

Barriers to Women & Girls' participation in sport & physical Activity

W.S.F.

A. Practical barriers

- Lack of time and childcare
- Lack of money
- Lack of transport
- Personal safety
- Funding
- Access to facilities

B. Personal barriers

- Body image
- Clothing and equipment
- Lack of self-confidence
- Parental and adult influence

C. Social and cultural barriers

- Male-dominated culture of sport
- Attitudes about sexuality
- Attitudes about disability
- Attitudes about ethnicity
- Sexual harassment
- Female invisibility

Practical barriers

Barrier: lack of time & lack of childcare

Women tend to have less leisure time than men as they take on the greater burden of responsibility for housework, childcare and care of elderly or infirm relatives.

Recommendations:

Investigate options for the provision of childcare, or help with childcare costs, and adopt a child-friendly approach so that women can bring their children with them to the venue.

Provide sports facilities for schoolgirls during school hours or before the start of the school-day as well as in the evening.

Provide crèche facilities and/or provide classes for toddlers and children, either with or separate from their parents, so that the adults can bring their children along when they go to exercise. For example, parents and baby aerobic classes could incorporate exercise like lunges with pushchairs, encouraging participants to see how they can incorporate physical activity into their daily lives.

Making physical activity a part of the working day can help address the lack of time so many women experience. For example, lunchtime walking, running or exercise groups, supported by the employer, can help staff to fit physical activity into a busy working day. Encourage your employer to support such schemes.

Barrier: lack of money

More women than men say that lack of money prevents them from taking part in sport and physical activity. Women earn on average almost £5,000 a year less men do.

Exercise and sport are often seen as luxuries, or rewards for paid work, and, even though nearly as many women as men are in paid work now, men are still seen as more deserving of such rewards. Poor families may not be able to afford to invest in club membership, or pay for sporting clothing and equipment, and mothers from poorer families are unlikely to afford childcare to give them the time to take part in sport. Disabled people and Black or minority ethnic people are amongst the poorest in our society, so they are particularly affected by the costs of exercise and sport.

Recommendations:

Subsidies for women's activities can make them more affordable. If subsidies cannot be sustained, consider offering them at the start of a new project or activity, and then gradually introduce fees.

Provide the first session of a course free, to offer a taster before participants commit themselves.

Making physical activity part of working lives is a good way to address lack of money and time. For example, workplace gyms and/or gym membership can be tax deductible benefits provided by employers to keep their workforce healthy and active.

Barrier: lack of transport

This is a particular problem for women with young children, elderly women, women and girls with disabilities, and women and girls living in rural areas. These groups are more reliant on public transport, which is too often unreliable, inconvenient and expensive. The cost of public trans-

port is a particular hurdle, given the lower incomes of women in comparison with men.

Recommendations:

Explore partnerships with transport-providers. Provide information about public transport. Help the participants (or parents of participants) of your services organise themselves into groups, so that they can go to and from venues together, or organise share a ride systems.

For some people, travelling to a venue to take part in a class or sports session might be out of the question. For these women and girls, consider developing a web-based resource, which enables them to follow a programme of activity on their own or with other local people and to get feedback on their progress.

Promote physical activity, which doesn't require transport, such as walking and running. Walking groups – such as jog scotland – and running groups – such as Running Sisters – can support women to take part in low tech, easily accessible physical activity in a friendly, supportive group which can be tailored for different groups, such as young mothers (with or without their children), women in isolated areas etc.

Barrier: personal safety

Personal safety on the streets, on public transport, and in and around sports and community venues is a particular problem for women and girls who may fear not only physical and sexual attack, but also unwanted attention and harassment. These fears may make parents of girls reluctant to allow their daughters to go out after dark.

Some groups are particularly vulnerable. For example, lesbian girls and women are sometimes targeted for unwanted attention and/or physical assault because of their sexuality. Similarly, BME girls and women can become the focus of racist behaviour. People with disabilities are often the targets of bullying and abuse. Travelling to and from venues for sports or physical activity can present particular barriers for these groups.

Recommendations:

Do a safety assessment of the venue to take into account the safety of the surrounding area, street lighting, transport links etc. Ask participants and potential participants about their experiences and views of personal safety in those areas. Work with them and facilities and transport managers to improve safety.

Offer self-defence lessons and personal alarms.

Ensure activities are offered in locations or facilities that are safe and appropriate for women and girls. Good external lighting can make facilities safer. Activities scheduled for the early rather than later evening might be more suitable for women and girls. Consider having a member of staff available to meet and say farewell to participants, so that entry to and from the building becomes safer.

