say stuff like 'ah go on', you know, usual stuff..
like I- I don't know how to describe it. They wouldn't....
- Interviewer Hmmm.
- Participant 3 Yeah- I suppose they would all say the same things, really.
- Interviewer Yeah, you can say what they say if you want by the way....., you don't have to.. You know- if it's a curse or anything you can say what they say and I'll-
- Participant 3 Yeah.
- Interviewer I'll just mute it out like and-
- Participant 3 Yeah-
I don't think anyone ever
cursed.
And.
Anyway.
Yes, they don't usually curse do they-
No.
- Interviewer Hmmm.
Then the next thing is, would you like to
explain like any of the specific experience? Is there anything
- Participant 3 Ehmmmm. Ehhhh-
Uh, let me think. I'm trying to think now.
- Interviewer Yeah that's okay, take your time.

- Participant 3 Ehmmmm...
Usually it's-
Like if there's like anything specific, it's like...
Ehm-. Young men- In their 20s or 30s.
And... most the time it's actually a group with them, you never would usually
get it off one man. It's
more like a.-
Like say I'd be running down the road and there'd be like a van full of
workers.
And they're like, [incoherent mumble] you know, out the window.
Umm.
But yeah, usually if it's like one person, it's very rarely. So I think it's a group
thing.
- Interviewer Ehmm... and then the next thing is,-
where did these occur?- I think you mentioned it was the local village.
- Participant 3 Yeah,mostly there. Or like when I was in [Town Name Redacted], my other
village. Well, it's a town now, but yeah, it happened there as well.
- Interviewer Did you find any difference between this small town and the bigger town?
- Participant 3 I feel like it happened more in the small town.
- Interviewer Yeah.
- Participant 3 Yeah.
- Interviewer Ehmmmm... and then.
Sorry I'm after completely forgetting where I am.
Did I ask you or I did? Yeah.... Sorry....

And then the next thing is were you training or competing when they occurred?

Participant 3 Ehmmm well, I was just training for myself. Like, say, I was-
Yeah.

Like training for a race or training for myself.

Like, I wouldn't compete in any..- well, I do races. Yeah, I suppose I would compete- Ehm.....

Never while I'm racing, no.

Never racing, and none of those like bigger races either, like the....
half marathon or anything like that. Never.

Interviewer Umm.

Participant 3 So it's just when I'm on the road training by myself
Umm. Basically.

Interviewer Yep, and. And did you say by yourself there?

Participant 3 Yeah, but... you know yourself,
it's happened with other people, too.
Other girls, other women

Interviewer OK. Yeah.

And do you find that it happens more when you're by yourself?

Participant 3 Yeah, yeah, I do, yeah.....

Interviewer And then the next thing is, have you been catcalled more by men or women?

Participant 3 Only men.

Never women.'

Interviewer And then the next one is.....

Why do you think you experience catcalling more when you're... training rather than when you're competing?

Participant 3

I think it's like a social thing....

So it's like when men- mostly do in groups, it's more

like ohhhhh- I'm gonna be a hard man or I'm gonna be one of those.

And I'm gonna say it to this girl here, look at her,

blah, blah.

Like it's like it they're trying to up themselves to make themselves... Feel better.

Umm.

In like races and competitions, there's....

Like. There could be a couple of thousand people there. If you start heckling

A woman as she's running, like as a man, you're gonna get shot down, you're

gonna be ostracized. So I think it's like a society thing. It's like they can get

away with it when they're with other men- usually- or by themselves, they

can't get away with it if it's in a social setting

Interviewer

Mhmmm.

And then the next thing is, how do you think these experiences have affected

you? And this is more like in terms of like psychologically?

Participant 3

Yeah.

Ehmmm.

I feel like- more scared to go

out by myself.

Sometimes I'm I'm like.-

I feel ashamed because I'm like, why?.....

OK,- So, it's like two different types of shame.- It's like, why are men like that? It's like I'm ashamed for for them. But I'm also ashamed for myself. I'm like, why do I feel this guilt?

Interviewer Mhmmm.

Participant 3 Ehmmm but yeah, mostly it's. It's like fear. It's like, even if I like, say something back to them, it's

like,- what are they gonna do to me?.....

So, I get worried about going out and running by myself if I'm gonna experience that and possibly get injured or like assaulted in the process.

Interviewer Mm-hmm.

Participant 3 Like I can't take the time to go by myself and do it. [Laugh]

Interviewer And then the next one is how do you respond when your cat called?

Participant 3 Ehmmm I just ignore it most of the time.

Umm.

Umm, but sometimes I got really angry and I like respond back and I usually tell them to [Curse Word Redacted] or I like give them the-

Umm.

finger.

Umm.

But yeah, I mean they don't do anything with that, so....

Interviewer And do you find you....- Sorry.

Participant 3 I think it just eggs them on. Sorry.

Interviewer Do you find that you're responding more than you don't?

Participant 3 Ohh- yeah. Sorry.

Interviewer or do you like stay quiet more?...

Participant 3 No, I'd stay quiet more. I just ignore it and just run on.

That's like most of the time, maybe once or twice I might be like off [Curse
Word Redacted] like.

Interviewer Yeah.

Participant 3 Depends on how angry I am....[Laugh]

Interviewer [Laugh]

And I know you mentioned like a fear of going out to train alone, but the next
question is do you feel as though these catcalling experiences have affected
your training, such as avoiding training, lack of
motivation or like a fear to train

Participant 3 Yeah, like literally all of them.[Laugh]

Just afraid to go out by myself.

I'd have to go with someone usually, especially if it's like the back roads and
I'd stick to....

Umm.

more areas that are more public, like the village itself or like the football
pitch, because then I know there will be other people there just in case, you
Know.

Interviewer Yeah

Participant 3 And yeah, you'd just be afraid.

Like I've missed training and stuff and I'm not motivated to....

go out if I know I'm gonna be catcalled. Like, why would I want that?

- Interviewer Hmmm.
- Yeah, I get what you mean. Do you find that?
- You more just like, think about what you're doing to avoid being catcalled?
- Or do you find that you cancel your training more?
- If that makes sense...
- Participant 3 Ohhhhh- OK.
- Sorry.
- Ehhhh .
- I find like I mind myself more.
- I'm like where I go because I-
- Yeah.
- know in certain areas I will be catcalled more, so I just avoid those areas.
- Interviewer Yeah... And do you find- sorry.
- Participant 3 I'll just go somewhere more public.
- Interviewer Do you find that it happens more like in particular weathers or a particular times of the year or is it just constant?
- Participant 3 No, it's constant. It's constant-like it happens in specific areas.
- Interviewer Mhmmm
- Participant 3 It's like where no one else can see them doing it basically.
- Interviewer Mhmmm.
- And do you think that these experiences have affected your abilities or your desire to continue the sport?
- Participant 3 Umm, no, I don't think so.
- And because I know I can still do it as long as I have a safe place to do it in.

- Interviewer Umm.
- Participant 3 But... No, it hasn't stopped me. Like I'd still do it.
- Interviewer I'm just going back to before. Ummm.
You mentioned that it still happens to you when you're running with like one other female.
- Participant 3 Mm-hmm.
- Interviewer Does it?... Do you ever run with men? And if so, does it happen when you run with men?
- Participant 3 Emmm...I have run with my brother before and it's never happened to me when he's there
- Interviewer Umm..- thank you for that. And then the next one is do you use- I think you mentioned that you kind of stay close to the village in the football pitches, but do you use any other strategies to avoid catcalling?
- Participant 3 Ehmmm well, I-, like in summer and stuff. I think I I'd still wear like T-shirts and like longer trousers or longer shorts just in case. Like, I don't want anyone seeing my body and like, making a comment on it.
That's about it, really.
- Interviewer Yeah.
Ehmmm.
And then the next one is, have you ever witnessed any fellow female athletes being catcalled?
- Participant 3 Ehmmmm- only the girls I've run With.
So only when you're running with them, yeah.
Yeah, because I'd be there to

experience it, but not in like races or anything like that.

Only just out in public.

Interviewer Um. And then the next one is, have you ever witnessed any male athletes being catcalled?

Participant 3 Never. Ohh wait- No, that's not true.

I heard young boys screaming abuse at a man while he was running.

Interviewer Oh God....

Participant 3 Yeah.

That's really.....

And it was for.... His form was a bit strange.

So they were slagging abuse at him as he was running and I never seen him running after that.

Interviewer Awhhh.

Participant 3 And he used to run all the time.

So.

Yeah, it is. It was terrible.

Interviewer And and then the next thing is a bit more open. It's just kind of anything else that you want to say on the topic or anything like that?

Participant 3 Ehmmm. Just that I feel like.

It's mostly a male dominated.- Incidents where....

Hmm.

Where- They- I wouldn't say attack females, but like.

I like I have seen young boys doing it to men. Well, one man.

But that was an isolated incident. It's mostly young men...

