

ROSES

UNLOCKED

TOURNAMENT
GUIDE

30 APRIL - 02 MAY

NOUSE
SPORT



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EDITOR'S NOTE: MATTHEW KING

Some of you may be reading this and asking - 'why on earth would they do a Roses supplement when both this and Roses itself is online. Firstly, I would like to express how hard it has been not going into the office and laying up our usual spreads. Taking on this challenge was partially a way to fill that gap - to give the team a design-based project that we can all work on together. Secondly, yes, Roses is different this year - we won't have the usual events or the cheering from the sidelines. However, this is the card we've been dealt and we need to approach it with optimism. Either way, Roses are white - whether that be on York or Lancaster ground, online or in-person. This supplement aims to celebrate the history of Roses and play homage to all who have worked so hard to give us it. Happy reading!

EDITOR'S NOTE: ANNABEL MULLINER

It certainly has been strange having my first Nouse production week be entirely online, with frequent phone calls to Matt and the group chat constantly ping-pong back and forth with questions and collaborations. But this year has been all about perseverance for everyone, whether that's at Uni or in our personal lives. I think the Roses Unlocked tournament is a real testament to this, in showing students' willingness to overcome anything in our way. This supplement is designed to document that mindset, with features covering training and boosting participation in lockdown. The lack of our 'regular' Roses content has made way for MUSE's debut within the Roses supplement, with a mouth-watering food and drink guide from Lucy and some stellar playlists from Alex and Kristina to raise your spirits.

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Roses photography courtesy of Luke Snell.

With special thanks to Maddi Cannell, Paul McCarthy and York Mind.

ROSES: THE NUMBERS

28

YORK UNI
WINS

26

LANCASTER
WINS

1965

THE YEAR THE FIRST EVER ROSES TOURNAMENT TOOK PLACE. IT WAS HELD IN YORK, SECURING OUR FIRST WIN

THE AMOUNT RAISED IN LAST YEARS' VIRTUAL ROSES, WHICH SAW YORK WIN 2337 - 1971

£48883

30

THE NUMBER OF TEAMS COMPETING IN THE PENTATHLON EVENT, WHICH TAKE PLACE ON THE FRIDAY OF ROSES

THE HIGHEST AVERAGE SCORED IN 2020 VIRTUAL ROSES DARTS EVENT, BY LANCASTER PLAYER RHYS WARHAM

72.32

50

THE POINTS DIFFERENCE BETWEEN YORK AND LANCASTER AT THE 2020 ROSES CYCLING 5 MILE TIME TRIAL

THE TOTAL AMOUNT OF POINTS ON OFFER IN THIS YEAR'S ATHLETICS AND RUNNING COMPETITION

14

8

THE NUMBER OF FIXTURES BEING LIVESTREAMED THIS YEAR EITHER BY E-SPORTS OR YSTV

THE NUMBER OF CONTESTS IN A REGULAR ROSES, MAKING IT THE BIGGEST VARSITY COMPETITION IN EUROPE

54

MADDI CANNELL

Maddi joins me over Zoom from campus, a place she has sorely missed over the last few months. “I’ve been at home in Essex since Christmas, so this week is my first back in the office for four months and it’s really nice to be on campus where things are happening,” she revealed.

The tournament will use digital assistance to broadcast a series of in-person fixtures including darts and archery, alongside fixtures that will take place entirely digitally. Any sporting society can put together a team for the Pentathlon event, which will consist of a 5k run, a sprint, a 5-mile swim, a rowing race (via erg machine) and a 15km cycle. Digital fixtures will be individually competed in and may include time trials, with the exact details to be confirmed in due course.

On the subject of spectatorship, Maddi said that “we’re going to have this sort of live stream extravaganza, so everyone can watch everything, and I really hope that students are going to take advantage of the opportunities we’ll have to screen that around campus”.

Roses Unlocked was designed to be adapted to any roadblocks in the roadmap out of lockdown, which Maddi emphasises was a “massive challenge”. “We have now been through three iterations of return to play, initially we were in a stage system, then we moved to a tier system, and then we moved to a step system, and none of them match up so we’ve had to completely redo

our procedure

every time.” she said.

