

BATHTIME

S T U D E N T M A G A Z I N E

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Harder, Better, Faster... Fraudster?

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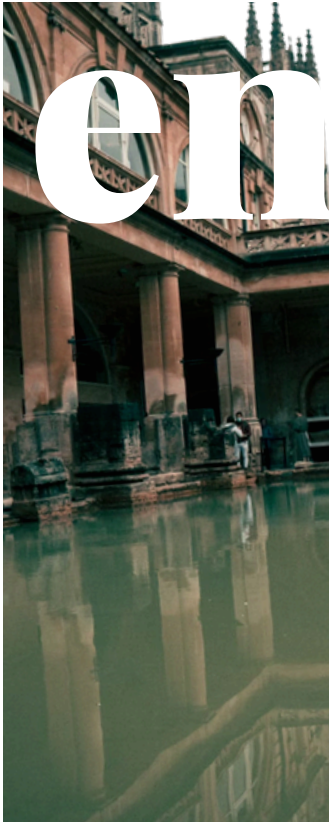
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Calix Law



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26th November, 2024

Dear readers,

This will be my final Editor's Letter of the year and my final one as Editor-in-Chief –before I pass the baton to Katie Head, who will lead the publication for the second half of the year, with Naz Gogus as her Deputy Editor. As I prepare to move to London for my placement, I feel a tinge of sadness leaving Bath Time behind. However, I know I'm leaving it in strong and capable hands.

This year has brought significant changes to Bath Time: new committee roles, a transformed social media presence, and fresh design elements in our print editions. Yet, despite these changes, there's something reassuring about the consistency of Christmas in Bath. The Christmas Market stalls fill the town square, the tree stands tall in front of the Abbey, and there's always that familiar mix of excitement and stress as January exams and deadlines are fast approaching.



Similarly, while Bath Time evolves, some things remain unchanged: our commitment to quality journalism, our dedication to being the voice of students, and our drive to make an impact. We have added section pages to this print edition including the email address of section leads, so if you want to get involved you know who to contact.

So in this edition, goodbye and thank you from me, for being part of this incredible journey and supporting Bath Time.

Lots of lots of Bath Time love,

Nina xx

Special thanks to the design team for this print edition:

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BATHTIME

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Kemi's Conservatives: Fixing a Fractured Party

Lucy Stevenson



Early November saw the appointment of a new Conservative Party leader, Kemi Badenoch. Whilst for many this news will have quickly been overshadowed by a different (but obviously equally important) election result from across the pond, as the dust settles, Kemi's blunt, unapologetic language and potential slant into populism brings about questions for the Conservative party's future.

Born in Wimbledon and raised in Lagos, Badenoch describes herself as middle-class, having a 'tough-upbringing' in Nigeria without running water or electricity and experiencing periods of poverty. She finds herself the first black woman to lead a major UK political party which is, undeniably, an impressive achievement. We see a few familiar faces in her shadow cabinet, notably Priti Patel's appointment as Shadow Foreign Secretary. This was a decision the Guardian called 'disturbing' given her history of having a 'lax' approach to the ministerial code, having been forced

to resign from her post as international development secretary in 2017 after it came out that the Brexiter had been having unofficial meetings with Israeli Ministers, and narrowly avoiding the same fate whilst working under Johnson as Home Secretary amid reports of bullying. Thankfully for her, it was Johnson's ethics advisor who went instead. Another contentious name in the opposition is Gareth Bacon, the new Shadow Transport Secretary and Orpington MP who takes an openly 'anti-woke' stance making claims about the re-writing of history, and spread of 'anti-British' views on social media.



The appointment of Mel Stride as Shadow Chancellor of the Exchequer was certainly less controversial as she, for the most part, has managed to stay out of trouble for the last decade. Chris Phillip's placement as Shadow Home Secretary came of little surprise given his open support for Badenoch's leadership bid and his alignment on the right of the Conservative Party. Badenoch's cabinet as a whole is perhaps less harshly right-leaning than anticipated with noted party centrists Victoria Atkins, Laura Trott and Helen Whately taking up the respective environment, education and, work and pensions briefs. Robert Jenrick, the party leader 'runner-up' has also been given a role as Shadow Secretary of State for Justice.

With six different leaders in just a decade and the worst election result since 1832, the Conservative Party is certainly looking worse for wear. The rapid emergence of Reform UK seems to be a common scapegoat for their situation. Whilst it is true that the Conservatives will have lost voters to the far-right, Labour has been out-polling the Conservatives for three years following a drawn-out Brexit, gross mishandling of the COVID-19 pandemic and the Partygate scandal. Right-wing voters have become disillusioned with the party but want to avoid leaning further left. Consequently Badenoch instead argues that the rising popularity of politicians like Farage is a symptom of the Conservative Party's problems, as opposed to a cause.

Badenoch admits to being against identity politics and has been open about this before the term entered the common vernacular. Her views on the British Empire and 'wokeism' are perhaps best exemplified in her appointment of Gareth Bacon. Similarly, Patel's role as Shadow Foreign Secretary may suggest the nature of her stance on the ongoing conflict in the Middle East. Her leadership campaign was centred around principles rather than policy, promising a return to traditional conservative values and boasting about support for her leadership bid coming from Reform voters. The evidence points to Kemi Badenoch being on the right-hand side of the right wing.

So, the big question is whether a shift further right will help the Conservatives win back voters. Liberal conservatives say no, that seats were lost to Labour and the Lib Dems, that the party lost its centre-right vote base and the support from the self-proclaimed 'socially left but economically right'. But

Trump's recent victory complicates this, signifying support for the far-right in the West. This is made worse by Farage's close relationship with the President-Elect, which consistently undermines the Prime Minister and the opposition. As a result, it seems increasingly likely that the refreshed Conservative Party will lean towards his politics, even if that is not what they should do.



Trump remains unpopular in the UK, so one can assume that any imitation of his principles will fare poorly. But it is clear that the UK is at risk of falling victim to far-right populism and recent polls suggest that Labour's position as the majority is not a safe bet in five years with the Conservatives polling higher than Labour for the first time since the election and Starmer's popularity falling. Badenoch may not even need to appeal to the centre to make some gains in 2029, if Starmer is anything less than average as Prime Minister it is likely that the Conservatives will win back those that defected to Labour and Lib Dem. So maybe Badenoch really can get away with saying whatever she wants so long as Labour do a bad job.

Piecing Together the Pakistani Pollution Crisis

Josie Rogers

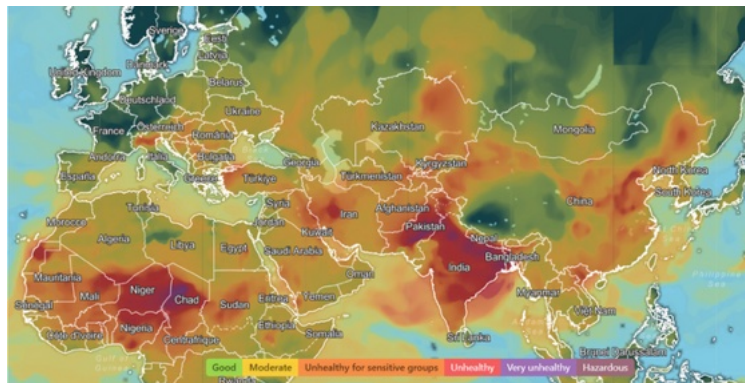
IQAir considers a score over 300 on the air quality index scale dangerous. In the past couple of months Pakistan has regularly exceeded 1000, breaking previous records. The UN estimates that outdoor air pollution accounts for 22,000 premature adult deaths every year and indoor pollution for 28,000. The threat to life of the climbing pollution in Pakistan is evident, but how did it get this out of control and what is being done to limit and prevent further devastation?

Lahore, Pakistan is the second most polluted city in the world after Delhi, India, according to IQAir. Initial assumptions may point to population density, but this is not perfectly correlated as Lahore has a population density of 7,339 people per square kilometre, much less than Manila, the most densely populated city which is 43,064. As shown on the air pollution map in the bottom right, the Philippines has good air quality despite containing the majority of the most densely populated cities.

Evidently, these excessive pollution levels cannot solely lie with the environmental impact of a condensed, urban population. The causes have been identified as largely being from fires, including burning excess crops to clear fields, as well as industries in the city's outskirts like coal-fired brick kilns which include significant emissions. Other reasons include use of motorbikes and vehicle exhausts, destruction of green spaces to build industrial and urban structures, and a pre-existing natural dust cloud caused by dry weather.