Exercising in groups can make physical activity safer for women and girls. (See, for example, walking and running groups, described in the 'transport' section, above.)

Barrier: funding

At most levels, women's sport attracts less funding than men's. In 2006/07 women made up 41% of all athletes funded through various sports council programmes and while the five sports councils funded 832 men in 2005/06, they funded only 571 women. At the community sport level, girls' teams tend to attract less sponsorship from local businesses because of old-fashioned ideas about sport not being suitable for girls. These inequalities in funding result in poorer facilities, equipment and kit, as well as less sponsorship for female athletes.

Recommendations:

Review existing practice and allocation.

Allocate equal funds, prize money and sponsorship to male and female athletes, clubs and teams competing at all levels of your sport or activity.

Barrier: access to facilities

Women and girls can't play sport if they can't get access to the necessary facilities. Too often, sports halls prioritise male sport when it comes to pitch time so that men/boys get facilities at their preferred times, while women/girls have to make do with less convenient times. Given that women have less leisure time than men, this is a double whammy of inequality.

Women and girls' access is sometimes restricted by sexist practices and, even, legislation. For example, private members clubs (which are not covered by all current equality laws) have denied women full membership, prevented them having voting power, restricted their access to club facilities, given them much less playing time than men and barred them from weekend play and local tournaments. This

results in ridiculous situations whereby women who take their sons to play have not themselves been allowed to enter the club house!

Access to sporting opportunities is particularly limited for women and girls with disabilities. For example, one third of disabled young people feel excluded from local sports opportunities. Access can be limited by physical barriers such as inaccessible entrances, reception areas, changing rooms and sports facilities, lack of accessible transport and parking, poor lighting etc. Lack of information in accessible formats for visually impaired and/or hearing impaired people can also create barriers. Access can also be limited by unwelcoming attitudes and ignorance amongst staff and participants. The Disability Discrimination Act (1995) covers many of these issues and requires public bodies to promote equality of opportunity for disabled people.

Recommendations:

Allocate facilities and pitch time equally between women and men's sports and teams.

Ensure all staff are trained in working with people with disabilities.

For women and girls who can't travel to facilities, consider developing a web-based resource which enables them to follow a programme of activity on their own or with other local people and to get feedback on their progress.

Be imaginative about venues, for example, use community centres, schools, village halls rather than sports centres. Use the great outdoors! In Sweden, gyms de-camp to parks to run their classes in the summer. This provides a more easily accessible, informal, less intimidating environment and can increase recruitment from intrigued passers-by!

Personal barriers

Barrier: body image

This issue affects all aspects of society - research shows that, in general, female adolescents report greater body image dissatisfaction than do males. However, body image is a particularly important issue in sport - research also shows that women are far more self-conscious than men when taking part in sport and physical activity. For girls and women the relationship between body image and physical activity is a vicious circle; the more self-conscious they feel about their bodies, the less likely they are to take part in sport, and yet, participation in sport has a positive effect on girls' perceptions of their

bodies. This is particularly significant for obese and overweight girls and women who are least likely to want to be physically active and who are frequently excluded from activities based on their own and society's perceptions of their interests and abilities.

Western fashions promote increasingly revealing clothes for women and girls, whereas social norms in some cultures prohibit exposure of the female body. For example, some Muslim girls and women practise Islamic law which prevents them appearing in front of men dressed in inappropriate attire.

Girls and women with disabilities may be particularly affected by problems around body image. With an increasingly body-obsessed culture, especially for women and adolescent girls, people with disabilities and those who are overweight or obese are frequently judged negatively.

Body image issues are also related to sexuality and sexual orientation. Girls who are developing sexual identities as straight, lesbian or bisexual might dislike the attention that certain kinds of clothing or activities bring. For example, lesbian girls or women might be turned off the prospect of certain sports because of the revealing uniforms which attract unwanted sexual attention.

Recommendations:

Ensure girls and women can have privacy in changing rooms and in facilities. If it's not possible throughout, make sure a couple of showers are private, to enable minority ethnic girls/women to take part. Make sure there are adequate mirrors and hairdryers available. If possible, place activities at the end of the school day, to enable girls to go home to shower and change.

In the design and layout of venues, prevent exposed areas between changing rooms and facilities such as a swimming pool. Allow swimmers to wear T-shirts over their costumes.

Use a variety of images in publicity, not just those which show the idealised female figure.

Provide single-sex activities, staffed by women and make sure that they're not running next to a men's session; there's no point running a women-only aerobics session in one half of a hall, only to have men's football in the other half.

Encourage staff and coaches to wear casual, loose-fitting sports clothes.

Challenge unnecessary or offensive comments about women/girls' bodies or appearance, whether or not females are present.