Umm.

doing it to women and it's it's generally younger women. Not

Umm.

that I like, I don't know personally of women who are in their 50s or 60s who are doing their sport, who've gotten catcalled, like, it's mostly younger women under 40. I'd say who are going through it.

Interviewer Hmmm.

Participant 3 That's about it, I think.

Interviewer Well you've answered everything. Thank you very much. And I'm gonna-'

Participant 3 No Worries.

Interviewer Stop recording now. If that's

OK.

Participant 3 Yeah, go ahead.

Participant 4

Interviewer OK. That's recording now... So yeah. So again, if there's anything-

Participant 4 Yep.

Interviewer -that you don't want to answer, you absolutely don't have to answer.

Emmmm. It won't affect the study or anything at all.

And yeah, just let me know if like-, you need to stop or anything at all.

Participant 4 OK, great.

Interviewer And so the first one is what is your age?

Participant 4 Uh well, 40-41 the end of the month. [Laughs] 40 we'll say 40. [Laughs]

Interviewer [Laughs] And then the next thing is what is your relationship status?

Participant 4 Umm. Married.

Interviewer And then the next thing is, what is it about the study that interested you?

Participant 4 Ehm... Well, it just- it. Just interested-. Like I've never seen somebody looking into this end of- kind of. It's something I never thought about. Ehm...
But just to see somebody else looking into-

Interviewer Hmmm.

Participant 4 -it, I was like ohh, that's interesting.

Interviewer And then the next one is what is the main sport that you were involved in?

Participant 4 Ehhhh... Running.

Interviewer Ehm.. Yeap. And then the next one is, do you wanna' tell me, like, a little bit about yourself and running or anything?

Participant 4 Yeah. When the I always ran in primary-. No, not primary. Well, primary school I would have done sports days and that. But in secondary school. I did a bitta' cross country but. Ehm... You know, I got kind of got to that age, as all girls in school do, when they quit sports. And I just stopped running and there's no explanation for it, but it just- it just stopped happening. And then when I got just when I got a bit older than not not old, old now, but in my 20s, then I started back into a-

Interviewer Yeah.

Participant 4 -little bit here and there and.

Uh, did the mini marathon and stuff like that and it kind of gave me the- the urge to kind of do a little bit more. So I started doing, you know, the Boyne 10K and stuff like that.

Interviewer Mm-hmm.

Participant 4 Ehm.. Over the years and but then with having kids and everything, it kind of slowed me down, not slowed me down, but kind of priorities with kids and running wasn't the priority-

Interviewer Yeah.

Participant 4 -anymore? I did run when I was pregnant on [Child's Name Redacted]. I ran up until I was about 16 weeks pregnant.

And I don't know why I stopped at that time. But I did stop.

Ehm.. And then I didn't really pick it back up until after I had [Child's Name Redacted]. I did a bit here and there. I was trying to dip in and out of running, but I could never. I could never commit-

Interviewer Yeah.

Participant 4 -myself to it. Between work and kids. And then I- I would have done a bit of aerobic training and stuff like that just to keep the head right. But after I had [Child's Name Redacted] my third, she was-

Interviewer Hmmmm.

Participant 4 about, I think she was about 8 months old and it was just kind of. It was for mental health reasons. I started back into running.

Interviewer Mm-hmm.

Participant 4 And- and it was [Husband's Name Redacted], my husband, that kind of said to me, look, I think you need to do something like that. So I went down to the local... Ehm... Running club.

Interviewer Mm-hmm.

Participant 4 And got chatting to them and got out one on with the local running club and they kind of spurred me on and it was- it was the. It wasn't just the running.

Yes, it was doing great with the running, but it was getting out every Thursday and Tuesday. It was too- Yeah... Thursday and Tuesday with the girls and they were all mummies' and getting out for a run and chat. It was- It was-

Interviewer Mm-hmm.

Participant 4 -socializing as well. And then through doing that, I end up back doing cross country.

Ehm... With the- with the running team so absolutely love the competitiveness of it.

But then unfortunately I got injured and- Ehm... I'm slowly getting back to it this last year I'll be- I've been getting' back into it here and there in the last year. So I'm delighted just be doing a little bit here and there can't do as much as what I used to do, but I'm still managing to run and kind of keep- keep my head straight.

Interviewer Yeah, that's- that's- that's good.

And- and then the one thing is, have you got any experiences of cat calling from when you've been like training or racing?

Participant 4 Not racing. No. And I'm- When I initially saw the the interview, I was thinking catcalling have I ever experienced it.

I don't think so, but you know...

I've- I am. I mean, I remember mine commented to me before I was out for a run and he commented saying that something I shouldn't be out running and that it was too hot.

And I was like- just like, alright, well, you know my

I.-

It's my choice. You know, if I want to go for a run, I'll go for a run.

Interviewer Yeah.

Participant 4 You know, it was really hot weather. But I was only doing quick run. I was doing it early in the morning, but it was the comment that I was just like, mind your own business. Ehmmm. [Laughs].

Yeah. And but as regards catcalling, have I experienced it, but I have kind of- you know- you know- you probably might know the same yourself. Gemma, is that you- you could be out running and you do notice car might kind of tend to slow down a bit when they're driving past it and you know that they're- they're looking at...

I don't know what they're....

Ehmmm...

looking at but I'm like- I'm.

Interviewer Yeah.

Participant 4 Am I funny? Am I doing this? Oh my God...

Ehm.... You know, and even during the summer there last year, it...

Was really hot and I was down, down- doing a run down the track and I it was it was so hot that my- my top was stuck to me. I actually took my- my- my- tank top- my vest off and I tucked it into my shorts. So I still have my sports ground on me.

Interviewer Mm-hmm.

Participant 4 Ehm... And I ran home with that, but Ehm... I got a lot of kind of - I could see people driving in cars, looking at me. And I just like, you know what? I

actually don't care because I'm out running. And I'm doing more than all of you. But I did kind of go, I-

Interviewer Yeah.

Participant 4 -suppose, a couple of years ago, I would have felt a bit more paranoid, but I just went to actually don't care because I- I'm doing what I have to do for me. And look, if you want, there's nothing. There's nothing there. You won't see if I- if I'm on a beach. Emmm. Either. [Laughs]. You know. So I just went. No, I just have to be a bit more confident myself.

Interviewer Yeah, I think I will have a section in like what I'm actually discussing the thesis for like.

Non verbal, not-catcalling, where it's like things like slowing down or..., I don't know.

Like if it is just like a cultural thing..., But people will like jam on the brakes to let you cross in front of them even if there's no car behind them.

Participant 4 Ohh.

Interviewer You know, like it's not like they're, like doing you a big favor because you're gonna be able to cross after. So I- just...

Participant 4 Yeah, yeah.

Interviewer -feels like they're doing it for the sake of. Looking or something. Do you know what I mean? Like really....

Participant 4 Right. Yeah, yeah, yeah.

Interviewer strange.

Participant 4 And do you think over there... Is there- is there less people like running than you would see... then you'd be used to, let's say in Dublin or Drogheda that kind of thing....

Interviewer Yeah, for sure. For sure.

Participant 4 This is something they often wondered.

Yeah, like... here you'd see a lot of people running, but I've never had the actual the catcalling...

I'd not- not- that I can think of... that's why they're thinking.

God I wonder will I be any good to do an interview and doing this interview because I can't think like I can't pinpoint and an exact time where it ever happened to me you know.

Interviewer Yeah. No, but that's still good.

Like it is still good to have the different aspects from people.

Participant 4 Yeah, yeah.

Interviewer And then I think you mentioned that it's usually men who would slow down in cars. Have women ever slowed down or anything?

Participant 4 Ehmmmm. Not slow.... I haven't noticed women slowing down and but I had like, you know, women would- they would still be looking, you know, if theres women- women walking then they would still be looking-

Interviewer Yeah.

Participant 4 -and. But then I kind of think myself well, look at if I was walking or driving, I'd be looking at women running cause I'd be like, oh, do I know that person. Ehm... Its me being nosey...

Interviewer Yeah. Yeah. [Laughs]

Participant 4 and I'll be there saying Jeez, she's fairly flying fair play to her do I know her or I'll be there going. Yeah. Jeez she's- she's in some shape I always see that woman out running you know and I'd be looking like oh there is a woman again... yeah.

Interviewer Yeah.

Participant 4 I've been thinking oh it's coming up to Marathon season. She's out again, you know? And I always notice certain people on the road. So I'd be looking as well.

So I'm aware that that some people are looking just to be nosey. So I know that in my head.

Interviewer Yeah.

Yeah, I do be staring at people's shoes as well. Like...

To see what runners they're wearing. [Laughs].

Participant 4 Yeah, there runners and I'd be in particular- if I saw a woman running with a sports bra on. I- I actually take a note of it. And like, I actually look now myself purely because I go fair play to-

Interviewer Yeah, me too. Yeah.