Another issue is the repurposing of agricultural land for the construction of urban and industrial structures. Not only does it destroy a natural method of air purification, it results in activities that further add to the pollution.

Evidenced in the air pollution heat map, India and Pakistan scarcely have any clean air as they are shrouded in air pollution while cities such as London and Tokyo where polluted air is frequently discussed



**Current air pollution
heat map, IQAir 2024**

appear comparatively healthy. Furthermore, the pollution in Pakistan and India is especially noteworthy due to its spread over the entire countries, not just specific to the major cities. This implies there need to be national restructures to control the pollution; it is not just a symptom of busy cities.

The breadth of possible causes make it hard to formulate one solution as there is no specific root of the problem, posing a significant challenge to policy makers and international organisations such as the WHO and the UN. The WHO first developed a regional plan in 1997 to address the health issues related to the environment, suggesting the current crisis was inevitable if no major action was taken to prevent further deterioration.



The National Clean Air Policy, launched in Pakistan in 2023 aims to address the already concerning levels of pollution. The main objectives are reducing PM2.5 emissions by 21% and reducing emissions by 70% compared to 2020 levels. PM2.5 refers to particulate matter with a diameter equal to or less than 2.5 micrometres and is often considered the metric for the most threatening pollution to health as it can cause a variety of serious conditions, such as stroke, heart disease, lung disease and cancer.

Despite the government action to address pollution concerns in Pakistan, the issue continues to worsen. Recently, lockdowns have been announced in Lahore and Multan due to hazardous levels of pollution where a thick smog has settled. Allegedly you can see the smog from space.



Other emergency actions, like prohibiting barbecues and limiting vehicles emitting excessive smoke in worst affected areas, have been taken but the situation does not appear to be improving and the smog has been declared a health emergency by a Pakistani province.

The Punjabi government is developing an action plan to mitigate the effects and minimise the continued worsening of pollution, due to similar environmental effects in India, but no specific developments have yet been made.

The current health emergency in Pakistan caused by an unfortunate combination of environmental and behavioural actions has put millions of lives at risk. The air quality troubles in Pakistan are nothing new to policy makers, but action has not been taken in time to slow the progress and prevent further damage.

It is likely international organisations will have to step in and provide aid as the situation worsens. For now, it seems all the Pakistani population can do is wait for the smog to clear.

The Future of Monarchies: Are the World's Crowns Starting to Crack?

Madolyn Ellard

Monarchies remain a fascinating political institution in the modern world, with 43 sovereign monarchies existing today from the Emperor of Japan to the King of Saudi Arabia. While the British monarchy is perhaps the most famous, each royal family's role is shaped by its country's unique culture and history. But how do the public really feel about these monarchies today? And why do their opinions seem to shift so drastically?

People may wonder why so many democratic, liberal countries still have monarchies, institutions many deem to be anarchical and oppressive. Surprisingly, the monarchies of the Scandinavian countries – Norway, Sweden, Denmark – have the highest approval ratings of all European monarchs. In fact In 2018, 76.7% of Danes said they actually preferred having a monarchy. In Norway this is even higher, with 81% of Norwegians having a positive, accepting view of the monarchy. These numbers reflect the idea that for many, monarchies are a symbol of stability, unity and continuity.

Unfortunately, the same cannot be said for all European countries. In the Netherlands, the monarchy's approval ratings have fallen to just 55%, with 24% believing the country should become a republic. The same can be seen further south in Spain where the royal family has taken a tumble in approval ratings.

So, why the drastic differences in opinion across Europe? In the UK, approval ratings fluctuate particularly amongst the younger

generation who are heavily influenced by scandals, financial controversies and recent discussions of historical injustice. In 2013, 72% of 18-24 year olds believed in keeping the institution however this has significantly dropped. Events such as the wedding of Prince William and Kate Middleton were a huge cause for celebration with over 1 million people from all over the country gathered on the streets of London to watch, not to mention the flurry of excitement leading up to the birth of their first son, Prince George.

While moments like these significantly boosted positive sentiment towards family, the explosive story of Prince Andrew's alleged sexual abuse linked to disgraced American financier, Jeffrey Epstein hit the headlines in 2019 shaking public trust.





elephant which unsurprisingly, caused public outcry and widespread condemnation. Juan Carlos eventually abdicated, and his son succeeded him as King. To make matters worse, the Spanish monarchy is also facing pressure from growing separatist and therefore anti-monarchist parties domestically including Catalonia, the Basque country and Galicia.

Are the World's Crowns Starting to Crack?

Add to that Prince Harry and Meghan's dramatic exit from royal duties and tell all interviews with Oprah, the family's image took a hit. Despite all these controversies, the crown's approval ratings remain steady with 62% having a favourable view of them in 2024. It seems that public opinion is highly dependent on which members of the royal family are involved and the nature of their personal controversies.

If we take a look across the channel in Spain, the monarchy has been rocked by its own scandals. Former King Juan Carlos I lives in luxury exile in Abu Dhabi following a scandal in which his former lover publicly exposed his fraudulent financial activities.

However, this wasn't his first slip-up, his public reputation began to unravel much earlier. During his time as the honorary president of the Spanish World Wildlife Fund he took a trip to Botswana in which a photo emerged of him standing over a dead

Trouble for the Spanish crown hasn't stopped there. King Felipe VI and his wife Queen Letizia were pelted with mud and eggs by an angry mob in Valencia following the catastrophic flash flooding that happened in early November this year. This reflects the monarchy's deepening struggle to maintain high approval ratings in an increasingly politically fragmented and sceptical society.

Now, contrast this with the monarchies in Asia and the Middle East where the dynamics couldn't be more different. In Europe, the monarch's role is mostly ceremonial, and countries have rightfully legislated a separation of the crown and politics. But for many Asian and Middle Eastern monarchies the monarch is often seen as an integral part of the cultural and political fabric of the country. In numerous countries, religion remains the principal source of legitimacy for the monarch.

But for many Asian and Middle Eastern monarchies the monarch is often seen as an integral part of the cultural and political fabric of the country. In numerous countries, religion remains the principal source of legitimacy for the monarch. For instance, in Saudi Arabia, the King's authority is intrinsically tied to his role as the Custodian of the Two Holy Mosques in Mecca and Medina, granting him enduring authority. Similarly, in Brunei, the Sultan's position as the defender of Islam makes his leadership almost unquestionable. This intertwining of religion and monarchy arguably makes it a taboo and sensitive topic of discussion as criticising the crown can often be conflated to criticising the religion it is associated with.

When considering Japan's place in the monarchy debate, the emperor is viewed in large part as symbolic of unity and strength. This has been significantly influenced by World War Two as it was the allied countries that restricted the emperor's role to strictly ceremonial activities. Japan then underwent a process of defining this new symbolic emperor and, over time, with the help of the media, people began to accept the idea. In 2019, Japan's emperor abdicated

due to ill health and his son succeeded him promising to be a "symbol of the state and of the unity of the people of Japan". While western monarchies may be heavily scrutinised for their relevance and scandals, in the Middle East and Asia, the stakes are much higher as questioning the monarch can be seen as questioning the very identity of the country itself.



Whilst monarchies may no longer hold the political power they once did in many places, their continued presence tells us a lot about how national identity, culture, and religion still shape the public life of countries today. For now, the future of monarchies appears to be relatively stable despite the scrutiny and challenges they face. It would likely take a significant, coordinated movement to truly bring one down, particularly those that are more firmly entrenched into the foundations of a state, but only time will tell.



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Features & Investigations

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RACE TO PARIS: the experience of a lifetime

Amy Joy and Emma Leach



If there is anyone left on campus that hasn't heard about our daring adventure of travelling from Bath to Paris, without using any money or phones then here is a brief article summarising our adventure. But really I must encourage you to come speak to us irl for the full debrief because it really is a story that cannot be conveyed on paper.

After a lot of faff starting at 4:30 am in the morning, we were off- starting on campus, and ending up at the Esso on London Road. We ended up lingering at the petrol station for around 45 minutes, until we met two lovely gentlemen who said they'd give us a lift to a petrol station just off the M4. They only had one seat in their van (this becomes a recurring theme) so with me on Emma's lap we left Bath.