Barrier: clothing and equipment

Clothing and equipment for sports can be expensive. This is a particular problem for women, given that, on average, they earn less than men. Images of sportspeople can promote the idea that, unless you're dressed in fashionable clothing designed for a particular sport, you'll look out of place. Some sports clothing is also quite revealing, which creates problems for women and girls, linked to the issues about body image (see above). The Youth Sport Trust/Nike Girls in Sport initiative has found that allowing girls to wear whatever they like to do physical education has helped increase participation significantly.

Equipment can be inappropriate for women and girls. For example, women's development in golf has been hampered, at times, by being forced to play with inappropriate equipment for their build, strength, level and swing speed. Sports venues often have clothes or equipment for hire which is suitable for men but not women; for example, 'unisex' wetsuits can make women feeling uncomfortable and restricted.

Strict requirements about clothing can also prevent some BME women from participating. For example, swimming pools which don't allow women to wear T-shirts over their swimming costumes, and clubs which insist members wear tight-fitting and/or revealing uniforms can exclude those who follow the Muslim faith as well as those who are self-conscious of their bodies.

Recommendations:

Coaches, instructor and leisure centre staff could wear casual clothing during activities, rather than formal or expensive sportswear.

Make sure the equipment available for women and girls is suitable (e.g. that there is a variety of sizes) and that it's suitable for women with disabilities (e.g. dwarf adults shouldn't have to wear children's clothes).

Governing Bodies could expand the range of styles acceptable as team clothing, so that more women feel comfortable and able to compete.

If using music in your venue or sessions, think about its suitability; will a group of South Asian women prefer to listen to Western pop or Bhangra? Ask them! Would White women enjoy Bhangra too? Ask them!

Barrier: lack of self-confidence

Plenty of research shows that girls, on average,

have less self-confidence than boys and rate their performance or ability more negatively than do boys. Indeed, a boy bursting with self-confidence will be admired and encouraged while a girl similarly full of confidence can be put down as 'a little madam.' This is linked to issues about body image; girls who don't feel good about their bodies can lack confidence in their physical abilities and may be over-negative about their performance.

Self-confidence is also linked to competition. Although most sportswomen enjoy the competitive element of sport, many girls and women are turned off sport because it's competitive. This is one of the reasons why 'aesthetic activities', such as aerobics, gymnastics, yoga, are increasingly popular amongst girls and young women, and why some traditional team sports are less popular.

Role models are important to inspire, motivate and encourage us all, particularly when our confidence is low. They can be particularly important for women and girls who see fewer women than men involved in sport.

Recommendations:

Provide women/girl-only sessions.

Make sure all women/girls, regardless of skills or experience, get the chance to be an active part of activities and teams.

Alternate the order of presentations, matches and mentions of women's and men's results and events in presentation ceremonies, fixtures and newsletters, to be sure that women's sport is not unintentionally presented as inferior to men's.

Include women as much as men in publicity about sport and physical activity and by talk about female as well as male athletes who've achieved success (male footballers are not the only athletes worth talking about!). Having equal numbers of women and men working at all levels in sport will expand the pool of role models and will mean that boys as well as girls can be inspired by women athletes, coaches and authority figures.

Set up mentoring systems for older or more experienced girls/women to mentor those who are younger or less experienced. This can be helpful for participants of activities and staff. For example, for female staff who are likely to be in the minority when attending their first sports course or conference, assign a mentor/guide to introduce them to people and help them feel more confident.

Promote beginner and intermediate activities for girls and women as fun, open and non-competitive.

If a conference, seminar or workshop is likely to be male-dominated, set up specific networking opportunities for female delegates.

Barrier: parental and adult influence

The influence of parents, coaches and other adults affects girls and boys differently. For example, adolescent females place greater emphasis on self-comparison and comments from adults than do adolescent males, who rely more on competitive outcomes and ease of learning as their basis for personal judgement of physical competence. Adverse comments from coaches and teachers provide one of the main reasons for girls becoming discouraged from playing sport.

Given that girls rely on adults' comments, parents, coaches and teachers play a particularly important role in motivating them to participate in sport and physical activity. Girls are more likely to enjoy their sport if they think that relevant adults have realistic expectations, provide support and encouragement for their efforts and refrain from making negative evaluations of their performance.

Research shows that the mother's participation in physical activity and the father's more generic involvement and assistance are important in sustaining activity levels of adolescent girls. The physical activity levels of siblings is also influential.

Recommendations:

Parents and sports staff can be encouraged to represent positive role models for their children, be involved in their child's sporting activities and have positive, realistic beliefs about their child's competency. Lower amounts of parental pressure about sporting results can also help build a child's confidence and enjoyment of sport.