Participant 4 -you because.

Yeah, because- I because I took off my vest that one day. I was like, oh, God, it's like God, the state of me running up and down and probably bouncing all over the place, you know? Ehmm... [Laughs].

Interviewer Yeah.

Participant 4 But I just went.

Actually I don't care and, but yeah, I used to. When I do take note- like not take note. But I will notice if people- if there's a woman out running without a tank top on.. just the sports bre, I would think like a fair play to her and you know you don't have to have....

The perfect body to you know, because it's just it's hot weather and it's nice to run comfortably because if a man was running without his top on, nobody bats an eyelid. So that's how I check it.

Interviewer Yeah.

And then I think you mentioned that it's never happened when you're racing like you don't feel it's just when you're out-

Participant 4 No.

Interviewer -by yourself, is it?

Participant 4 Yeah. And I like racing I would have done like the... Boyne 10k.... The... yeah. And the Boyne 10K. The women's mini marathon. And what else would it have been? Yeah, the the cross country, there are really the only races that I ever took part in and the [Place Name Redacted] races here in- in [Place Name Redacted] itself never noticed anything like that. Would just be people cheering on, you know,-

Interviewer Yeah.

Participant 4 -Just just, you know, saying fair play to ya'and clapping the hands saying, come on, keep going keep going. So that's that's all I ever noticed really.'

Interviewer And do you think that the experiences of like people looking have affected you? Like do you think you've, like felt anything psychologically about it?

Participant 4 Ehm.. I've often.... Well, it was after at that day I- I took my top off, I was going God, did I make an absolute show myself there because I was like, maybe it wasn't the best- Was I bouncing all over-. People- were people looking at me going fair play or people looking at me going Oh my God, look-

Interviewer Mm-hmm.

Participant 4 -at her ***** jumping up and down and genuinely that's- it's- it's-.
my it's my washing machine can you hear that?
is that affecting the sound? No

Interviewer No, no, I can hear you.

Participant 4 Perfect but that's what I was there thinking afterwards they're going oh God was it because people are going fair play or.
Or who's that one thing she is?
Or else. Ohh, God, look at her ***** going up and down. Jesus, put your top back on. So that was going through my head afterwards. But I just kind of pushed to the side and went. No, it's fine. Look, because I did what I wanted to do and don't really care what anybody else thinks, you know.

Interviewer Yeah.

Participant 4 And ehhh but... Was there any other times?
No, no, that's it. That's kind of, yeah. It wouldn't really have affected me that much, you know.

Interviewer Yeah. Yeah, that's perfect. And do you ever, like, respond...
It like, that time- What happened? Like, if somebody was there, and do you ever do anything like stare back or respond or anything?

Participant 4 No, I just keep it, keep my head down and keep running. And if there's cars coming towards me, I tend to not look at the cars coming towards me because I don't want to make eye- I might spot a car coming up and I might recognize it, but I just keep my head down.

Interviewer Yeah.

Participant 4 I'm kind of keep running because I just I'd be like ohh. I think I know that person and I just keep the head down and I'm like, I don't really know if I want to be way, you know, like I'd be a-

Interviewer Yeah.

Participant 4 - little bit paranoid in that way.
Going do I wave do I not wave. But then some cars would beep at me that might know me.
And I just then I just put my hand up and wave automatically back at them.

Interviewer Yeah.

Participant 4 Ehmmmm.. But I do. I don't recall- actually been out with the girls one night. So- Sorry I don't know whether this is off topic. No, I remember being out and it was just getting to, you know, the end of summer where you still trying to get the last of the light and we were out for-

Interviewer Yeah.

Participant 4 -a run and it was just dusk and we all had our high viz jackets on us any how and starting to get dark.

Interviewer Mm-hmm.

Participant 4 Ehmm.

And it was a car or Jeep that drove past. They were all sitting behind us because there was about six of us. We were in a single file on the road and he was waiting to pass and he absolutely blew us out of it...

ohh God, now I'm after' remembering something else now hang on-

I'll say it to you now.

He blew it out of us and he blew us out of it on the road. Frightened the life out of us and- and-. And what else? Yeah.

Interviewer Yeah.

Participant 4 And shouted something out- out the window saying get off the road or something like that.

So yeah, we- we just carried on, we didn't care. But that-

Interviewer Jeez.

Participant 4 -actually just reminded me, Gemma, sorry about blowing the-

Interviewer You're alright.

Participant 4 -horn. I was out on my own.

Couple of years back.. Ehm... Well, it was just when I started back after having [Child's Name Redacted].

Umm.

And it was summer time and I was up running around the back roads.

And anytime I'm going out and back roads, I'd always tell [Husband's Name Redacted], look, I'm going here. I'll tell him where I'm planning on going.

Interviewer Yeah.

Participant 4 Ehmm and I know I have my watch with the emergency assistance if I don't have my phone, my watch has the emergency assistance on it. So I'd be like,

right, well, I have that there if needs be. But it was a quiet back road and there wouldn't be space for two cars.

You'd have to pull in to let the car pass you know, but I was -Umm....

Running on that road and a car came from behind me. I didn't really hear- and I'd never wear earphones running because I want to be able to hear the traffic and cars and stuff like that. But I could hear there was a car coming behind me and come down at whatever speed... I don't know what kind of speed he was doing but...

They- They kind of pulled up beside me, it was a car full of young fellas' and they....

They put- As they were going past. I never suspected anything, but they'd the windows rolled down and it's all- I- I don't know how. I didn't think of this.

They shouted at me and they- they roared something at me like- like a real [Incoherent roar] just to scare me. They didn't say anything. They just tried to-

Interviewer Yeah.

Participant 4 -scare me. I nearly went into the ditch.

Interviewer Yeah. I can't imagine-

Participant 4 And because it was a back road and it was, I just thought the car was passing me by, but they'd slowed down and just shouted something. Like I said it wasn't- There was no particular word. It was just something to frighten me. And they did frighten me where I kind of ran sideways and I because it was a narrow road- I- I nearly ended up in the ditch so I didn't- kind of. I don't know whether I kind of raised a fist of them or whatever. I don't think it did.

I think it was in such shock at-

Interviewer Yeah.

Participant 4 -the time and when I go home I said [Husband's Nam Redacted] and he said he- he- he- was like.

I don't want your own around down back roads and you know it's not safe and- but it was the middle of the summer, like at 1:00 o'clock in the day. So I thought it's fine, it's bright.

It's sunny. It's, you know, it's and it's there's a lot. There's a fair few houses along that road as well. So it's not as if it was like in the absolute middle of nowhere. But yeah, it did frighten the life out of me and it kind of made me think about running. I don't think I've actually running that road since now that I think of it.

Interviewer Yeah.

Participant 4 And because I go-t to- not-, I don't. But I kind of would have got injured, you know, not long after that, but.

And yeah, no, that did happen. Where they did frighten the life out of me, and new nearly made me jump into the ditch just with fright.

Interviewer Yeah. And do you think that like after that happened, do you think that would have, like, stopped you from running or like you would have thought more about going for run because like, I don't that happen again kind of thing?

Participant 4 Yeah, I probably at like I said, I havent ran on that road.

And it would make me think twice about running on kind of those kind of back roads.

Interviewer Yeah.

Participant 4 You know, and because you really are secluded that I- I feel like I... if something did happen, I could up at end up in the ditch and nobody- nobody would know. So...

I haven't run down that particular road since but it's it's a it's a five mile block and you know it's- it's not a massive block but I haven't been doing massive massive blocks and since I got injured you know I'd just be doing small- smaller blocks.

Interviewer Yeah.

Participant 4 Yeah, because I'd be afraid. I- I do smaller loops now because I'd be afraid if I was doing a five mile block and I got sore that-

Interviewer You'd be stuck.

Participant 4 -I'd be too far away.

Yeah. So it's just little and often is kind of what I prefer to do now. But yeah, I- I- would have a tendency to avoid that road. And if [Child's Name Redacted] was running or something like that, I would tell her to be-. I just wouldn't want her going down that road because you think the back roads are safer because the cars aren't going as fast if you know there's less traffic on the back roads and stuff like that.

But yeah, I'd be very wary about taking that particular road again myself.

Interviewer Yeah, I got what you mean and- and- then the next thing is, do you feel as though you use strategies to like avoid? I know you said you don't go down that road anymore, but you'd like the like taking off your tank top kind of thing. Would you do you think you'd consider leaving clothes on? To avoid it kind of thing.

Participant 4 Yeah, I suppose it's- it's somebody did. If somebody had've shouted something to me, it would make me paranoid to take off my top again, that I- I probably wouldn't do it. I'd be more- I'll be OK to do it in the comfort of- there's a track up beside me and I generally know a lot of the faces up at the track running and they're all running heads up there. So I'd be quite happy to kind of run around the track and that's...

Umm.

Interviewer Yeah.