After around twenty minutes of haggling with strangers, two guys in a van pulled over saying they could give us a lift, but only to the outskirts of London because they were heading to Maidstone. I basically jumped for glee because it was clear the tide had turned in our favour, Kent was the final destination so bosh- in we jumped.



Once again they only had one seat, so I took the plunge and spent 3 hours in the back of the pitch black van (Mum and Dad I really hope you haven't read this far), and at 11:30 we were in MAIDSTONE! A massive shoutout to Carmine and Nico from Balboa Champion Movers, thank you so much!

From there onwards, our journey became a series of hops between towns as we tried to find a lift across the channel.



After hitching lifts with one guy on the way back from a drug test, getting escorted out of Maidstone services and bumping into a friend from home, we got a lift from Anthony, who agreed to take us to Dover. I could write a whole separate article about our lift with Anthony, but to keep it brief, after I divulged that I studied politics we had a discussion about the state of the system, that ended with him lifting his ankle up in the middle of the motorway to reveal an ankle tag. To say we were taken aback with shock is an understatement, but truly hearing Anthony's story and what he has been through affirmed how important it is to engage with people outside the Bath bubble, and listen to real stories.

Anthony continues to have faith in the system and urged us as young people to be the change. This conversation was genuinely one of the highlights of this whole experience for me, and definitely something that emphasised the need for change in this country.



So, one emotional conversation later, we were in Dover (big up Anthony) and we then spent a gruelling five hours walking along the main road trying to get a lift, but the beginning of half term meant every car was packed to the brim.

Brexit's impact didn't help either, as lorries now have CCTV to stop people crossing the border illegally. After the dark and rain set in we were forced to call it a day, feeling beyond gutted we hadn't even left England.

It seemed the SU had also underestimated how difficult crossing the border would be, and so they had arranged for a coach to take teams stuck in Dover across the border the next morning. This was basically our last hope.

After spending the night in the cheapest hostel we could find we packed up and headed to the meet point for the SU coach. We were hopeful of securing a lift before leaving the ferry but unfortunately this is where things took another turn for the worse.



Shout out to Jordan (our coach driver) who explained that everyone who boarded the ferry on the coach also had to disembark on it. On top of this, the lorry drivers were all in a separate lounge upstairs which meant we could not beg them for lifts.



In short, we were screwed. This was probably the closest we came to giving up, as it turned out Jordan was actually heading to the outskirts of Paris and after much persuasion, he agreed to take us all the way. However, we came to our senses pretty soon and decided the only option was to get off in Calais. We were dropped off at 'Cité Europe', a massive shopping mall off the motorway around 25 mins from central Calais.

This was when things got EVEN worse. The language barrier made everything harder, with our limited French vocab reduced to 'bonjour' and 'parlez vous anglais?' After a few difficult conversations, we ran into a lovely mother and daughter who were heading back to England after a weekend break. Fiona and Charlie were genuinely the kindest strangers ever, and really keen to help us out. After struggling with some broken cash points they ended up booking us TRAIN TICKETS the whole way to Paris!!!!



From being at the lowest of lows to now being dealt a literal miracle, we were on such a high- and the relief we felt was unexplainable. We thanked Fiona and Charlie and hopped in an Uber they bought for us (true angels!!) into central Calais. Emma and I then mooched about the area killing some time until our train, which had a stopover in Lille.



Sitting on the train was a wild moment, and one I will never forget as we genuinely could not believe our luck. After basking in the joy during train number 1, we used the train (from Lilles to PARIS) to glam up and put our red lips on before heading into the CITY.



We made it into Paris at around 9pm and truly felt like we were floating, unable to believe the events that had led to this moment. After a great time at the SU social, a few of us headed to the Eiffel Tower and caught it sparkling at 1am. Unfortunately I have to be cringe here, but this was one of those moments where time stood still. We were wrapped up in such a sense of achievement combined with the magic of Paris - there was truly no better way to end a journey that will stick with us forever.



None of this would have been possible without the kindness of every single member of the public we met. The number of people who went out of their way to help us out was unbelievable and truly showed us how kind strangers can be. A massive thank you to Hazel and the SU for organising this event! It is something that will stick with us for life and we truly recommend everyone reading this to seize the opportunity next time - you don't know what it will teach you!!

The semester 2 event is currently in the works and myself and Emma are actually part of the team helping to organise it. So keep your eyes peeled and get ready to sign up- you will not regret it !!!!



Harder, Better, Faster... Fraudster?

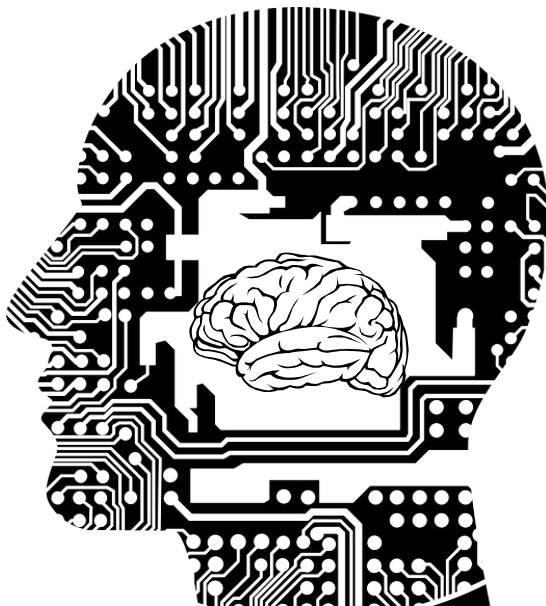
The Moral Dilemma of AI use Amongst Students

Max Mishcon

The stresses that come with essay deadlines are often potent enough to drain my body of all its energy and sleep, and my mind of any resemblance of coherent thought. Nevertheless, for many non-STEM students who have essays set as assignments, there is a sense of artistry and accomplishment that comes with writing a really fucking good essay.

However, I often think I came to university at the worst possible time; as in December 2022 - right as I entered my first deadline season - ChatGPT was made available to the public. And as those aforementioned stresses and excitement surged through me, all students were now busy toying with a new tool, attempting to figure out its true use and purpose. And I genuinely don't think that toying has stopped. The fog of uncertainty around AI and assignments still clouds the entire university system, from students, to lecturers, to policymakers. I often wish I arrived earlier, when if someone mentioned a 'chatbot' you would think they were a dyslexic person referring to someone who talks a lot. Or I wish I arrived ten years in the future, when it will be clear what is acceptable and allowed.

And this is exactly what I want to talk about: with so much up in the air, us students have a substantial amount of

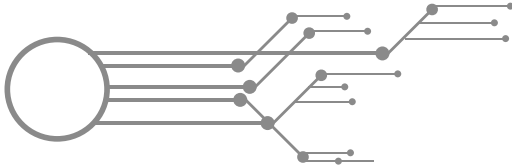


autonomy when utilising AI in our essays, how does this make you feel? I'm partly writing this to figure that out for myself.

An interesting litmus test is the manner in which you ask ChatGPT questions, more specifically how polite you are when speaking to it. Personally, I refuse to treat it like a real person. I will never say please or thank you or talk to it colloquially, and I'm still uncertain as to why I do this. Partly I resent ChatGPT for existing.

Although it's undoubtedly saved me hundreds of hours doing mundane tasks, it lingers and loiters; it's now impossible to walk through a workspace on campus without witnessing someone input a request into a chatbot.

I've felt hints of jealousy at certain points, watching it instantly and effortlessly write better passages of text than I could with an infinite amount of time and effort. Mostly, I loathe the feeling I have whilst using it: some sort of alchemy of guilt and inferiority. There's a humbling, almost disheartening realisation in seeing something so mechanical outperform what I consider to be my craft. For example, whilst I would have loved to have thought of that last sentence, it was curated by ChatGPT.

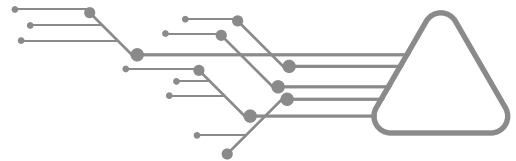


<the moral dilemma> <of AI use> <amongst students>

All these feelings leave me questioning my integrity and value as a student. If I can't rely on myself for idea generation or essay structuring, can I really be satisfied or fulfilled with how I've progressed through my years at university? When reflecting on my younger self, I had no issue tying concepts together or forming strong arguments - I now feel as if my reliance on AI has pierced a gap through my brain, leaving a gaping creative hole that won't grow back. This, along with the fact that I can only see AI integrating more and more into our everyday lives just makes me sad.