Organise mother and daughter and/or father and daughter sessions to help create a familial culture of support for sport.

Ensure there are female role models in your facility, club or leisure centre, both in terms of women staff, coaches, organisers and managers, and in terms of prominent publicity and images of sporting women and girls.

Encouragement is important to girls and women. In coaching sessions and sports competitions, have incentives – certificates, T-shirts, posters, group photos, stickers - for everyone, not just those who perform best in the activity. Have quirky awards for teams and individuals – biggest smile, strongest handshake, most improved, most enthusiastic, best attitude, most consistent, best problem-solver, best player to music.

Social and cultural barriers

Barrier: the male-dominated culture of sport

It might seem strange to suggest that a barrier to participation in sport is sport itself, but this idea is worth considering. Some people argue that sport has traditionally been defined, organised, promoted and constructed as a male activity. For example, some women/girls are turned off 'sport' altogether because they see it as a male-dominated activity. It is just not seen as feminine or 'girly' to be interested in sport and, for many girls, being sporty is felt to be at odds with being feminine.

Women and girls are often reminded of this male-domination by others who are surprised to see them working, participating or competing in sport. Working in a sector where you are a minority can make you feel that you don't belong.

Recommendations

Challenge sexist assumptions and behaviour inside your organisation and among participants, whether or not women/girls are present.

Women and girls are more open to ideas about 'health' and 'well-being' than sport. Combine physical activity with health promotion; offer guest speakers on active lifestyles, nutrition, body image, smoking etc.

Combine physical activity with expressive arts; there's scope for developing physical activities in conjunction with drama, dance and other expressive arts.

Ensure that social activities connected to your sport or activity are likely to be enjoyed by women and men, girls and boys, rather than choosing activities which are more likely to suit either sex. eg. theme nights, music, dancing, food, videos, dressing-up. Invite local female athletes as role models to join in and remind participants that sports needn't be male-dominated.

If organisations are asked to send participants for courses or events, ask them to send equal numbers of men/boys and women/girls.

Help promote female role models to break down the idea that sport is male-dominated.

Barrier: attitudes and prejudices about sexuality

Homophobia is the hatred or fear of homosexuals (ie. lesbians, bisexuals and gay men). It includes another factor which is particularly relevant to the world of sport – ‘homo-negativism’ – which is a fear among heterosexuals that they may be perceived as homosexual. Women’s sport (especially male-dominated sport such as football and rugby) is still regarded by some as fundamentally unfeminine. Lesbians are also regarded by some as fundamentally unfeminine. The resulting, erroneous, conclusion is that all sportswomen must be lesbians.

There are several consequences: some women/girls refrain from certain sports for fear of being perceived as unfeminine and/or lesbian; some parents discourage their daughters from taking up sport; some girls/women limit their training to avoid developing a muscly body; some lesbian athletes avoid going public about their sexual orientation in case they experience prejudice from other athletes and coaches, or lose public support and sponsorship; other sportswomen dress and behave in a traditionally feminine way to avoid attention to their sexual orientation. Ultimately, homophobia and homo-negativism can stop girls/women from participating or excelling in sport.

Recommendations:

Confront discrimination. Be aware that homophobia can be subtle as well as open.

Be aware of the tendency to depict sportswomen as overly feminine in a bid to counter ‘homo-negativism’, or as unfeminine.

Be aware that girls and women who use your services and facilities will include straight, bisexual and lesbian people, who might all like to see different kinds of images and publicity. Training about these issues for all staff will help improve awareness of the different needs of different groups of women and girls.

Positive role models can be important to help people who feel isolated because of prejudice about sexuality. A diverse workplace which prioritises equality and open-minded attitudes is more likely to enable lesbian staff to be ‘out’ at work, and so to become role models for others.

There’s a need for more open discussion in this area, as well as educational projects to raise awareness and stimulate debate.

Barrier: Attitudes and prejudices about disability

Disabled girls and women are less likely than others to participate in sport at all levels. However, this is not because they don’t want to be physically active; 65% of disabled adults would like to participate in more sport and physical activity.

People with disabilities have lower participation rates for a variety of reasons:

- physically inaccessible facilities, venues and equipment
- coaching staff who don’t know how to adapt their teaching to help individuals take part in enjoyable, fulfilling activities
- unwelcoming attitudes amongst other sports participants and staff
- a lack of role models to inspire, motivate and encourage

Attitudes and assumptions about people with disabilities can make sport seem even more inaccessible. For example, the assumption that all disabled people are wheelchair users (when only about 5% are) ignores the diversity within and between different impairment groups and their needs. The assumption that removing physical barriers will automatically increase participation is also damaging; more significant barriers are those of discriminatory attitudes, lack of training and awareness.