Participant 4 ...actually where I took the top off. And then I would just, I just have a- a 1 kilometer from the house from the track. So just had a 1 kilometer just it- just it was just a cool down jog back to the house and- and that's so was literally only 1 kilometer that I was wearing it out kind of in the public I suppose you could say but I- I'm kind of fairly comfortable up in - up in the track where there's people that I know so I wouldn't- I wouldn't be paranoid about doing that kind of stuff again up the track because like I said there- there are people they're all runners and people that I know but it is out on the road itself I'll be- I'll be a bit more weary yeah.

Interviewer Yeah.

Yeah, and. And then the next thing is, have you ever witnessed any other females being catcalled while they're training?

Participant 4 Ehm.... while training off the top of my head, no, I can't think of any. Am trying to think of friends even told me about it. I've never witnessed it myself, but like I said that I can think of maybe over the years and might be something minor that I've kind of that my brain is just pushed to- to the back

of the head and but I can't think off the top my head. Gemma- of any witness-
witnessing anything like that.

Interviewer Yeah. No, that.

That's perfect. And then the next one is kind of similar to just have you ever
witnessed on me like males being catcalled or anything? I don't really think- I
think you mentioned earlier that you've never seen it happen to a
man or if a man was on it...

No. Wouldn't happen.

Participant 4 No, no, I've never, never witnessed it with a man. No, no, never, never seen
that at all.

Interviewer And then the last one is just if there's anything further that you wish to say or
anything, or if you think I missed.

Participant 4 No.

No, not at all, no.

And this.... I- I- hope I've been helpful doing it.

Interviewer No, you have been. Its brilliant.

Participant 4 No, but like it's- it's great because there is more women out there running. So
it- it's- it's easier than what it was like years ago when I was in my 20s, early
20s and I was doing a bit of running. There wasn't many people on the road.
Ehmmm. and I did feel-

Interviewer Yeah.

Participant 4 - like you were looked at a lot more back then and I would have been younger
as well. So maybe people would have been looking a bit more back then as
well because there's the younger boys said it's- it's a lot more

normalized now for people to be out running. I know you'd still get cat calling and the whistles and all that- Its just a-

Interviewer Yeah.

Participant 4 -little bit more normalized now to have people like running which- which is great because it makes it a little bit safer in- in to a certain- to a certain extent and it makes it a bit.

Interviewer Yeah, my Dad actually said the same thing, he remembers, like when he was younger. It would be really strange to run on the road like people would be looking at him. Like, what are you doing?

Participant 4 Yeah, you nut job. Yeah. [Laughs]

Yeah. And like the there is- there, there is certain roads that I still wouldn't run on like well, I wouldn't be comfortable on them because they're just they're too busy with, with lorries and stuff like that that I go no. That's just too dangerous. And I was thinking, I always think of the ad. Is it safe? You know? You know, so I always cause... it there during the winter. I did do a run one evening. I was- I missed the running session. So I went for my own one and I ended up down a road with no lights on it. And it was only when I was on the road. I was like, Oh my God, there's no lights in this road.

And I was like get down to the next light and turn around as like I was annoyed at myself, I should have actually just turned around and this was after, you know, this is this is less than a year ago. So this is after that poor girl had been murdered down in Offaly so.

Interviewer Mhmmm.

Participant 4 Yeah, I was like, oh, my God, you're ***** idiot. You know what we doing on a dark road in the wintertime? Like I wasn't going for a long run, but it was a wet. It was a wet, rainy night and [Husband's Name Redacted]'s. Like, why are you gonna run in the rain? I was like, well, it's just cause it's a bit of rain. Doesn't mean I cant run. Like it's only rain. It's not gonna kill me. You know, thinking when I got back, I was absolutely drenched.

Interviewer Mm-hmm.

Participant 4 But yeah, yeah, I- I was. It was that night one and I was like, what am I doing on road with no lights? You ***** idiot get back quick. I'm sure we've all done it at some stage.

Interviewer Yeah, that's perfect. I'm going to stop the recording now.

Participant 4 Yeah. Perfect.

Participant 5

Interviewer OK, so that is recording now. Ehmm... again, if there's anything that you don't want to answer like any questions you don't wanna answer or if you want to stop at any time, there's absolutely no problem with that at all.

Participant 5 Mm-hmm.

Interviewer Umm, OK. So the first question is what is your age?

Participant 5 I'm 29.

- Interviewer And then the next one is what is your relationship status?
- Participant 5 In a relationship.
- Interviewer And then the next one is, what is it about this study that interested you?
- Participant 5 Ehm... I seen it on Facebook and just thought it would be good to give my input.
- Interviewer Yep, that's perfect. And then the next thing is what is the main sport that you are involved in?
- Participant 5 Ehmm... The gym.
- Interviewer Perfect.
- And do you want to tell me a little bit about that?
- Maybe like when you started and how often you're going or whatever.
- Participant 5 Ehmmm. I was going kind of on and off since I was 18 and stopped a few-
- Interviewer Mm-hmm.
- Participant 5 - years ago.
- Interviewer Mm-hmm.
- And then the next one is have you any experiences of catcalling when you've been training or competing that stand out?
- Participant 5 There's probably... Ehmmm. Probably, yeah. There's a few not one particular that stands out, but it happened quite regularly and....

Interviewer Mm-hmm.

Participant 5 Do I explained them or...?

Interviewer Yeah, yeah.

Participant 5 Yeah.

Ehmm... Just like making comments on your appearance and like approaching your constantly. Staring and not looking away when you're looking back, you know when you're making yourself show that you're uncomfortable, you know?

Interviewer Yep.

And what kind of comments were they? Were they sexual in nature-

Participant 5 Yes.

Interviewer - or yeah?

Participant 5 Yeah, just. Yeah, just about, like, your body and stuff and like.

Ehmmm...

Yeah.

Interviewer And did they always occur when you were in the gym?

Participant 5 Yeah.

Interviewer Perfect. And you didn't compete or anything? No.

Participant 5 No.

- Interviewer And then the next one is... did it happen more by men or women?
- Participant 5 Always- always men..
- Interviewer Yeah. And it's never happened by a woman?
- Participant 5 No.
- Interviewer And then the next thing is.
- Ehm... Do you?
- Sorry, the next one doesn't matter.
- Ehm... then the next one is- sorry, how do you think that they affected you?
- Participant 5 Well, I don't go anymore because of them.
- Interviewer Yeah.
- Participant 5 It made my anxiety really bad in the gym, so I stopped going. I used to leave the gym after it happened.
- Interviewer Yeah... Ehm... And then the next one is how did you respond like in the moment when they happened?
- Participant 5 Well, I was quite visibly uncomfortable. I'd go to another-
- Interviewer Yeah.
- Participant 5 -area and stuff, but it didn't really stop anything. You know, they just followed me around.
- Interviewer Yeah. So it was more of like a remove yourself from the-

Participant 5 Yeah, from the situation, yeah.

Interviewer -situation.

Participant 5 Kind of.

Interviewer Perfect.

Ehmm.

Perfect. Did you ever respond like verbally or? Physically?

Participant 5 Umm no, I reported someone one time, but they weren't removed.

Interviewer Ehm... And the next one is do you think these catcalling experiences have affected your training?

I think you mentioned you don't go anymore.

Participant 5 Oh yeah, yeah.

Interviewer Okay. Ehm...

And then the next thing is similar. Again, do you think that these experiences have affected your athletic abilities, or who desire to continue? But you mentioned that-

Participant 5 Yeah.

-it's making my anxiety quite bad.

Yeah, like I still have a desire, but it I just don't make it that far, you know, because of the worry of it happening-

Interviewer Yeah.

Participant 5 -again.

Interviewer Yeah. And. And is there any like particular experiences that you've had that you want to explain or anything you don't have to if you don't want to?

Participant 5 No, no, nothing. Like in particular, they're all pretty similar like.

Interviewer Yeah, just like people making comments.

Participant 5 Yeah, and.

Yeah, just being quite overbearing and you know, and intimidating.

Yeah.

Interviewer Yep.

Ehm... And then the next one is. Do you feel like you used any strategies to avoid it? Like when you were there.. Like the common ones are like wearing different clothes. Not certain-

Participant 5 Yes, that's what I did. I swear.

Like much baggier clothes and stuff. But it didn't really change anything.

Interviewer And do you find that like you would even wear baggier clothes even when it was warm? Like if you know, like even if it was uncomfortable-

Participant 5 Ohh yeah.

Interviewer - to do so kind of.

Participant 5 Yeah.

Interviewer And then the next one is, have you ever witnessed any fellow female athletes being catcalled?

Participant 5 Yeah, it happened quite regularly. With all the females in the gym.

Interviewer Yeah. And was it the same gym?

Participant 5 Umm, no. Three different gyms.

Interviewer And it happened in all of them?

And then the next one is, have you ever witnessed any male athletes being cat called?

Participant 5 No.