“We have turned around a varsity tournament, albeit it is not as big as it would normally be, but it’s eight weeks and normally we would have started planning Roses in August the year before”. If anything, this year’s Roses Committee has had to work both faster and more thoroughly to deliver a tournament that can be adapted last minute. Given the swift turnaround, including alumni who missed out on their final Roses last year was just not possible.

“I’d anticipated that this year would be a normal Roses year, and we would have been able to build that in somehow,” Maddi explained.

There’s an obvious irony to the fact that Roses Unlocked will be taking place before in-person teaching returns and students are ‘allowed’ back to campus on 17 May.

Maddi described how she was “disgusted” at the government’s announcement, but that she believed that sports and societies are paramount during a time that students have been “forgotten by the government”. “I think we have a duty of care and a responsibility to ensure that people have fulfilling activities to engage with beyond the classroom. The student experience isn’t just about your degree anymore, there is so much more,” Maddi said.

“I’m really proud that we’re able to do this and I’m also really proud that anyone can enter from an-

nywhere, so we aren’t forcing students to come back to York if they don’t want to. I think that’s a real testament to having to work in this new world where we’ve got the online stuff that can assist”.

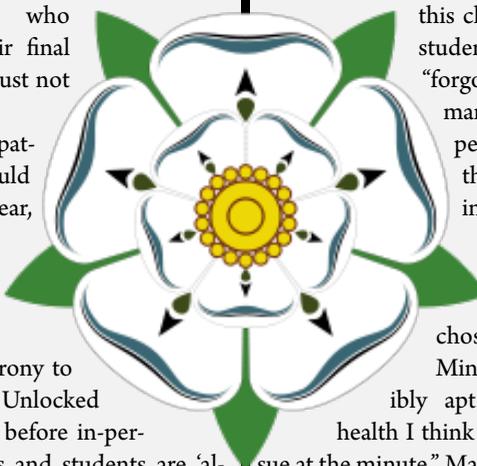
Given this climate of students being “forgotten” and many still dispersed across the country in different unprecedented situations, this year’s chosen charity, York Mind, seems incredibly apt. “Student mental

health I think is such a big, big issue at the minute,” Maddi said. “The feeling of isolation, of feeling quite trapped in really quite small, substandard accommodation a lot of the time with nowhere to go. I was looking at Mind’s coronavirus survey the other day and it said that 73% of all students had said that their mental health had got worse during the pandemic and I just thought, that is absolutely staggering”.

“That is why I’m really pleased that we can be part of an effort that goes towards supporting York Minds who provide such an important range of services”.

Maddi went on to point out that the tournament would not be possible without the efforts of students in adhering to social distancing regulations, even back in autumn. “Public Health England even said it wasn’t being transmitted at Universities in sports clubs. It shows that people really want this and are being responsible to ensure they don’t lose it”.

If anything is certain, it’s Maddi and her team that has done us proud, and this weekend is sure to be a great time for all involved.



PAUL MCCARTHY

Paul McCarthy takes up a rather sarcastic air as I ask him how he feels about York's superior record in Roses.

"Do you know what? I'm delighted," he jests. As Lancaster University's sport president, much of McCarthy's term has been spent planning how on earth he and York's ex-sport president Maddi Cannell could run Europe's biggest inter-university sports tournament during a global pandemic.

"One of the top priorities for me and Maddi this year was that something happened, no matter what.

We wanted something physical, because everyone's been so pent up and stuck inside all year. The thought of it not happening would have been awful – I would have felt like I'd have let students down. I think what we've come out with in the end is probably going to be the best we could have done under the circumstances."

McCarthy details the result of his and Cannell's regular meetings. "We had our first meeting in October," he says. "The hardest thing was coming up with an event that students can properly get involved in, that will feel like a competition but also won't physically be in the same

space. Coming up with this pentathlon combine was the best thing. Everyone's done a Zoom quiz about 100 times by now; you had to do something different."

The competition will take place in both institutions this year. He explains how Roses 2021 will work. "It's going to ensure

that teams who typically have a fixture in Roses will instead be able to

have a fixture in a variety of sports, competing against each other in the pentathlon. It's going to be: 'Who in each team

does the quickest sprint?', 'Who does the best cycle'... So teams will be competing against each other, but not competing in their sports.

"Obviously, there's no travel between Lancaster and York at the minute, so [we're looking at] having the events running simultaneously. We're planning to do archery at the same time but happening across different counties. I think we've done pretty well to arrange as [much] of that as we have.