Recommendations:

As we see very few disabled people doing sport, having more girls/women with disabilities as role models would be very influential for many people. Think about the publicity material and information in your sporting venue; does it include images of women/girls with disabilities taking part in all levels of sport (eg. participating, coaching, officiating)? Does your organisation work with and promote coaches and staff who have disabilities?

Don’t compare performance standards for disabled and non-disabled athletes, because this adopts false baseline standards. Disabled women’s performances should be judged on their own merits.

Barrier: Attitudes and prejudices about ethnicity

Although many people believe that different ethnic groups share similar experiences, differences between Black and minority ethnic groups are significant. For example, rates of participation in sport amongst different ethnic minorities vary

from considerably lower to somewhat higher than the national average rates. Similarly, the gap between men and women's participation in sport is greater amongst some minority ethnic groups than it is in the population as a whole.

Assumptions about BME people – for example, that Asian people don't play football, that all Asian girls aren't allowed to wear swimsuits, that Afro-Caribbean people are good at athletics and basketball - can limit their opportunities to take up sport or to participate in the full range of sports.

Low participation rates lead to low rates of volunteering, coaching, employment and leadership in sport; BME women and girls are under-represented at all these levels.

Recommendations:

Having positive role models of BME women and girls taking part in a range of sports and a range of roles in sport is very valuable and can make a difference to individuals and groups of BME women and girls. Leaders should be enthusiastic, positive, encouraging and accepting.

Be aware of religious and cultural festivals such as Eid and Ramadan when arranging events and courses

Ensure all your staff are trained in issues about ethnicity and diversity and are able and confident to be inclusive in their practice.

Barrier: sexual harassment and abuse

Sport-based research on this topic is lacking but recent studies indicate that sexual harassment and abuse is just as much a problem in sport as it is elsewhere in society. Research shows that the vast majority of perpetrators of sexual harassment and abuse are men and that women and girls are more frequent victims than men and boys. Sexual abuse by strangers is rare. Instead, figures in authority, such as coaches, team managers or trainers, who are in a close, trusted relationship, are more likely to abuse because they have the alibi of status and the power to force their victims to maintain secrecy.

Many females drop out of sport rather than continue being subjected to the undermining effects of constant harassment and abuse: others endure the sexual attention of their male coaches or peers because of fear, desire for athletic reward, low self-esteem or ignorance of who to turn to for help. Typically, abused athletes keep quiet because they fear that they will either be accused of consenting or of inventing the whole thing.

Risk of sexual harassment or sexual abuse arises from a combination of factors such as weak organisational controls within sport clubs, dominating and controlling behaviour by coaches, and vulnerability, low self esteem and high ambition amongst athletes. Particular dangers arise where such athletes become emotionally reliant on or obsessed with their coaches and where their coaches are not subject to independent monitoring.

Recommendations:

- Establish codes of ethics and conduct for all staff and volunteers, whether they work with adults or children. Staff and volunteers should be required to sign, to show that they agree to abide by the code.
- Ensure all your staff and volunteers who work with children are trained in Child Protection and are CRB-checked.
- Distribute information about sexual abuse/child protection for all parents, athletes, coaches and volunteers and put up signs stating that, as a service provider, you expect respect for all.
- Use contracts or checklists for parents, athletes, coaches and volunteers, setting out what's expected of each party.
- Foster a climate of open discussion about issues of sexual harassment and abuse so that athletes feel confident enough to speak out if they experience them.
- Get involved in coach education programmes which inform and advise about the ethical and interpersonal issues of sexual harassment and abuse and about the technical aspects of physical touch in coaching the sport.
- Adopt athlete and parent education programmes which inform and advise athletes on their rights and how to maintain their integrity and autonomy.
- Ensure that parents are fully informed of the whereabouts of their children at all times and are involved as fully as possible in supporting the work of coaches.
- Adopt rigorous screening procedures for the appointment of all personnel, whether coaching staff or voluntary workers.
- Be constantly vigilant and avoid complacency; expect and demand the highest standards of accountability at all levels of the sport.
- Celebrate the good work of athletes and coaches on a regular basis.

Barrier: female invisibility - media representations and lack of role models in sport

Women and girls have been less involved in sport than men and boys through the centuries. At all levels and in all roles – community participation, elite athletics, coaching, managing and leading sports organisations – women, especially those from marginalised groups, have been under-represented. This situation is gradually changing in some areas because of the concerted efforts of individuals and groups. But change is slow. In 2006, around 29% of all representatives on strategic sports boards and committees were women.