Interviewer And then the last one is there anything else that you want to say or like anything else, like any other details or anything you wanna add in?

Participant 5 No, nothing I can think of right now.

Interviewer Great, thanks so much. I'll stop the recording now.

Participant 5 Thanks.

Participant 6

Interviewer OK perfect. And so I'll start off with the questions no. And again,if theres anything you don't want to answer absolutely no pressure. And so-

Participant 6 OK.

Interviewer -the first thing is what is your age?

Participant 6 I'm. Ehmmm. 55.

Interviewer And then the next thing is what is your relationship status?

Participant 6 Married.

Interviewer Was that your son?

Participant 6 That was my son. [Laughs]

Interviewer That's lovely. [Laughs]

Participant 6 He's the youngest. Always helping with technology. [Laughs]

Interviewer Ehmmm. [Laughs]

And then the next thing is, what is it about this study that interested you?

Participant 6 Well be- because when I read what you were doing, I- I have, as I said to you, I started running when I was around 13 or 14.

And that was back in the 80s and there really wasn't an awful lot of girls running at the time so I would have spent the-

Interviewer Yeah.

Participant 6 10 or 15 years of my, you know, and I was good Club Runner, County runner and that inter-county, but running predominantly with men.

Interviewer Yeah.

Participant 6 If I ran with someone. Or there was really only one or two other women -girls in town that ran. So I kind of gone through the whole-

Interviewer Yeah.

Participant 6 - cycle, so I thought, you know, yeah, it sort of resonated with me when you said it. So I thought, well, look, I, you-

Interviewer That's so interesting. That is like, no interesting, because-

Participant 6 - know.

I'm like the dinosaur. I'm here that long.

Interviewer Even like-. Even now, like when I go out and run, I feel like I obviously loved the women from now, but I still feel like there's way more-

Participant 6 Yes.

Interviewer - men I can't even imagine how it was like. And my dad's like, has-

Participant 6 Yeah.

Interviewer Like always ran or whatever, and I remember him telling me because he started when he was like, was 14 or 15 and he was telling me like, that people would be staring at you, running on the road. Like, what are you doing like?

Participant 6 Yes. Yeah, like.

Yeah. Yeah. Like when you when you grew up. I grew up in [Place Name Redacted] and like, basically there were three, three of us that ran- three women like, you know, and I go out. And if I was in town people would be looking at you and saying you're- you're the girl who runs. [Laughs].

I would be thinking I don't know you but they knew me because there was only three of us.

Interviewer [Laughs].

That's so cool.

And then the next thing is what is the main sport you're involved in- it's running, is it?

Participant 6 It would have been athletics.

Yeah. All my life. Yes. Yeah,-

Interviewer Yeah.

Participant 6 - yeah. Athletics. Yeah.

Interviewer And do you do anything else- like any other?

Participant 6 And they're not really, no, I've no coordination. I took up athletics because I have no coordination. [Laughs]

Interviewer [Laughs]

Participant 6 - no coordination.

I do a bit of sea swimming.

Sea swimming, but I don't- Athletics would have been my main sport all my life. Yeah.

Interviewer Yeah, and. And then the next thing is, have you got any like experiences of catcalling or anything that stand out to you?

Participant 6 I yeah, well, funny. I- I when you when you said I was.

Interviewer I'm sure you have loads from all the years.

Participant 6 No, that's well, this is irony.

I actually didn't. And I don't know whether I'd say.

Early on, like so and obviously when I was in my teens and 20s and that.

Interviewer Hmm.

Participant 6 What I would have experienced is more younger boys, so they'll be kind of like in their-

Interviewer Mhmm.

Participant 6 If like if I was passing around an estate or something and there was like maybe 13 or 14, they'd start kind of cat calling or- or they'd mock me and then they start running with me for a few-

Interviewer Yeah.

Participant 6 minutes and then they'd die. [Laughs]

Little behind- but- but I have to say overall in my like- what sure I must be running now, 40 years kind of 35- 40 years.

It's never been an issue like it's never something that I-

Interviewer That's so good.

Participant 6 - thought I- I can't go running- and that's- I would have grown up in towns. I would have ran in an urban area and now I'm in a-

Interviewer Yeah.

Participant 6 -rural area. But no, I actually really can't say there's been a problem.

Interviewer That's really good. That's amazing. And so you said that-

Participant 6 Yes.

Interviewer - like it, it's only ever happened when you were younger with-

Participant 6 Yes. Yeah.

Interviewer younger boys, is it? And what was it like? Was it like, like a- jeering thing or was it like, yeah.

Participant 6 It was more kind. Yeah, it was.

It wasn't. It was more kind of, I think, because they thought again, this is probably go back to, you know, late 80s and that like oh its a woman running like, you know, I was like an easy target. But yeah, like if I-

Interviewer Yeah.

Participant 6 - kinda I think if I turned down and said Boo to them like they probably would have died. You know, so they were kind of more- [Laughs]

Interviewer Yeah. [Laughs]

Participant 6 childish pranks. You know, it wasn't like- like a male kind of.

I mean, I would have obviously the odd time maybe fellas' passed in a van might beep or whatever but.

I can't say ever was intimidated by it or kind of felt it would-

Interviewer Yeah.

Participant 6 never have kind of thinking, oh, that's not nice about I- I it didn't particularly bother me.

And again, I don't know whether that's maybe because again in the 80s.

You just accepted these things happened. You know, maybe,-

Interviewer Yeah.

Participant 6 maybe, maybe subconsciously when it happened. I- I just kind of thought, well, you know, get on with it. You know, it wasn't an issue.

But overall, no, I can't. I can't. I've never. I can't look back and say that I had an experience where I just kind of thought, no, I can't go out by myself. I can't.

I don't. I-

Interviewer Yeah.

Participant 6 don't feel safe if I, you know, you know, so it hadn't a major influence on me- yeah.

Interviewer Ehmm. And just like for the ones that did happen, like when you were younger or whatever, did they mainly just happen when you were like, training rather than when you were competing and stuff?

Participant 6 Ohh yeah, just training. It would never happen. I have to-

Interviewer Yeah, just near.

Participant 6 say that was that-. That's the one thing that I found being in- in athletics and you know, I was involved in the club and that.

Umm, I would always have found absolute mutual respect with my male colleagues. But yeah, so this would only have ever-

Interviewer Yeah.

Participant 6 -happened when I was out training.

Interviewer Yeah, yeah, the- the atmosphere is always lovely when you're at-

Participant 6 You know that that you know?

Yeah.

Interviewer A race. Isn't it lovely?

Participant 6 Yes, yeah, yeah.

Interviewer Ehmmm. And then the next thing is likely to happen more with men or women. It was always young boys, was it?

Participant 6 Never, never.

Oh uh, it would be always young boys. Yeah. Young boys, yeah.

Interviewer Ehmm. And then the next thing is, do you think that they affected it? Like the experiences at all?

Participant 6 I'm in. No, I- I- I- I- it doesn't.

No, I mean the-

No.

No, I mean there would have been- I remember one once or twice- when they started running with you like so say-

Interviewer Yeah.

Participant 6 - one, I remember one he was a big fella' and that would really kind of you know and it was a little bit intimidating but the-

Interviewer Umm.

Participant 6 - reality was and I'm not- wasn't I was fantastic but I kind of go- I'll give him 200 meters and he'll be gone.

Interviewer [Laughs] Like, I can get away from you anyway.

Participant 6 You know, and I kind of got the ultimate, you know, I had revenge at the end and thinking, yeah, that didn't last too long. [Laughs]

I. Yeah. No, I- It wouldn't have stopped me from participating in any way.

Yeah. Yeah, I could kind of handle it. Yeah.

Interviewer Ehmmm.

And- and then I think you've answered most of the questions. Like you were saying that it wouldn't have stopped you or-

Participant 6 Yeah.

Interviewer whatever. And then the- the last kind of important one is like, did you ever witness any other female athletes getting cat called- like any of the other women?

Participant 6 Yeah, you see, I didn't know because like, like as I said and and you know initially when I was younger, there was only three of us. So we either- We're bound together or individually and. Ehmmm.

Interviewer Yeah.

Participant 6 So you know, so I suppose I'm thinking now later on, you know, where where- I might be talking to younger girls who are-

Interviewer Umm.

Participant 6 - training. It's definitely I- I have. I do know 2 incidents in the last.

Two years for two runners I know were verbally- well one was- was actually attacked, physically attacked and that was that went-

Interviewer Yeah.

Participant 6 through the courts and another girl had an incident in which she was
intimidated. Which is kind of- that's in recent times-

Interviewer Umm.

Participant 6 - but.

Yeah. No, I hadn't.

Other than that, like it's not something I would have said that like, like my
daughter took up running. I wouldn't be saying no, it's not safe. Don't do it.

Umm, I- I never had and I still

Interviewer Yeah.

Participant 6 go running I.