Not to get existential, but I do believe this is conducive to a wider trend of the West emphasising efficiency and optimisation. There is a growing pressure to fill your day with 'productivity' and people are actually drinking Huel - that's enough evidence to me to suggest that there's been a paradigm shift.

A shift away from what is natural: spontaneity, challenge, wasted time etc. And whilst I'm not longing to have lived in the middle ages, I feel slightly uneasy in a world in which I feel constantly measured and judged. Yes, chatbots do save time and can be of good use, but I wonder if that's actually important in the grand scheme of things?



I guess that's up to you. Do you value your time over your ability to critically think? Would you sacrifice your own integrity and satisfaction for a better grade? I doubt I'll ever land at a concrete conclusion, but one thing is for sure: My own emotions and skills are important, and if improving them means reducing my reliance on large language models then that's fine by me.

Appeals for Short-Term Doping Suspensions in Sport

Can tennis learn from cycling?

Matthew Redlich

2024's tennis season has been a watershed.

A year which started with many fans wondering whether the game could return to the dizzying competitive heights of the 'big three' sees it end with its biggest prizes split between two of its youngest hopes in Carlos Alcaraz and Jannik Sinner. Yet, heading into 2025, tennis is once again facing questions, and this time, they're arguably more serious than those posed by Djokovic's near-total domination of the 2023 season.

In March, current world number one Sinner returned two samples which tested positive for Clotestol but was allowed to continue playing after successfully challenging his provisional suspension. This has resulted in outside observers querying the results management process in the sport, with British player Tara Moore provisionally suspended for 19 months before an independent tribunal found she bore no fault. In contrast, there were approximately just 19 weeks between Sinner's provisional suspension and his independent tribunal hearing.

Much has been said about perceived inconsistencies between cases in tennis; however, it has rarely been compared to the results management processes in other sports, for example, cycling, which

has previously had to contend with serious doping offences such as the Festina Affair and Lance Armstrong's sustained abuse.

Cases such as these directly contributed to the establishment of WADA in 1999 as an international independent agency to lead a collaborative worldwide movement for doping-free sport. Both cycling and tennis follow anti-doping policies established by WADA. The world governing policies for both cycling (UCI) and Tennis delegate elements of their doping procedures to independent testing agencies. In the case of tennis, the testing agency (ITIA) handles doping procedures for all the major tours and tournaments including the ATP, WTA, ITF and grand slams.



Whereas the UCI reserves the right to impose and lift provisional suspensions. In tennis that process is handled by the ITIA, who provide a 10-business day window to appeal a provisional suspension. Cyclists are also given the opportunity to appeal short-term suspensions, although the UCI Results Management Regulations don't specify a hard window for this.



Despite these small differences, the overall processes bear many similarities, with both sports signatories of the 2021 WADA Code. This outlines the principles sports should follow when imposing a provisional suspension, stating the appeal deadline can be set at the discretion of the anti-doping organisation conducting results management. Also, with the number of governing bodies at play in tennis, it's unrealistic to suggest they individually handle results management in the same manner as UCI, as this would generate additional scope for inconsistencies between the different bodies. This begs the question: should players be allowed to appeal provisional suspensions at all? Or should they all have to wait for the full investigation to be concluded?

With current wait times for tribunal hearings potentially upwards of a year and yet further appeals allowed after their conclusion, sports would need to work to much stricter timelines in a world where the complexities of doping cases only seem to increase.

Tennis finds itself at a transition point where its youngest stars are needed to drive a new generation of fandom, meaning it can hardly afford for talents such as Sinner to be sitting on the sidelines unnecessarily. Whilst no one is suggesting either ITIA or Sinner have acted improperly, questions about whether his profile expedited the lifting of his suspension will continue into next season.

In the ideal scenario, all players would be afforded the timely lifting of these provisional suspensions in cases where it's probable they bear no fault for an offence such as Sinner's. Nevertheless, with increasingly complex doping cases being faced by all sports, the right outcome and accurate sanction must be more important than the short-term suspensions that may or may not be lifted.



Tennis has brought the issue to the fore, but all sports need to examine how final decisions can be reached without debate about the process involved in getting there.

Whilst some would rather wait for the full decision to be reached without the possibility of results having to be changed retrospectively, which would mean an end to appeals on provisional suspensions. In a world where instant results are demanded, it's difficult to see this being adopted, but whatever the approach, a system which treats every case consistently is vital and should be eminently achievable.

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Science & Innovation

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In Conversation with Bath Marrow

Ellie Insley

Bath Marrow is a group of student volunteers working to raise money and recruit volunteers for stem cell donation. You might have seen their stands around campus, as they organise a variety of fun and original fundraising events. As Bath Time's Science and Innovation Lead, I decided that it was about time that I chatted to Bath Marrow's chair, Katie Johnson, to find out more about the lifesaving work they do!

- Raising awareness about Anthony Nolan and the stem cell register on campus by collaborating with other societies. For example, from the 18th to 24th November we're doing a campaign called Hero Week, where we visit sports teams' practices to recruit donors.



What are Bath Marrow's main goals?

- Recruiting potential donors to the stem cell register - this means signing people up with a quick online form and cheek swab at our weekly donor recruitment stalls in the library. If they are a match for someone with blood cancer who needs a stem cell transplant, then they can donate their stem cells to save a life. Only 1 in 100 people are a match with someone so it's important that we sign up as many people as possible!
- Fundraising for Anthony Nolan - it costs £40 to sign up one person to the register (so far Bath Marrow has raised over £24,000!)

You work with the charity Anthony Nolan. Can you tell us a little bit about them?

The charity Anthony Nolan works to save the lives of people with blood cancer and blood disorders by finding lifesaving stem cell donors. The charity was set up in 1974 by Shirley Nolan with the aim of finding a bone marrow donor for her son Anthony. Sadly, Anthony died aged 7 without a donor being found. The charity now maintains a stem cell register of over 900,000 people who are willing to donate their stem cells to someone if they are a match. So far, Anthony Nolan has found lifesaving matches for over 22,000 patients.

How would you describe your volunteering experience so far?

It is very rewarding to be a part of something that can give someone a second chance at life when they've lost all hope. Even though we might not get to see directly the difference we make on a day-to-day basis, hearing stories from people who have received stem cell transplants matched by Anthony Nolan really emphasises how big of an impact can be made by even just one person signing up to the register. I think the idea of the stem cell register itself is an amazing thing, as when you sign up you are offering to help out complete strangers in their time of need. Your donated stem cells can go to save the life of someone anywhere in the world, and I think it's really nice to feel connected to helping other people and to give back to the community.

Being a part of one of the university's volunteering groups is also really rewarding because it allows you to connect with a wide variety of people across courses and years. It's great to be able to bring our unique skillsets together to collaborate to help save the lives of people with blood cancer.

What kind of fundraising events can your volunteers (and potential new volunteers) expect this year?

Last week (Wednesday 30th) we held a "Marroween" bake sale and face painting event to fundraise for Anthony Nolan (unfortunately we haven't found out how much we raised yet!) Coming up this year, volunteers can expect to see raffles, bag packing at local supermarkets at Christmas, and a team running the Bath Half for Anthony Nolan!

Lastly, how can students get involved with Bath Marrow?

Follow us on Instagram @bathmarrow or join our volunteer WhatsApp group for updates on events. Visit our page on the SU website to sign up to volunteer at an event with us - we run weekly donor recruitment stalls on alternating Tuesdays and Fridays in the library foyer.



Why is donor recruitment so important?

- Every 14 minutes someone in the UK is diagnosed with blood cancer.
- Only 30% of people who need a transplant are a match with a sibling.
- Every year 2,300 people in the UK need a transplant from an unrelated donor.



The Road to a Psoriasis Cure: Bath's Role in Groundbreaking Research

Lili Illman

Psoriasis is a chronic autoimmune disease affecting 2-3% (NHS, 2024) of the global population. It is characterised by red, scaly patches on the skin that can significantly impact a person's quality of life. While there is currently no cure for the condition, new research from the University of Bath offers hope for a revolutionary treatment. The discovery that a hormone called hepcidin may play a central role in triggering psoriasis is a significant step forward, with the potential to develop drugs that not only stop psoriasis in its tracks but also provide long-term relief for patients suffering from the disease.