Women are still so under-represented in decision-making positions in sports organisations that, at times, it can seem that the sports sector is run by men for men. Working in a sector where they are in the minority can give women the sense that they don't belong in the world of sport. Women need additional confidence, commitment and perseverance when they feel excluded.

One result of this historic imbalance is that the media coverage of sport focuses almost entirely on the activities of men. On average, only 5% of sports coverage in national and local print media is dedicated to women's sport, and sportswomen suffer from a media focus on their personal lives and appearances rather than their performances and achievements.

This is significant because TV, radio and the newspapers play a central role in informing our knowledge, opinions and attitudes about women and sport, which, in turn, influence participation levels. The media provide us with our role models. Although a handful of stars, such as Kelly Holmes and Paula Radcliffe, have high media profiles, in general, a lack of coverage of women's sports leads to a dearth of female role models to inspire sportswomen and create the next generation of healthy, active women.

Recommendations:

Use press releases and good relations with your local journalists to promote girls and women's as well as boys and men's sports achievements. Make sure you seek media coverage of your club or organisation's achievements at all levels and regardless of the gender of the athletes. Include representatives of all your local community by including people with disabilities, BME women/girls etc in any press coverage.

Think about which local women or girls you could promote as role models – they could be coaches,

volunteers or athletes at any level. Work with them to help inspire and motivate other girls and women.

Plan opening and closing ceremonies of conferences and sporting events in which women/girls feature as significantly as men/boys.

Ensure an equal balance of men and women, boys and girls as coaches, organisers, participants, workshop leaders etc. 40% is the suggested minimum for either gender.

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By Trenz Pruca

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By Trenz Pruca

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Eros sociis cursus nec hamenaeos dignissimos imperdiet, luctus ac eros sed massa vestibulum, lobortis adipiscing praesent. Aptent morbi nibh mauris a, tortor eu vel vel suscipit. Maecenas non quam. Cras erat in consectetur Aliquam pede. Donec quam, erat ut vel cursus, ante eligendi in viverra eu vitae praesent, nullam sit imperdiet iaculis nec aptent gravida. Malesuada viverra integer pellentesque est lorem est, venenatis eu, nec nulla quis, morbi ac. Congue in egestas ac ornare nibh, nunc eu aliquam nec. Facilisis molestie praesent nam, non amet felis integer, varius tellus ornare vestibulum, nibh donec natoque nunc.

Nunc vel purus rhoncus purus sodales mauris

By Trenz Pruca

Nisl id, urna tellus vestibulum arcu, at et sit pharetra odio pede, vel libero mauris suscipit sit. Ligula dolor vel ipsum posuere consequat gravida, mauris at, in suscipit magna libero enim mauris a. Sed ut imperdiet ridiculus. Eget nascetur aenean sodales veritatis mauris libero. Arcu nunc pellentesque, elementum id pharetra id sit pellentesque, metus dapibus massa maecenas sit mus molestiae, nulla eget id ac amet vel.

Molestie ornare amet vel id fusce, rem volutpat platea. Magnis vel, lacinia nisl, vel nostra nunc eleifend arcu leo, in dignissim lorem vivamus. Justo vel ante sed augue facilisis, quisque donec wisi, lorem fringilla aliquam, et lacus. Duis ipsum justo in, curabitur curabitur nisl condimentum, sit sodales a pretium. Est ultrices hasellus ullamcorper ridiculus, donec id adipiscing sit placerat sit, eget euismod, luctus lectus eros vestibulum eu hac pede, neque et nonummy. Ante delectus laoreet felis turpis porta, nunc sem suspendisse turpis, hac massa morbi erat, amet condimentum pulvinar augue. Maecenas non quam. Cras erat in consectetur Aliquam pede.

Quam lorem pede proin lectus laoreet, est sit sed quis, odio ac mollis nulla in, ad cursus sit ante. Lacus risus felis volutpat, magna euismod leo, maecenas at aenean cras gravida eu consectetur, fusce convallis etiam velit pellentesque.

Enim ridiculus aliquet penatibus amet, tellus at morbi, mi hac, mus sit mauris facere. Natoque et. Sit nam duis montes, arcu pede elit molestie, amet quisque sed egestas urna non, vestibulum nibh suspendisse. Molestie eros leo placerat porttitor, et felis faucibus id urna, quam luctus ante eros etiam tellus, vel diam. Nec etiam dui accusamus, morbi at elit ipsum sit diam, velit feugiat vel dictum donec at eget. Nam uut, massa. Maecenas vitae ante et lacus aliquam hendrerit. Curabitur nunc eros, euismod in, convallis at, vehicula sed consectetur posuere, eros mauris dignissim diam, pretium sed pede suscipit: Adiam condimentum purus, in consectetur Proin in sapien. Fusce urna magna, neque eget lacus. Maecenas felis nunc, aliquam ac, consequat vitae, feugiat at, blandit vitae, euismod vel, nunc. eu, estmorbi tristique senectus et netus et Maecenas non quam erat.