You know, I probably do take precautions. Probably not enough to bring my
phone and that I- I guess I would always have been very vigilant of where I
was.

Interviewer Yeah.

Participant 6 So if I'm going and I would train out in the country roads, I know where I am.
I know where the houses are.

Ehmmm, you know? But that would be kind of the same if I was out walking
or.

Interviewer Yeah.

Participant 6 In a normal situation, I don't. I- I- I- don't feel any more-

Interviewer Yeah.

Participant 6 - vulnerable.

Interviewer Yeah. Yeah.

Participant 6 -As a runner.

Interviewer Then I yeah, yeah.

Participant 6 And- and then the next one is like similar to what you mentioned, the two girls who, you know, who- like you spoke that they might experience it.

Have you ever heard of a man-

Interviewer Yes.

Participant 6 experiencing it or anything from the men in the running club or anything?

Interviewer That's interesting. No, wait till I see now.

Participant 6 There was this one time- we used to train in the [Stadium Name Redacted]. I don't know. Are you local? I don't even know-

Interviewer Yeah.

Ehh, I'm from. I'm from [Place Name Redacted], so just up th road, but I know [Place Name Redacted] really really. Well, I run in [Place Name Redacted] a lot.

Participant 6 Your- your- your- local.

Yeah. Yeah.

And when it was actually kind of closed in the 90s, but you could still go down and train. They used to be fella' localal kind of fella' in town.

Interviewer Yeah.

Participant 6 He'd be drinking beer a lot and yeah, he, he, he would probably go after the lads. So he'd go after them with beer bottles, [Laughs]

Interviewer Yeah.

Participant 6 -whatever. But he poor lad, he probably wasn't- well, I suppose-

Interviewer Yeah.

Participant 6 - so. So you probably wouldn't be massively intimidated, but no, it's no, I've never.

No, I've never heard of any of the boy- men saying that. You know, when incident happened, where someone put no, no.

Interviewer Yeah, is the girl okay- the one who was attacked?

Participant 6 Yeah, well, well, she.

This happened down in- the in-

You probably read about in the paper it was in-

Interviewer Ohh, it wasn't one of the ones on the boardwalk, was it?

Participant 6 Yeah, yeah, I would. You believe I was actually, I was out-

Interviewer No way.

Participant 6 - running myself that morning on the boardwalk. It was Sunday morning. It was jam packed. No, actually. What happened was-

Interviewer Umm.

Participant 6 - myself, my husband and kids and down because we're so busy, I decided I was actually just going to run an old bridge-

Interviewer Mhmm.

Participant 6 - because Sunday morning is very busy with bikes and kids. And-

Interviewer Yeah.

Participant 6 - the whole lot.

Absolutely bizarre. How it happened. Literally split second and she was very shaken up by it. Luckily there were people around, came on it very quickly and was dealt with. And I, you-

Interviewer Umm.

Participant 6 know, I've subsequently been talking to her and she is back out running and she's, you know, she kind of decided she wasn't-

Interviewer Yeah.

Participant 6 going to let this, you know, whatever. But.

Interviewer Yeah.

Participant 6 Ehm.. yeah. And the other girl was an incident of again where she was was.

Uh, she was coming down fairly busy Rd.

Into [Place Name Redacted] like from [Place Name Redacted] into [Place Name Redacted] and she purposely runs there because it's- it's quite busy traffic wise.

Interviewer Mhmm.

Participant 6 You know, nice and open. And a van...

Slowed up beside her and they started talking to her and she did get anxious because she thought, you know, like this is,-

Interviewer Yeah.

Participant 6 -this is quite public. Why? And so she- she ran across there was a house across the road from that. And she ran over there and-

Interviewer Hmm.

Participant 6 - she- she- the woman there she just yeah. And but that girl still-

Interviewer Yeah.

Participant 6 -runs too. You know she runs and yeah she like.

Yeah, that's it. Yeah.

Interviewer Yeah. You can't let things like that stop you.

Participant 6 Yeah. Yeah.

And I, you know, it goes back to maybe bringing your phone or knowing where you're like, you know, known where there's a house knowing where you can get, you know and like.

Like I- I like to think in both cases there are both random, you know like because as with the girl, particularly the boardwalk, she said.

There were loads of people there that day, so it was like, yes,-

Interviewer Yeah.

Participant 6 - it was her. But she doesn't think like there was nothing personal about it. But yeah, unfortunately, you know. Yeah,

Interviewer Yeah.

Participant 6 I think if you talk too much about, you would be scared and probably not go out, but then you know you have to, isn't it?

Interviewer Yeah, exactly. That's what I'm like right now with this like when I'm writing up all the interviews and stuff like some of the stories are-

Participant 6 Well, well, funny. I- I want maybe positive with this bit of the side. Just the year before I got married so it would have been 1992. So I was around 20, I was walking back home from town one evening. It was still bright. It was. It was like the end of August. And I was- this fella' with Balaclava came up to me and he wanted my bag and he put a gun. Like I'm sure it was plastic on because it was the 90s. But I was terrified. And- and he took my bag. And because it all my receipts in it, my random recipets. Moment of madness, I actually went after him.

He legged it and I ran after him and because he dropped his keys and I picked them up and I kept running after him. And then.

He turned around. He fired the bag back to me. So.

Interviewer That's amazing. That's good.

Participant 6 So on on the guards, I will. It was lucky cause to- I- it happened outside where I used to work and the lads I just shouted in with them, you know, ring the guards. And that was kind of a moment of madness. But it was one probably positive thing in my running- cause you know he picked the wrong person.

[Laughs]

So I got my bag back but. [Laughs]

Interviewer That's an amazing story. [Laughs]

So thank you. Thanks so much.

Participant 6 Ohh grand. Ohh that's grand.

Yeah. Hope it's some help to you.

Interviewer It's but-

Yeah. You really were.

Its really nice to get a different perspective because a lot of the people I talk to haven't been running very long so its so nice to hear-

Participant 6 Would Because I initially that's I thought- I could.

Give perspective on my end.

She probably hardly needs to speak to anyone my age they don't get too many.

Of catcalling in that sense. But then I thought well,-

Interviewer Mhmm.

Participant 6 - no 'cause I I've kind of ran over the last three decades. So-

Interviewer Yes.

Participant 6 - and like I can't.

Like- there's definitely. I can't say it was awful in the 80s and not now. I like I-
I don't.

There's no difference. But I and-

Interviewer Umm.

Participant 6 I think I still would say, well, maybe at my age the young lads probably
wouldn't bother me now, but I would no doubt if a young girl like you went
into a housing estate and you were running by kids they might think its-

Interviewer Umm.

Participant 6 - funny but.

Interviewer Yeah.

Participant 6 Yeah, but it's it's like, yeah,

I think.

I think because I loved running and I think part of the the-

Interviewer Yeah.

Participant 6 - enjoyment of running is- is being able to do it by yourself.

Interviewer Yeah.

Participant 6 So I'd hate to think that with wouldn't feel safe and doing it,

Interviewer Yeah.

Yeah, I find the same. Yeah.

Like, even- even if I am nervous,

yeah.

I like- I do. I remember my friends sometimes. And like, in- a group
sometimes. But I will try and do it by myself. It's just so much more enjoyable.

Participant 6 It is.

Interviewer Yeah it is.

Participant 6 Yeah, yeah. But, but that's The funny thing now. In all the years of I don't like running my earphones in.

Because I do think because that's something I have found, particularly as I run in the country now, right.

So there's people out walking and they've earphones in. I had to I- I start coughing before I come up to them to give them some sort of warning because I've actually frightened the daylights out of a woman one day because she'd earphones in.

We're in the middle of the country and all of a sudden I'm at top of her and she really got afraid, you know, I'm thinking-

Interviewer Yeah.

Participant 6 well, you know, maybe you should think of wearing one of your earphones phone or you know, if it's different if you're on the beach-

Interviewer Exactly, yeah.

Participant 6 or if you're in the park where. But I think if you're on a- on a public Rd, really don't put your phones in.

Yeah, you need. You need to have your senses about you with-

Interviewer Yeah.

Participant 6 -traffic and everything else. So you know it. It's again about taking personal responsibility as well.

Interviewer Yeah, but yeah even like, even still like, that's not really like even just specific to females, like men should be-

Participant 6 Yeah. Ohh definitely yes.

Interviewer - doing that too. Like, can you imagine, like, a car came up behind someone?

Like, I'd never run with two of them in [Speaking about earphones]. Some times I don't even use any.

Yeah.

Participant 6 Yeah.

Yes. Yeah. Yeah. Just be conscious that you can hear their traffic or whatever it is coming from behind you. Yeah. And the other-

Interviewer Umm.

Participant 6 thing, if you're running on the road, which I found, which is new phenomenon totally off your project is.

Umm, cars because you're facing the traffic so you can see the car is coming.

It happened on two occasions where-

Interviewer Mhmmm.