The hormone hepcidin has long been known for its role in regulating iron levels in the body. However, recent research from the University of Bath has revealed a surprising new function. People with psoriasis produce hepcidin in the skin, where it causes iron overload. This excess of iron triggers two key features of psoriasis: the uncontrolled proliferation of skin cells and the accumulation of inflammation-inducing immune cells called neutrophils.



UNIVERSITY OF
BATH

The groundbreaking research, led by Dr. Charareh Pourzand from Bath's Department of Life Sciences, suggests that hepcidin could be a primary cause of the condition. This discovery opens the possibility of developing new therapies that target the hormone to prevent or treat psoriasis. The most promising application of these findings is for patients with pustular psoriasis (PP), a severe and treatment-resistant form of the disease. Dr. Pourzand and her team believe that drugs targeting hepcidin could dramatically improve the lives of millions of psoriasis patients, providing relief from both the physical and emotional toll of the disease.

The University of Bath has long been a hub for research on rheumatic and autoimmune conditions. The city's connection to these diseases dates back to Roman times, with the famous Roman Baths being used for therapeutic purposes, particularly for conditions related to joint pain and inflammation. This historical impact is reflected today by Bath's prominent research in the field of rheumatology.

Bath's contribution to the understanding of autoimmune diseases has only grown stronger over the years, particularly with the establishment of the Bath Institute for Rheumatic Diseases and the Skin@Bath network. The Skin@Bath network, which fosters collaboration between researchers and healthcare providers, has been instrumental in advancing our understanding of chronic inflammatory skin disorders like psoriasis. Since its inception in 2017, Skin@Bath has supported numerous interdisciplinary projects aimed at finding novel treatments for diseases such as psoriasis, psoriatic arthritis, and skin cancer.

The implications of this research are far-reaching. While current treatments for psoriasis (such as topical creams, light therapy, and biologics) can help control symptoms, they do not offer a cure. Hepcidin-targeted therapies could offer a new approach, especially for those with severe forms of the disease like pustular psoriasis. Dr. Pourzand's team is working on developing iron chelators, which could bind to excess iron in the skin and prevent the overproduction of skin cells, halting the progression of the disease.



Bath's Role in Groundbreaking Research for a Psoriasis Cure



The work taking place at Bath is not just about finding new treatments, but also understanding the underlying mechanisms of diseases. By connecting researchers from Bath, the Royal United Hospital (RUH), and institutions across Europe, Skin@Bath has created an environment where scientific discoveries can be rapidly translated into real-world therapies. This collaborative approach is exemplified in the latest research on hepcidin, which has brought together scientists from the University of Bath, Institut Cochin in Paris, and the University Hospital Zürich.

**For more information on
the University of Bath's
research into psoriasis, see
their press release:**

*'A cure for psoriasis: could a
faulty iron hormone in the
skin be the key?'*

The path to new treatments, however, is not without challenges. Developing drugs is a time-consuming and expensive process, and it could take years before new therapies reach the market. Nonetheless, this breakthrough research offers hope for psoriasis patients worldwide, providing a potential route to not only managing but potentially curing the disease in the future.

Bath's rich history in rheumatic and autoimmune disease treatment continues to thrive today, with the latest research on psoriasis serving as a prime example of the city's ongoing contributions to the field. The combination of Bath's historical legacy and cutting-edge scientific research has made the city a global leader in autoimmune and

rheumatic disease research. As the research on hepcidin unfolds, Bath is poised to remain at the forefront of these important discoveries, with the potential to offer real solutions to those living with psoriasis and other chronic inflammatory conditions.

The hope that one day psoriasis could be cured is no longer a distant dream but a tangible possibility, thanks in part to the groundbreaking work being done in Bath. As the city continues to build on its legacy, it remains a beacon of hope for those affected by psoriasis and other autoimmune diseases. The ongoing research holds the promise of better treatments and, ultimately, a cure for one of the most common and debilitating skin conditions in the world.



BATHTIME

Sport

Kevin Ciobanu

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2024: The Year Sport Returned

Kevin Ciobanu



From the Ally Pally to Abidjan, Tahiti to Paris, Bridgetown to Bath, sport marked a resounding return to packed-out stadiums and bustling streets celebrating memorable moments in 2024.

The unifying power of these moments all around the world reminded us why sport holds such a unique place in our hearts and cultures. The shared heartbreak and triumph are the lifeblood of sport – this vitality flowed stronger than ever in 2024.

2024 began off with 17-year-old sensation Luke ‘The Nuke’ Littler taking the 2024 World Darts Championship by storm before losing to fellow Luke, Luke Humphries. Will he go all the way this year?

The beautiful game saw Qatar, New Zealand and Argentina successfully defend their continental titles. Côte d'Ivoire had a nightmare start, sacked their manager and had to rely on other countries to help them reach the knockouts before somehow lifting the trophy on home soil. A flawless La Roja won Spain its record-breaking fourth Euro.

Bayer Leverkusen went 51 games unbeaten, Jürgen Klopp retired, Real Madrid won their 15th European Cup, and Rodri and Aitana Bonmatí were crowned the best male and female players in the world.

Across the pond, Patrick Mahomes orchestrated an overtime win to earn the Kansas City Chiefs back-to-back Super Bowls. The Dallas Mavericks secured a record-breaking 18th NBA Championship with a 4-1 series victory. A thriller 4-3 series ended with the Florida Panthers claiming their first Stanley Cup. The LA-NYC clash saw the Dodgers pick up the World Series. Returning to the gridiron, the Detroit Lions are proving serious competition for the Chiefs – who will win Super Bowl LIX?



Credit: All-Pro Reels

Scottie Scheffler claimed his second green jacket, Xander Schauffele won both the PGA and Open Championships, and Bryson DeChambeau secured his second U.S. Open. Who will shine when Team Europe travels to New York for the 2025 Ryder Cup?

South Africa suffered double heartbreak at the T20 World Cup finals after the men's side lost to India and New Zealand beat their women's team.

A rollercoaster F1 season delivered a mix of intense rivalries and dramatic races, culminating in Max Verstappen's fourth consecutive Drivers' title win in Las Vegas with Lando Norris proving the biggest challenge to his dominance. McLaren teammate Oscar Piastri claimed his first victories, Lewis Hamilton ran it back at Silverstone, and Charles Leclerc finally won his home race in Monaco and brought home the Italian GP to Ferrari for the first time in five years.

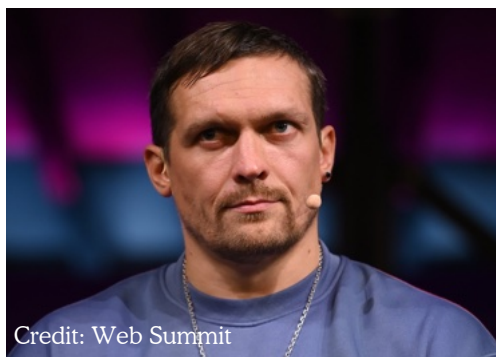
As the curtain falls on 2024, fans look forward to seeing the driver and rule changes in 2025. Will Hamilton return to his winning ways at Ferrari? How will teenagers Kimi Antonelli and Ollie Bearman cope with more prominent roles? Will Verstappen become the first driver to win a fifth consecutive championship since Michael Schumacher?



Credit: fuji.tim

The women's Grand Slam titles were shared between Aryna Sabalenka (Australia Open and US Open), Barbora Krejčíková (Wimbledon) and Iga Świątek (Roland-Garros). Jannik Sinner replicated Sabalenka's double and Carlos Alcaraz won Wimbledon and Roland-Garros.