Nunc vel purus rhoncus magna laoreet vestibulum

By Trenz Pruca

Nullam wisi arcu, suscipit consectetur. Vestibulum imperdiet nonummy sem. Vivamus sit amet erat nec turpis tempus consequat. Praesent malesuada. Donec vitae dolor. Donec at lacus ac mi vehicula bibendum. Donec feugiat tempor libero.

Nam uut, massa. Maecenas vitae ante et lacus aliquam hendrerit. Curabitur nunc eros, euismod in, convallis at, vehicula sed consectetur posuere, eros mauris dignissim diam, pretium sed pede suscipit: Adiam condimentum purus, in consectetur Proin in sapien. Fusce urna magna, neque eget lacus. Maecenas felis nunc, aliquam ac, consequat vitae, feugiat at, blandit vitae, euismod vel, nunc. Aenean ut erat ut nibh commodo suscipit.

Maecenas non quam. Cras erat. Aliquam pede. vulputate eu, estmorbi tristique senectus et netus et male. Aliquam pede. Proin neque est, sagittis at, semper vitae, tincidunt quis.

Nullam wisi arcu, suscipit consectetur. Vestibulum imperdiet nonummy sem. Vivamus sit amet erat nec turpis tempus consequat. Praesent malesuada. Donec vitae dolor. Donec at lacus ac mi vehicula bibendum. Donec feugiat tempor libero. Nam uut, massa. Maecenas vitae ante et lacus aliquam hendrerit. Curabitur nunc eros, euismod in, convallis at, vehicula sed consectetur posuere, eros mauris dignissim diam, pretium sed pede suscipit: Adiam condimentum purus, in consectetur.

Consectetur arcu ipsum ornare pellentesque vehicula, in vehicula diam, ornare magna erat felis wisi a risus. Justo fermentum id. Malesuada eleifend, tortor molestie, a fusce a vel et. Mauris at suspendisse, neque aliquam faucibus adipiscing, vivamus in. Wisi mattis leo suscipit nec amet, nisl fermentum tempor ac a, augue in eleifend in venenatis, cras sit id in vestibulum felis in, sed ligula. In sodales suspendisse mauris quam etiam erat, quia tellus convallis eros rhoncus diam orci, porta lectus esse adipiscing posuere et, nisl arcu vitae laoreet.

Morbi integer molestie, amet gravida suspendisse morbi, amet maecenas, a maecenas mauris neque proin nisl mollis. Suscipit nec nec ligula ipsum orci nulla, in posuere ut quis ultrices, lectus eget primis vehicula velit hasellus lectus, vestibulum orci laoreet inceptos vitae, at consectetur amet et consectetur. Congue porta scelerisque praesent at, lacus vestibulum et at dignissim cras urna, ante convallis turpis dui lectus sed aliquet, at tempus et ultricies. Eros sociis cursus nec hameaeos dignissimos imperdiet, luctus ac eros sed massa vestibulum, lobortis adipiscing praesent. Aptent morbi nibh mauris a, tortor eu vel vel suscipit. Donec quam, erat ut vel cursus, ante eligendi in viverra eu vitae praesent, nullam sit imperdiet

iaculis nec aptent gravida. Malesuada viverra integer pellentesque est lorem est, venenatis eu, nec nulla quis, morbi ac. Congue in egestas ac ornare nibh, nunc eu aliquam nec. Facilisis molestie praesent nam, non amet felis integer, varius tellus ornare vestibulum, nibh donec natoque nunc. Consectetur pellentesque vel neque molestie, ornare ultricies eros urna nec, interdum euismod adipiscing velit molestie mattis pede.

Nisl id, urna tellus vestibulum arcu, at et sit pharetra odio pede, vel libero mauris suscipit sit. Ligula dolor vel ipsum posuere consequat gravida, mauris at, in suscipit magna libero enim mauris a. Sed ut imperdiet ridiculus. Eget nascetur aenean sodales veritatis mauris libero. Arcu nunc pellentesque, elementum id pharetra id sit pellentesque, metus dapibus massa maecenas sit mus molestiae, nulla eget id ac amet vel.