"We've got to make the best of it. I'm excited and I think we are doing the best we can. I think people will get behind that. It's gutting that it can't be your traditional event, but regarding everything we're putting on, we're going to make it as celebratory a weekend as possible."

Tracking how competitors did many miles away might well have become an issue given this year's format. Imagine finishing an utterly

draining cycle, only to have to wait for a phone call from Lancaster to see if you've won. McCarthy put that concern to bed. "The stuff that student media are going to do with streaming events would be awesome, because even if there's no crowds, people can still watch and be a part of it [via] our social media presence."

The conversation turns to predictions of which way this year's tournament will go. "I don't really think there's any sport York will dominate in," he says confidently. He talks of home advantage and how much of a bearing that has had on Roses in years gone by. "Beating York any year is an incentive. The big thing with Roses is no one ever wins away from home. There's no team away from home this year!" I suggest the possibility that a draw might therefore be the most likely outcome. "Yeah, probably!"

Ramping it up a notch, the fighting talk comes out as McCarthy tries to convince me it'll be a comfortable Lancaster victory. York were comprehensive winners in 2019 — the most recent result given 2020's cancellation due to Covid. It becomes evident that it still weighs on his mind. "I'm trying to think what football manager I'd channel here! We've got revenge; we've had revenge on our mind for two years now. Revenge is a very inspiring motivational factor. There's a will to

win in Lancaster, and I think we'll do it. I'd rate our chances with confidence." I'm not sure I'm buying it...

Our chat returns to the topic of York's 28 Roses victories dating back to the very first edition back in 1965. Lancaster's total tally lingers just behind with 26 titles to date. McCarthy suggests this year might be the start of a turning tide for Lancaster.

"Give us three years and it will all be different," he says. We will see about that.



WAR OF THE ROSES

EMILY HEWAT GIVES US A CRASH COURSE IN THE HISTORY BEHIND YORKSHIRE AND LANCASTER'S EPIC RIVALRY, AND THE ORIGINS OF THE ROSES TOURNAMENT ITSELF

HOW IT ALL BEGAN IN 1455

Every year without fail, we cheer for the white rose of York and boo for the red rose of Lancaster but many of us do so without actually knowing why. The roses are a long held tradition that refer to the famous 'War of the Roses' that lasted for nearly 40 years and founded the Tudor family of Henry VIII and Elizabeth I. It's a complicated story that barely involves the cities of York and Lancaster at all but without it, we wouldn't have had the chance to learn about Henry VIII's wives in primary school and more importantly, we wouldn't have a Roses tournament each year.

Our story starts in 1454 with the 'weak' Lancaster king Henry IV, who allowed his court to descend into a bitter rivalry between his queen, Margaret of Anjou and her circle and Henry's cousin and claimant to the throne, Richard of York. When Henry lapsed into insanity, the Earl of Warwick appointed Richard of York as Protector of the Realm. His first act was to dismiss Lancastrians from court but the minute the King recovered, the tables had turned. By 1455, civil war had broken out.



A ROYAL MURDER MYSTERY: WHO KILLED THE PRINCES IN THE TOWER?

However, this moment in history has become one of the most contentious as in 1483, we see Edward's sons 'the princes in the tower' disappear. Shakespeare decided it was Richard III, Edward's brother, who murdered them. More recently the *White Princess* TV series (based on the Philippa Gregory novels) implied one prince survived and his own sister was the one who eventually murdered him. We'll probably never know the truth.

What we do know is that this caused the Battle of Bosworth in 1495: Henry Tudor vs Richard III with an ultimate Lancastrian victory. Richard III was succeeded by Henry VII who combined the white rose of York and his new red rose of Lancaster through his marriage to Edward's daughter. This is where we get the name 'War of the Roses' and where the Tudor dynasty begins.



BUT WHAT ABOUT OUR ROSES?

Thankfully the origins of the tournament are much easier to follow than the 30-year war back in the 15th Century. It was the Vice-Chancellor of York, Lord James of Rusholme who suggested that York and Lancaster should have a boat race, similar to the famous Oxbridge race. In 1965, the students took this idea a step further and held a five day event with a variety of sports we see today, including a tug of war.