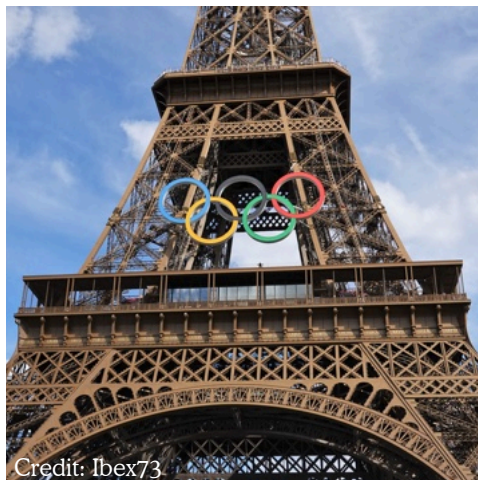
Oleksandr Usyk's victory against Tyson Fury crowned him the first undisputed world heavyweight champion in 25 years – will Fury claim revenge in the rematch in a few weeks? Anthony Joshua knocked out former UFC champion Francis Ngannou. However, his defeat to Daniel Dubois has complicated the possibility of his long-awaited fight with Fury. Canelo Álvarez continued his domination of the middleweight division. Katie Taylor remains the undisputed world super lightweight champion.



Credit: Web Summit

Floyd Mayweather eased past the grandson of John Gotti, the New York crime boss, on the second occasion after a sixth-round mass brawl erupted in the first bout, and then a mid-fight referee swap in the rematch. We also saw 58-year-old Mike Tyson 'fight' Jake Paul on Netflix – imagine saying that sentence a few years ago.

Twelve current or former champions featured on the UFC's celebratory UFC 300 card. Alex Pereira sent Jamahal Hill to sleep in the first round, Max Holloway delivered arguably the greatest KO in UFC history to Justin Gaethje, Arman Tsarukyan defeated Charles Oliveira by a split decision, and Yan Xiaonan lost to Zhang Weili by unanimous decision.



Credit: Ibex73

Starting on the Seine and ending on Venice Beach, Team USA finished first and the hosts fifth. Simone Biles' epic return, Novak Djokovic winning Olympic gold to complete tennis, Femke Bol's final-leg mixed relay charge for Dutch victory, France's 'golden boy' Léon Marchand breaking four Olympic records to win four golds and bronze, Noah Lyles' winning the men's 100m by 0.005 seconds, and Cindy Ngamba becoming the first IOC Refugee Olympic Team medallist are just some of the many memories from Paris 2024.

Dazzling fans since London 2012 with his self-taught method of using his feet to load and release the arrows, Matt Stuzman won his first Paralympics gold at his final Games, setting a Paralympic record in archery. 19-year-old Ezra Frech started the men's 100m T63 near the back before a late surge earned him a surprise gold – three years after finishing fifth in the high jump T63.

Even after losing her leg in a shark attack, Ali Truwit quickly learned to swim again to win two silver medals. With the Eiffel Tower as the backdrop, fans enjoyed the dramatic blind football final, where the hosts beat Argentina on penalties.

Across a wide variety of sports, thirty Bath-based athletes competed at Paris 2024. Eleven medals were won by the seven athletes in the Paralympics and six medals in the Olympic Games.

Water is wet. Bath won Varsity. For the seventh consecutive time, out of seven editions. Over 4,000 students enjoyed 21 games across countless sports, with Bath winning 16 of the day's fixtures.

In October, more than 7,000 fans braved the wet conditions to watch the action-packed Anniversary Game at the Rec as Bath drew 31-31 with Hartpury.



And with that, the 2024 season comes to an end. Here's to a great 2025 as women's sport prepares for a big year. Will England retain their Euro title in Switzerland? Who will win the Women's Rugby World Cup being held in England? Who will shine in 2025?

Why This Year's Darts Is a Must-Watch for All!

Jacob Hanley

Forget Christmas markets and mulled wine – December's biggest festive tradition is the PDC World Darts Championships. Every year, 96 of the planet's greatest darts players battle it out at the Alexandra Palace for the coveted Sid Waddell Trophy. It's not just the biggest sports event over Christmas – it's the biggest party too, with roughly 90,000 attending from the 15 December 2024 to 3 January 2025.

Whether you're a darts superfan or just looking to procrastinate from studying, this year's tournament is shaping up to be the best yet.



Credit: Sven Mandel

The Fans Who Bring the Vibes

The PDC World Championships, which have been hosted at the Ally Pally since 2008, are just as much about the fans as the darts. Dressing up is a rite of passage as fans flock from all over the globe to London in crazy fancy dress costumes, from Gru and his Minions to the full Inbetweeners crew. Chants like "Stand up if you love the darts!" are sung all night long regardless of the game outcome, and roars of "180!" erupt every time the maximum score is hit.

Even if you don't know your treble-19s from your double-tops, it's impossible not to join in the party.

The Players to Know

If you think darts is all about middle-aged men in pubs, think again. Here's the lowdown on some of the most entertaining and talented players to keep an eye on.

The Reigning Champ

Luke Humphries goes into the tournament as the bookies' favourite, and it's clear to see why. After winning the 2024 tournament, his red-hot form has not cooled down, as he's added the World Matchplay, New Zealand Darts Masters, and World Cup of Darts to his trophy cabinet. His nickname 'Cool Hand Luke' isn't just a tribute to his Cole Palmer-esque composure on the oche, but also a homage to the 1967 film.

The Green Machine

Then there's 'Mighty' Michael van Gerwen, arguably the most feared opponent in darts. He's the only player to have won every televised PDC Darts title, including three World Championship title victories (2014, 2017, 2019). His iconic walk-on to Seven Nation Army is a spectacle, with the arena glowing green as fans chant his name.



Credit: Number 10

The Villain

Every Christmas pantomime needs a villain, and darts has its own in Gerwyn Price. ‘The Iceman’ is a former professional rugby player who combines skill on the oche, with fiery celebrations that have led to the Welshman becoming both a fan favourite and a ‘pantomime villain’. He famously put on industrial ear defenders midway through a World Championship match in 2023 after constant booing from the crowd, giving off the vibe: darts match at 8 PM, silent disco at 10 PM.



Credit: Sven Mandel

The Wonderkid

Last year’s tournament introduced the world to Luke ‘The Nuke’ Littler. Bursting onto the scene as a 16-year-old after winning his opening match 3-0, he went viral on social media as people questioned his age using the Inbetweeners quote: “You’re seventeen! There’s looking older, and then there’s that! You look about thirty!”.

Despite taking the tournament by storm last year, he couldn’t go all the way – losing in the final to Luke Humphries. Throughout the tournament, he provided fans with social media gold, whether it was his post-match routine of ordering a kebab or stating that he’ll spend his £200,000 winnings on ‘FIFA Points’.

This year, he looks like he will be back stronger after winning his first major title, the Premier League of Darts. If he goes all the way, he’ll become the youngest-ever PDC World Champion at 17 years old.

The World Darts Championships is the perfect combination of elite competition and chaos, fuelled by the London crowd. From former world champions like MVG to wonderkids like Littler, no one is safe from crashing out of the tournament early due to a shock upset – it’s what makes the sport so addictive for viewers.

Whether you’re tuning in to see the crowd’s fancy dress or just to find out if Luke Littler can rewrite history, this year’s world championship is the sports event to watch over the festive period. The Ally Pally awaits – don’t miss it.



Credit: James Mans

Boxing Day - A British Sport Affair

Thomas Day

For many, Christmas time is about family, faith and rest. Christmas traditions have stood the test of time for over 150 years in British culture, but one tradition that is becoming more and more prominent is the customary sports spectacle we have become so accustomed to.

What's happening on Boxing Day?

Without a doubt, the British love their post-Christmas day sports action. The 26th of December 2024 will see leagues up and down the country showcase true winter footballing action. From the Premier League to the Cymru Premier and not forgetting the National League South, over 400 games of football will be played across England, Wales, Scotland and Northern Ireland



Is this the same across Europe?

It was only in 2017 that Italy introduced a Boxing Day fixture, some historians postulate that festive public games have been played on British territories since 1170, and formal football games appear in the records from 1871. However, across the vast majority of Europe, a mandatory 2-week break is in order – we just like to do it differently. This year, the Premier League will be the only top 5 league to play fixtures on this traditionally restful day.

All for Money or Tradition?

It might be tempting to blame the broadcasters for wanting to maximise their Christmas bonuses, but the reason our obsession with Boxing Day footballing action exists is far more conventional.

In Victorian times, football was actually played on Christmas Day as a celebration for a hard-fought day of rest for the working class. For many, it was their only chance to catch a game for the entire year.



Across the pond

Over in the United States of America, an even more extreme approach to the festive sporting action takes place with fixtures in the NBA and NFL taking place on one of the most sacred days of the year: Christmas Day. Despite the NFL proposing that Christmas Day games wouldn't take place this year to prioritise player welfare in an already-congested period of the season, the league u-turned on their initial decision. This shift was influenced by television ratings from last year's festive fixtures, thereby convincing broadcasters to do the same this year. So, is the reason Britain has so many games the same as the USA?