Participant 6 I could. It was a clear road ahead of me and I could see this car coming and I'm thinking.

Why isn't he moving out? Because it wasn't busy and I thought, Oh my God, that man is texting and he was sending a text and he literally I had to- I- I kind of moved in and he looked up just as he was passed. I know he got the shock of his life. He didn't see me. And that's happened twice.

Interviewer Yeah.

Participant 6 Yeah.

And I thought if I'd been on a bike, that man-. Now he was, I could say he was mortified because he.

But, you know, I just because I could see, you know, the traffic normally see it, they they- they kind of move a fair bit but I and- I thought why- why isn't he moving out?

Interviewer Umm.

Participant 6 Because you can see me and then you can't see me and that yeah.

Interviewer Yeah, I understand you.

On some roads there's such limited places to step in too. Like the ditch is so small.

Participant 6 Yeah, yeah.

Interviewer - it.

Participant 6 Yeah. Yeah. And that, so that's a new phenomenon to have to deal with now is, is texting you people on the phone. So you think they see you, but they don't see it on the phone.

But anyway, so there's no hope. [Laughs]

I hope you get your-. I know my daughter's doing her-.

Her thesis as well, and they're always looking for-

Interviewer How are you?

Participant 6 - surveys. So it's I and I know it's really hard because you have to get all your- so many. So-

I hope you -you collect as many as you need.

Interviewer I really, really appreciate it.

Thank you so much.

Participant 6 So yeah. So I- I are you looking for more people in case I know someone.

Interviewer If yeah, like yeah, over the next few weeks, I will take as many people as I can really.

Participant 6 Right. I don't know. I- I don't know. There's two girls locally that would be on that running WhatsApp group. I think so. I'll just remind them and see if they can do an interview.

Interviewer Yeah, brilliant.
Really interesting. Thank you so much.

Participant 6 - get on to you as well because.
Yeah. Yeah, OK. Listen, all the-

Interviewer And thanks again.

Participant 6 -best with your, your your future studies. Take care. Bye. Bye bye

Interviewer Thank you. Bye.

Participant 6 Night.

Participant 7

Interviewer Great. That's all good now. If there's anything at all that you don't want to answer, you absolutely don't have to. Like,-

Participant 7 Yeah.

Interviewer - you can just skip the question or just say, like, I don't wanna answer that one.

Participant 7 Perfect, no problem.

Interviewer Perfect, yeah. So the first one is what is your age?

Participant 7 45.

Interviewer And then the next one is what is your relationship status?

Participant 7 Married.

Interviewer And then the next one is, what was it about study that interested you when you heard about it?

Participant 7 Ehmm. Just a very interesting subject. I work in social care myself, so it's a- an interesting topic.

Interviewer That's perfect- and then the next one is what is the main sport that you're involved in?

Participant 7 Running.

Interviewer And when did you start running?

Participant 7 Ehmm. when I was about 8.

Interviewer Whoa. Oh my gosh. [Laughs]

And did you keep it up the whole way, like, have you been doing it for years and years?

Participant 7 [Laughs] Ehmmm. Just- Well I suppose I cut down when I was 17/18, but pretty much.

Yeah.

Interviewer I think the 17 or 18 mark is like a normal age that most people cut down for a while isn't it?

Participant 7 Yeah, yeah.

Interviewer Yeah.

That's class and- and then the next thing is.

Have you got any experiences of catcalling when you've been training or competing? That would stand out?

Participant 7 Ehm.. I have a few times I suppose more so when you're training because you go around different areas.

Interviewer Yeah.

And is there any like in particular that you'd like to explain or anything?

Participant 7 I suppose that's one in particular that would stick in my memory. It was just kind of down the road from where I live. I'd gone from a run the one morning.. Ehm... and I'd just passed by a block of flats down the bottom of the road. I didn't even know-

Interviewer Umm.

Participant 7 -it was a block of flats at the time. It was kind of a new kind of a new building, and there was two fellas' kind of leaning over the balcony.

Interviewer Umm.

Participant 7 Which would face onto the road.

Ehmmm and they start shouting down, and it wasn't particularly-

Interviewer Umm.

Participant 7 - early in the morning, but there wasn't a huge amount of other people around, so it's quite intimidating. It was just more of a surprise.

Interviewer Yeah.

Participant 7 And them doing it like was bizarre to me I suppose cause you were. I haven't thankfully come across much of it now.

And- and I felt. So I felt quite intimidated because I was on my own, and I proceeded on to do my run and- and I hung. I was only-

Interviewer Hmm.

Participant 7 - around the corner kind of doing a hill session, and I put my jacket- brand new jacket onto some railings cause I got warm and kind of tied it around the

railings carried on do it and I was only a short distance away from where the jacket was-

Interviewer Hmm.

Participant 7 -and I was going up and down doing the hills. And one of the fellas-

Interviewer Hmm.

Participant 7 - came down and got my jacket and shredded it.

Interviewer Ohh nooo.

Participant 7 So just completely unnecessary.

Interviewer That's insane.

Participant 7 It was just it completely crazy.

Interviewer Oh my God, was it close to home?

Participant 7 And unnecessary.

What's that?

Interviewer Were you close to home?

Participant 7 I was close to home, so I actually went home, rang the guards because it was just such a bizarre thing to happen.

Interviewer Yeah.

Participant 7 So unnecessary.

I was just so shocked that somebody just do something so crazy when I, like I hadn't done anything to him. I never seen-

Interviewer Yeah.

Participant 7 - him before in my life.

Interviewer Yeah. Oh, my God. That's horrible. I'm-

Participant 7 And like they weren't particularly, I'd say that they could have been kinda late 20s, early 30s. So it wasn't like-
-they were the old like.

Interviewer Whoa. And when they were shouting-
What were they saying when they were shouting down?

Participant 7 I can't remember the exact words, but like just did quite feel quite-
intimidating now. It wasn't like cursing or anything,-

Interviewer Yeah.

Participant 7 but it was quite I think it was quite sexualized. You know, it was very strange.

Interviewer Yeah.

Participant 7 And I think the fact that there was more than one of them, made me feel quite
intimidated.

Interviewer Yeah, Oh my god.

Participant 7 Yeah, bizarre. Very bizarre.

Interviewer That's mad, like the jacket. The shouting is-

Participant 7 Yeah, with that.

Interviewer -bad enough.

Participant 7 Brand new jacket now.

Interviewer Ohh gosh.

Participant 7 Yeah.

Interviewer And and I think you mentioned you were training at the time, were you?

Participant 7 Yeah, yeah.

Interviewer Has it ever happened when you've been like competing?

Participant 7 It's not- not that I can think of no, because you're you're around people like
you're really on your own when training. You-

Interviewer Yeah, I think.

Participant 7 - could be on your own.

Interviewer Yeah, I think the atmosphere at races and stuff is usually a lot-

Participant 7 Yeah. What is usually bit crazy, and it's usually always somebody-

Interviewer nicer.

Participant 7 - around. Like it's rare. You'd be out somewhere on your own.

Interviewer Yeah. And then they were both men, were they?

Participant 7 Yeah, yeah.

Interviewer And have you ever had any experiences where it has been a woman?

Participant 7 Not I can. Well, I suppose there'd be little. Do you know, like teenage girls
making kind of ***** comments. You'd have-

Interviewer Hmm.

Participant 7 -that kind of, I think is more common in places now.

And I've noticed it more now with teenagers. You could be- feel quite
intimidated going around with gangs and then what would be around the town
here?

Interviewer Yeah, so my idea.

Participant 7 Yeah, I think just in general, you'd be more conscious of you're safety these
days.

Interviewer Yeah, I think I'm definitely more intimidated running by teenagers than adults.

[Laughs]

Participant 7 Yeah, yeah. [Laughs]

Now I can only remember one time it happened- now from, and it was more girls than women. And it was, I think it-

Interviewer Yeah.

Participant 7 - was just more teenage girls kind of going- ah god, look at that one out running and you know, like just-

Interviewer Yeah.

Participant 7 - trying to make silly comments, yeah.

Interviewer And do you think that like those experiences affected you like after that one with the two men, were you more apprehensive to go out or did you avoid that?

Participant 7 I was for a while. Yeah, because it was just so out of the blue.

Interviewer Yeah.

Participant 7 And the fact that they've gone the step further to actually-

Interviewer Yeah.

Participant 7 - come down close to where you are and kind of sneak around when-

Interviewer Near.

Participant 7 - you were up the top of the road like that was just so strange.

Interviewer Yeah.

Yeah. And did you avoid running for a while after?

Participant 7 Ah, no, I just went down a different route and I like- I in-

Interviewer Yeah.

Participant 7 - general. I always tell somebody where I'm going anyway. And the-

Interviewer Umm.

Participant 7 - route I'm doing and what kind of time to be expecting me back, you know, just for safety. Yeah. So I would have-

Interviewer Yeah.