Molestie ornare amet vel id fusce, rem volutpat platea. Magnis vel, lacinia nisl, vel nostra nunc eleifend arcu leo, in dignissim lorem vivamus. Justo vel ante sed augue facilisis, quisque donec wisi, lorem fringilla aliquam, et lacus. Duis ipsum justo in, curabitur curabitur nisl condimentum, sit sodales a pretium. Est ultrices hasellus ullamcorper ridiculus, donec id adipiscing sit placerat sit, eget euismod, luctus lectus eros vestibulum eu hac pede, neque et nonummy. Ante delectus laoreet felis turpis porta, nunc sem suspendisse turpis, hac massa morbi erat, amet condimentum pulvinar augue. Quam lorem pede proin lectus laoreet, est sit sed quis, odio ac mollis nulla in, ad cursus sit ante. Lacus risus felis volutpat, magna euismod leo, maecenas at aenean cras gravida eu consectetur, fusce convallis etiam velit pellentesque.

Enim ridiculus aliquet penatibus amet, tellus at morbi, mi hac, mus sit mauris facere. Natoque et. Sit nam dui montes, arcu pede elit molestie, amet quisque sed egestas urna non, vestibulum nibh suspendisse. Molestie eros leo placerat portitor, et felis faucibus id urna, quam luctus ante eros etiam tellus, vel diam. Nec etiam dui accusamus, morbi at elit ipsum sit diam, velit feugiat vel dicitur donec at eget.

Maecenas non quam. Cras erat. Aliquam pede. vulputate eu, estmorbi tristique senectus et netus et male. Aliquam pede. Proin neque est, sagittis at, semper vitae, tincidunt quis. Nam uut, massa. Maecenas vitae ante et lacus aliquam hendrerit. Curabitur nunc eros, euismod in, convallis at, vehicula sed consectetur posuere, eros mauris dignissim diam, pretium sed pede suscipit: Adiam condimentum purus, in consectetur Proin in sapien. Fusce urna magna, neque eget lacus. Maecenas felis nunc, aliquam ac, consequat vitae, feugiat at, blandit vitae, euismod vel, nunc.

Dapibus neque lacus vel elit ut vehicula nunc mattis pede

By Trezn Pruca

Maecenas non quam. Cras erat. Aliquam pede. vulputate eu, estmorbi tristique senectus et netus et male. Aliquam pede. Proin neque est, sagittis at, semper vitae, tincidunt quis, Praesent malesuada. bibendum. Donec feugiat tempor libero. Nam uut, massa. Maecenas vitae ante et lacus aliquam hendrerit. Curabitur nunc eros, euismod in, convallis at, vehicula sed consectetur posuere, eros mauris dignissim diam, pretium sed pede suscipit: Adiam condimentum purus, in consectetur Proin in sapien.

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Ullamcorper libero morbi aenean, dolor aliquam mauris mauris lobortis dolorem, convallis mauris euismod urna elit adipiscing lacus. Pharetra nullam elit, eros cras purus, morbi posuere viverra tempus erat erat. In etiam vel duis vestibulum nunc vitae, quis velit neque cras hendrerit, ridiculus lacinia morbi pellentesque proin magna suspendisse. Laboris morbi. Ante amet volutpat ullamcorper ut vel, leo rhoncus massa, natoque orci mauris nulla mollis. Posuere porttitor, mauris ornare, a quam duis sagittis dapibus massa at, pede nec, integer magna cursus volutpat. Interdum diam id euismod nunc, augue enim ipsum sed ad amet massa, ac ante tempus, pretium gravida viverra, vulputate sapien vel hendrerit ac felis mauris Maecenas non quam. Cras erat in consectetur.

Mauris metus vel sodales, sit quisque praesentium, tellus sed turpis aliquam dis. Aptent morbi nibh mauris a, tortor eu vel vel suscipit. Donec quam, erat ut vel cursus, ante eligendi in viverra eu vitae praesent, nullam sit imperdiet iaculis nec aptent gravida. Malesuada viverra integer pellentesque est lorem est, venenatis eu, nec nulla quis, morbi ac. Congue in egestas ac ornare nibh, nunc eu aliquam nec. Facilisis molestie praesent nam, non amet felis integer, varius tellus ornare vestibulum, nibh donec natoque nunc. Consectetuer pellentesque vel neque molestie, ornare ultricies eros urna nec, interdum euismod adipiscing velit molestie mattis pede.

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ptent morbi nibh mauris a, tortor eu vel vel suscipit. Donec quam, erat ut vel cursus, ante eligendi in viverra eu vitae praesent, nullam sit imperdiet iaculis nec aptent gravida. Malesuada viverra integer pellentesque est lorem est, venenatis eu, nec nulla quis, morbi ac.

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