Players Dismay

What many don't consider about Boxing Day fixtures is the impact they can have on the stars themselves, who try to have as normal a Christmas as possible. Players must train on Christmas Day in order to be prepared for the match the following day, taking them away from their families on one of the most celebrated days of the year.

Ray Parlour was accused of deliberately trying to obtain a yellow card before his Boxing Day match in 2001 to take him over the limit and force himself into a suspension, which left him free to enjoy the day with his family. He went one step further, getting sent off after getting two yellow cards, with Arsenal going on to concede three second-half goals and lose 3-1.



BOXING DAY HIGHLIGHTS

Highlights this year include a trip to St James' Park for Aston Villa, a top-of-the-table clash between Sheffield United and Burnley, and St Mirren vs Rangers, amongst many other fixtures sure to make your eyes light up.

WHAT'S ON AT THE PLUG

MON

**PITCHERS
+ POOL**

19:00 – 23:00
Enjoy 2 pint pitchers of Beer/
Cider/Cocktails/Mocktails
from £6.95

TUE

**THE PLUG
QUIZ** 

19:00 – 22:00
Bath's largest weekly Pub
Quiz! Only £1.50 to enter with
amazing prizes to be won

WED



19:00 – 22:00
The ultimate warm-up to
our legendary club night,
SCORE!

THU



20:00 – 00:00
Shake up your evenings
with 2-4-1 on Cocktails &
Mocktails

FRI

WEEKEND 
 **WARM-UP**

16:00 – 20:00
Start your weekend with
selected beers & ciders from
£2.60 or soft drinks from £1.00

SATURDAY – SUNDAY

JOIN US TO WATCH LIVE SPORT ACROSS OUR MULTIPLE SCREENS!



All profit made in The Plug and The Tub goes back into supporting
all SU activities including sports clubs, societies, student media,
support groups, training, advice and representation.


**SCAN
FOR MORE
DETAILS!**



BATHTIME

Lifestyle

Aanchal Chawla

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New Year's Resolutions

Unfulfilled pledges or effective challenges?

Katie Todd

January 1st. New Year's Day. The promise of optimism wrapped in the cellophane of a brand-new calendar. Each year, hoping all the puzzle pieces you've been juggling for the past 364 days will miraculously fall into place.

But as the festive season draws close, the monotonous months of dark mornings and long nights take a heavy toll on our mood. The SAD kicks in, and the excitement of resolutions has already waned. Yet, why is it that every year we still put such immense pressure on ourselves to completely change? Lose weight, drink less, sleep better, save money, the list goes on.



And still, the cycle continues. This year, you think to yourself, will be the year you get your life together: Turning to superstitions to offset your inability to commit to real change. Scoffing down 12 grapes nestled under the dining table at midnight hoping it will bring you a long-term relationship, financial stability, and educational success. When in reality, the year consists of 3 failed hinge dates, spending all your maintenance loan on cheesy chips at Jimmy's (well, what's left after your accommodation fees anyway), and the most intellectual stimulation you have once a day is completing all the NYT games during your 9:15.

Many of us still have the hope that setting goals will positively turn our lives around. From improving structure in your life, adopting healthier habits, or spending more quality time with family and friends, resolutions give us a sense of direction going into the new year.



Organisation:

Whether you meticulously plan your routine minute by minute or you don't even know what day it is, the dawn of a new annum always sparks a desire to be more organised. Be it completing your essential readings on time (or at all), braving Circuit laundry before you're down to your last pair of socks, or ensuring you book your MNB tickets while they're at the early bird price.

We often fall into the trap of overconsumption, buying multiple notebooks, storage boxes, and a premium subscription on Notion (been there). It's clear that the rise in social media has bred an obsession with an 'organised utopia,' building an unrealistic and unsustainable ideal of order that many feel pressured to strive for. Doomscrolling for hours on 'cleantok' just to feel a fleeting sense of vicarious accomplishment, without lifting a finger.

The initial thrill of a 'Marie Kondo' inspired wardrobe clean-out quickly loses its lustre when you're surrounded by piles upon piles of clothes, forgetting which were for the charity shop and which were for going under the bed for next season. Suddenly, your once-organised space looks like the bedroom floor of an early 2000s coming-of-age film's protagonist after they search for an outfit to wear on their first date with the perceived airhead, but actually weirdly interested in feminist literature, jock.

And just when you've got everything into some sort of order, life has other plans, and it becomes another job on the to-do list.

Health kick:

Ah, the age-old 'this year, I'm going to go to the gym every day, stop eating takeaways, and get 8 hours of sleep a night.' Then, a week into the year, catching yourself, lying in bed, searching for how to cancel your gym membership, with a glass of red in your hand surrounded by leftover canapés. The vision of becoming a sober-vegan-gym-rat-thing can start... next January. Realistically, who needs 8 hours of sleep when you could use that time to watch before and after videos on YouTube convincing yourself that tomorrow is finally the day to hit the gym?

Spend time with family and friends:

Christmas time often reminds us of the importance of our relationships. Whether it's through our once-a-year visits to distant relatives or the heart-aching John Lewis advert making us feel guilty for not wishing our elderly neighbour a 'Merry Christmas.' The start of the year is the best time to contact old friends and rekindle faded connections. It acts as the perfect reminder that in our busy lives, we need to recognise that nurturing our relationships should remain on top of our daily to-do lists. So, numerous coffee dates and garden centre trips ensue, scheduling family catch-ups with as much eagerness as signing up for gym classes.

Alas, the year trudges forward. While resolutions, no matter how fervently made, may fall by the wayside as the months pass, the yearly notion of a fresh start each January acts as a constant opportunity for growth. Perhaps, this year, be kinder to yourself and set realistic goals - make small daily changes to improve your well-being and foster healthy habits to develop a balanced and fulfilling life. Or who am I kidding, just aim to survive the year with a splash of caffeine, an ungodly number of naps, and the odd 3 A.M. Deliveroo order.



URB *presents a*

Barney Mortimore

It's that time of year. Halloween has been and gone. The twinkly lights, Christmas trees have emerged en masse, Michael Buble is thawing. The Christmas period for many is a time of joy, giving and family. People celebrate with mulled wine, turkey and their favourite Christmas songs.

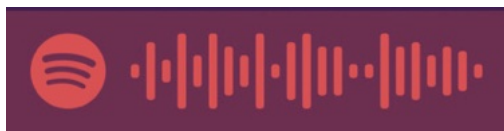
There's only one issue. I despise mulled wine, turkey, and Christmas songs. Worst of all, at the time of writing, IT'S ONLY NOVEMBER. For the Scrooge sympathisers of the world, this time of year is one of getting frustrated at slow walkers, bombarded with free samples of things you don't want or need. And worst of all - Last Christmas by Wham!

For those who have ever followed Chris Evans' radio career, you'll be familiar with one of my favourite Christmas traditions. No, it's not advent calendars or Christingles (insert James Acaster reference here) whamageddon.

If anyone is unfamiliar, those observing whamageddon go as long as they can through December without hearing Wham's Last Christmas. It's a gruelling challenge involving ducking in and out of shops, the constant wearing of noise cancelling headphones - and the shunning of popular society to your own benefit. This seems like a drastic course of action. Believe me, it is not.

In an attempt to aid those participating in whamageddon this year, or indeed those who simply despise mainstream christmas music (we get it you're cool and indie, we just don't understand), I have compiled a list of the best non-Christmas Christmas songs, as well as a few more Christmassy songs that are not THAT bad.