Participant 7 - avoided that. Route a bit for a while.

Interviewer Mhmm.

Participant 7 Yeah, its mad.

Interviewer Yeah. And when that happened, like when they- when they were shouting, did you respond?

Participant 7 Oh, God, no. No, no, no. I think if there's one person on their-

Interviewer No. [In agreement]

Participant 7 -own, you might be inclined to, but not when there's two.

Interviewer Yeah.

Yeah, it's a lot more intimidating isn't it?

Participant 7 Yeah, yeah.

Interviewer And- and have you ever responded like even when it was the girls?

Participant 7 Oh, I did with the girls like sure, they were only, I don't know, 14 or 15. Like, you know they were only school girls.

Interviewer Yeah.

Participant 7 Yeah.

And the teacher wasn't that far away. They were just walking up to a local school, actually, nearly in the same spot. Now-

Interviewer Hmm.

Participant 7 - just running the corner. But just it was only juvenile, just silly things. The action, it was nothing kind of aggressive, no-

- Interviewer Yeah.
- Participant 7 aggression or anything.
- Interviewer Yeah.
- Participant 7 It was just girls in a group being silly.
- Interviewer Sorry.
- Participant 7 What's that?
- Interviewer What did you say? Just kind of you shouldn't be doing that kind of.
- Participant 7 Yeah, yeah, yeah.
- Interviewer Yeah.
- Participant 7 Yeah, it's more just kind of saying something smart back-
- Interviewer No.
- Participant 7 - just.
- Interviewer Yeah. And like overall, like over the years, do you think that like the experiences have affected you're training- at all, like do you think that it would stop you or slow you down or like affect what you wear or where you train kind of?
- Participant 7 I think you're just more conscious that you're not going, I suppose, out in the dark on your own or just going to safe-
- Interviewer Mm-hmm.
- Participant 7 - places. You're not going particularly out- depends kind of where you are.
- Interviewer Hmm.
- Participant 7 You know, you know the area or you're just careful where you are. Unfortunately for women, I think you just have to be-
- Interviewer Yeah.

Participant 7 - careful.

Interviewer Yeah.

Ehmm. And then the next thing is, have you ever witnessed any females like any other, like women being catcalled?

Participant 7 And not that I can think of. No, no.

Interviewer It's probably because they're not alone. Then you're there, I-

Participant 7 Yeah, I think it's more well see to me. I sometimes you kind of-

Interviewer Guess.

Participant 7 - think now would they would it go on to something else.

Interviewer Umm.

Participant 7 You know, there's always supposed that in the back your mind. I think it's more just opportunistic.

Interviewer Yeah.

Participant 7 Like I can think of 1 occasion it would have happened a running and my son was with me and now he's nearly 15.

Interviewer Umm.

Participant 7 And it was like a car went past with a group of young lads and I don't think they kind of saw him straight away. So again it was opportunistic, Yeah kind of.

Fellas' in a- in a group.

And seeing a woman on their own.

But once they kind of saw him,-

Interviewer Yeah.

Participant 7 they stopped straight away.

Interviewer Yeah, it's always the way.

Participant 7 He was so shocked at that, lads were kind of speak to women like-

Interviewer Yeah.

Participant 7 - that.

Interviewer Yeah, it's crazy how like some lads aren't aware at all. Like, what? The things women have to think about.

Participant 7 Uh, like his first reaction, was ohg- my God, never speak to her girl or a woman like that. He was so surprise.

Yeah.

Interviewer Yeah, that's so good, though. At least you know you're doing it right,

Participant 7 Yeah, yeah.

Interviewer - then you're mentioning.

Participant 7 It does that was it kind of- made you have the conversation open and then like, would you ever speak to anyone that? And he was so taken aback. God, no.

Interviewer Yeah.

That's really good. Ehmmm. Then the next thing is, it's basically the same question, but it's just, have you ever witnessed any like men being catcalled or anything?

Participant 7 I- I don't. I wouldn't think you'd even call it cat calling, you know, like, I think it's more lads messing around.

Interviewer Yeah, yeah.

Participant 7 Like lads would tend to mess with each other, but I don't think you'd kind of have some going past shouting things at each other.

Interviewer Yeah.

Participant 7 Like the messing the messing groups and training, I don't-

Interviewer And.

Participant 7 think it really- can call it cat calling.

Interviewer Yeah.

And- and that that's it for the set questions. But if there's anything else, have you got anything else that you wanna say or anything?

Participant 7 I don't think so. I just think it's unfortunate, I suppose women's safety in general. You know that women feel now that can't even go out for a run on their own.

It's very sad.

Interviewer Yeah.

Yeah. So.

Participant 7 Very, very unfortunate.

Interviewer And just out of curiosity, have you noticed the difference like between like, maybe like 10 or 20 years ago and now like from?

Participant 7 Definitely. Definitely. Yeah, yeah.

Interviewer Yeah. Do you think it's more common? Yeah.

Participant 7 And I would say so and it's getting it's younger males that you'd notice now.

Interviewer Yeah.

Participant 7 And I think they're getting braver and braver, especially around the town here. Like I come from England, where you go-

Interviewer Yeah.

Participant 7 - out in the country would be even smaller than I suppose this area.

Interviewer Umm.

Participant 7 And I wouldn't feel unsafe over there.

Interviewer Yeah.

Participant 7 Whereas I would feel a lot more unsafe here, but I maybe there's-

Interviewer Yeah.

Participant 7 - there's more reported incidents now and there's a difference in the town, and I suppose the makeup of the town aswell.

Interviewer Hmm, it's hard because like, if you respond your, you could be welcoming something worse, nearly like the-.

Participant 7 Yeah, and you can escalate.

Yeah, it's very hard.

Interviewer Yeah. And then if you don't respond, then they will just-

Participant 7 Are you condoning it? Yeah.

Interviewer - keep doing. Yeah, so frustrating.

Participant 7 Very hard one to call.

Yeah.

Interviewer Thank you very.

Participant 7 I think you just have to kind of judge what area in like – is it a busy area where someone can come to your-

Interviewer Yeah.

Participant 7 - your aid or are you way out in the country?

Interviewer Yeah, exactly. Yeah, I I just moved to Mayo there a few weeks ago because my boyfriend got a job over here and I found it so-

Participant 7 Yeah.

Interviewer - hard for a few weeks like not knowing the area. Like I didn't-

Participant 7 Yeah, it's various. Yeah.

Interviewer -know.

Where to go? Do you know? Like there's afraid that if it ran out too far one direction, I wouldn't see a house for a while. And then if something happened.

Participant 7 Yeah. Ohh, it's very different.

Yeah. You're totally out of your-

Interviewer Yeah.

Participant 7 - comfort zone. Whereas when my area where I used to live in Somerset and I like I'd go way-

Interviewer Yeah.

Participant 7 - out where they are and they'd say it's very safe. Like there's never been anything happen.

Interviewer Yeah, yeah. I don't think, like Mayo, just seem a bit safer than I am because I'm from the country. But I'd run in, like, Drogheda or around Balbriggan, and both them would be fairly dodgy-

Participant 7 Yeah.

Interviewer for catcalling, but Mayo seems great. So far I haven't-

Participant 7 Yeah.

Interviewer - had anything happen.

Participant 7 Where as here- I wouldn't. I'm not really mad about going out, running in the dark. I do it.

But I- it wouldn't be my usual choice. I'd prefer to go in the daytime.

Interviewer Yeah.

Participant 7 And I suppose now you, I suppose with the stuff that's happened down in the boardwalk, I'd be very reluctant to go down there.

I'm.

Interviewer Yeah. I used to always do my long run there and slowly just kind of stopped like, as I was hearing more and more stories. Like you hear one or two and you're like, right, I'm-

Participant 7 Umm.

Interviewer -just going to be more careful.

And then you hear more, like-

Participant 7 I've only been back there twice since it all happened.

Interviewer Yeah.

Participant 7 It's crazy. It's such a waste because it's such a beautiful area.

Interviewer Jesus. Such a nice place to ruin, lovely and flat and-

Participant 7 Yeah.

Interviewer everything. It's great for long runs.

Participant 7 Crazy, you know.

Interviewer Thank you very- very much for this.

Participant 7 No problem.

Interviewer And so I'll basically like type out what we've said and then the-

Participant 7 Yeah.

Interviewer -recording will go into like a password protected folder and then it'll be deleted once it's all typed out or whatever. And then there's just like a form and informed consent form I just sent that on WhatsApp?

Participant 7 Yeah, I think it happened again because I did try. I read the questions, but the informed consent form said it expired.

Interviewer OK, Grand, I'll resend that and then it's just like a little form where you just have to sign after I send you on the thing if that's OK.

Participant 7 No problem.

Interviewer Thank you so much. Have a lovely evening.

Participant 7 Alright, that's OK.

Interviewer Bye.

Participant 7 Bye. Bye.