Check out the playlist on Spotify:



(Non)

Christmas Playlist



1. **Wintering** - 1975
2. **Merry Xmas Everybody** - Oasis
cover of Slades classic
3. **Winter Nets** - Sports Team
4. **I saw Mommy Kissing Santa Clause** - Amy Winehouse
5. **Winter Winds** - Mumford and Sons
6. **Cold Little Heart** - Michael Kuwanuka
7. **The Dream Synopsis** - The Last Shadow Puppets
8. **Sweater Weather** - The Neighbourhood
9. **Back to December** - Taylor Swift
10. **It's going to be a cold winter** - Blossoms
11. **A-Team** - Ed Sheeran
12. **Open your Eyes** - Snow Patrol
13. **The Frost** - Mitski
14. **All you're dreaming of** - Liam Gallagher
15. **Aeroplane** - Wunderhorse
16. **Under the Milkyway** - The Church
17. **Linger** - The Cranberries
18. **Snow** - Red Hot Chilli Peppers
19. **Don't delete the kisses** - Wolf Alice
20. **Through the echoes** - Paulo Nutini
21. **Dream a little dream of me** - Mamas & The Papas
22. **Half the World Away** - Oasis
23. **Inbetween Days** - The Cure
24. **Everyday is like Sunday** - Morrissey
25. **Stick Season** - Noah Kahan



Surviving Christmas in Bath!

Amy Joy

Dear wonderful Bath Time readers, particularly you first years- hold onto your wallets because December approaches and the capitalist noose tightens, but don't fret. I've got the rundown to ensure you make the most of the month in our wonderful city, but it's not going to be a cheap ride.

So, starting strong we have Bath Christmas Market, which opens on 28th November. A wonderful experience, but equally the bane of my existence. Town becomes completely overtaken with the small huts that sell a range of local produce, German sausages, Christmas gifts and of course mulled wine. There is not an inch that isn't covered, from down by Southgate to all the way up Milsom Street, but it is truly beautiful.

Top Tips

- You **MUST** go on a weekday. This is the luxury that comes with living in Bath, the markets will be much emptier and really enjoyable, because trust me- no crepe is worth queuing 20 minutes for.
- Following on from this, literally just avoid town at the weekend. It is packed and heaving. You literally can't move and the experience is worse than getting barged into at FAME.
- Try and get a group of mates together when you do go, because it means you can split most of the food, allowing you to try loads of different things without breaking the bank.



CHRISTMAS MARKETS BOSH. Now we move on to Bath on Ice by Victoria Park, which really is so much fun and opens on the 15th November. I am a sucker for the ice rink and visited quite a few times in first and second year, although my final trip ended with an Uber to A&E after I got too cocky and went so fast I lost balance and fell straight onto my arm. Basically don't do that- but I do have to say that although I SUCK at ice skating you do get better quite quickly and it is a lot of fun. Once again, weekdays are definitely less busy, and evenings are stunning when the whole area is lit up. Day time means the rink is way less busy though, and you are able to actually send it- so I recommend this for any ice skating fiends.

Societies and Christmas meals, to attend or not that is the question. Every society and their nan will have a Christmas meal on at this time of year and the price points range extensively. So far the cheapest I've heard of is Politics society (shoutout) for only 20 pounds at the Canon!! What a win. Media on the other hand is THIRTY POUNDS but I was in fact reeled in and will be attending. Either way I think this is one of those things where you just have to accept that money will be spent, it is only Christmas once (for the whole month of December) so max out on the roast potatoes, it is what it is.

Whether this 'advice' was actually useful is debatable but I hope you make the most of the month, as Bath truly does shine in all its glory, and being a final year I really will miss it next December.

Bath Time's Agony Aunt

Nina Carter

Don't worry, readers—your Agony Aunt is here to help with a little tough love! Whether you're facing university stress, relationship dilemmas, friendship challenges, or just navigating the ups and downs of life, I'm here to listen and guide you.

Send your questions to our Instagram, and you might just be featured in our next print.

1. Help I am in love with my flatmate but I don't think they feel the same way:

Here is the number for student living: +44 (0)1225 383111 See if they can move you into a drop-outs empty room. There is no hope for you otherwise.

2. I think I am failing my course:

Bath Spa has some great courses for you to transfer over to. Get those colouring pencils out and start practising.

3. My flatmate is well posh:

That's because we are at B-ar-th not B-ah-th where rugby, quarter zips and Longchamp bags run riot. Take the Cross-Country train to Birmingham if you want a change.

4. I have no friends on my course:

Let me guess, you study an engineering subject. Don't worry, your other class mates also probably have no friends either as you lot don't have many social skills beyond typing 80085 into your calculators. Try talking to someone as you walk into the lecture and then sit with them, best case scenario you make a friend, worst case scenario, at least you won't look like a loner sat on their own for a change.

5. I can't find a house for second-year what should I do:

Have fun living in Twerton or Odd Down. Let's hope you don't have many friends as no one is making the trip down there to see you for a cuppa. And pray that a housemate has a car else you're stuck taking at least 2 buses to campus. Loc8me will become your worst enemy.

6. I am running out of money:

Sorry to hear about this but sometimes you have to look within to see where the money is being spent. Taylor's Bagels are not a standard university student lunch and going out for an aperol spritz every week is not the most cost effective decision (unlike investing in a hip flask). I know the Zara in town is really nice but let's be real and stick to some good old fashioned charity shops.

7. I love working in Management but the Wi-Fi never works there for my laptop:

It's a £70 million investment into the Management Building. Of course the Wi-Fi will be shit. It's a social space where you can pretend to work whilst having a catch up with your friends but for serious work, head to the library!

8. Help I can't seem to find a placement.

This is the time to be using those family connections to your advantage. Nepotism has no shame when it comes to getting a placement so do your worst, most nepo-baby behaviour. Failing that, I hear Jason's is hiring in Bath.

Lots of love,
Your Agony Aunt
xox



BATHTIME

The Splash

Megan Johnstone

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Christmas with you

Megan Johnstone

I was stood shivering outside the theatre
as you were walking up the hill
with that big coat of yours
you said is like an electric blanket
but god it couldn't even keep me warm
when I was draped in it
as we were sat on the couch

I talk with my friends about
our favourite Christmas songs
but you just sigh and say
November is too early
but stood outside the theatre
little flecks of snow started falling
so how can we deny the season is upon us

Will you show me how to be happy
and not just stop to smell the roses
but experience the aroma
as the particles travel
through space and time
because any moment spent with you
would be one of momentary bliss

Can we walk through the Christmas market
and sample all the free mulled wine we can
in our disguises of the people
hidden beneath us
They say the market in this town
is the best around
so maybe I'd find my mum the perfect gift
because I don't know how else to thank her
for continuously saving my life



I wonder if you dislike Christmas
because honestly sometimes I do too
It's a joyful time but I've never been
good at being happy
I'm still learning how to live
with my delicate soul
slowly growing into itself

I'm excited for this Christmas season
but I mourn the friendships lost
and the dreams that faded into memory
because we don't have a big
Christmas party anymore
and I've never been drunk
on New Year's Eve
I'm still learning how to be free
without falling off the cliff
because happiness is a delicate balance
for me my dear

SHOWER

Throughout the 24/25 season, Bath Time will present to you athletes and teams who deserve special recognition for their achievements - congratulations to our semester one picks!

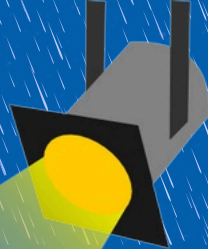
Women's Rugby Union



In 3 seasons, they've gone from struggling to field a team to having 50+ members available for BUCS Wednesdays.

1XV promoted to the Premier South for the first time and sit in 3rd. 2XV is a newly-formed squad, following the Club's growth. Intake was incredible, ranging from players who've been playing as long as they could walk to players who had never touched a ball before.

SPOTLIGHT



Cue Sports

Alex Hung & Olivia Warner



Alex qualified 3rd in the British Regions Tournament for South West England and Wales (Pool).

Olivia won the inaugural national Women & NB tournament.

Brazilian Jiu Jitsu

Luca Marrella



Won the men's under 75 kg bracket Hybrid Grappling: JUDO X BJJ competition, raised funds for Movember and is heading off for more victories in the Swiss nationals.

BATH TIME

S T U D E N T M A G A Z I N E

UOB
STUDENT
MAGAZINE

ARE YOU INTERESTED
IN STUDENT JOURNALISM?

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THE VOICE OF THE STUDENTS

WHAT CAN I GET INVOLVED IN ?

- ★ Write articles for online and print editions
- ★ Work on the creative process of designing a print magazine
- ★ Be a Bath Time photographer
- ★ Podcasts! We have 2

- Bath Time Podcast: reporting weekly news on campus

- Rookie Politics: a beginners guide to the political world

Looking for audio editors as well as script writers

- ★ Attend media events, amazing socials, and guest speakers from the media industry!

Slide into the dm's

@unibathtime to get in touch!