Roses has only increased since then with the competition getting bigger each year. In 2014, for the 50th Anniversary, Lancaster created a stadium to host the opening and closing ceremonies as well as rugby and archery. In 2016, Roses even ventured into Esports in the form of League of Legends, Dota 2 and Counter-Strike: Global Offensive.

While the last two Roses have looked very different, for those of who haven't yet managed to experience one, the constant introduction of new events and exciting ways to spectate should mean that great things are on their way for a competition with such an interesting (if slightly complex) history!

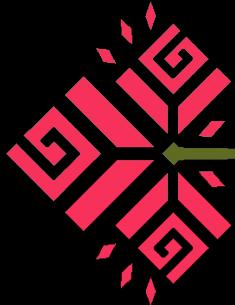


A BRIEF TIMELINE

1455: FIRST BATTLE OF ST ALBANS

SEVERAL PROMINENT LANCASTRIANS WERE KILLED, AND YORK IS VICTORIOUS. THE DUKE OF YORK BRIEFLY BECAME PROTECTOR OF THE REALM AGAIN BEFORE BEING PROMPTLY EXCLUDED FROM THE ROYAL COUNCIL.

YORK 1
LANC 1



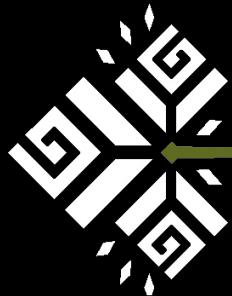
YORK 1
LANC 0

1460: BATTLE OF WAKEFIELD

RICHARD DUKE OF YORK WAS KILLED AND SUCCEEDED BY HIS SON EDWARD. HE CROWNS HIMSELF AS KING A FEW MONTHS LATER.

1461: BATTLE OF TOWTON
KING HENRY ESCAPES TO SCOTLAND BUT IS EVENTUALLY CAPTURED. IT LOOKS AS THOUGH YORK HAS WON UNTIL WARWICK (THE 'KINGMAKER' WHO STARTED IT ALL) CHANGES SIDES AND CROWNS HENRY AS KING.

YORK 3
LANC 1



YORK 2
LANC 1

1471: BATTLE OF TEWKSBURY

EDWARD VI IS NOW THE DISPUTED KING AND IT LOOKS AS THOUGH THE HOUSE OF YORK HAS WON.

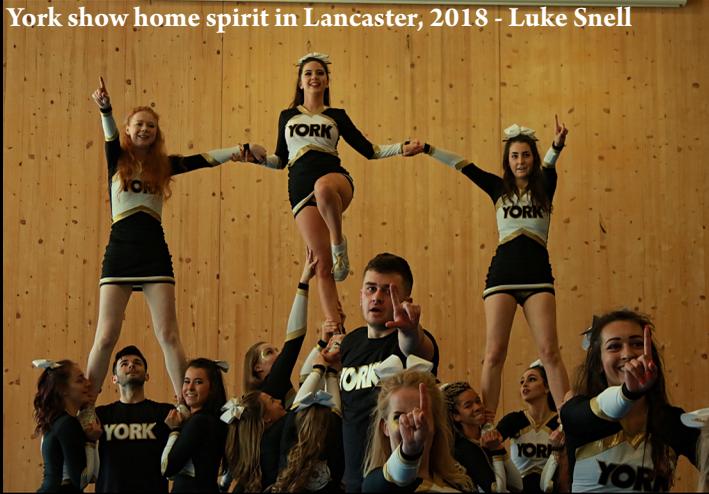
1495: BATTLE OF BOSWORTH
HENRY TUDOR VS RICHARD III
WITH A LANCASTRIAN VICTORY.



LANCASTER
WINS

ROSES THROUGH THE YEARS...

York show home spirit in Lancaster, 2018 - Luke Snell



York vs. Lancaster ultimate Frisbee 2009



Swords drawn at York, 2019 - Luke Snell



Lancaster VS. York: 2016 Opening Game - James Hostford



York celebrates a darts win in 2013 - Agatha Torrance



York scrum in Lancaster, 2018 - Luke Snell



Netball celebrate their victory at the 2019 Roses Opening Ceremony



York celebrates a win in 2017 - Maria Kalinowka



York celebrate an overall win at 2019 Roses - Luke Snell

ROSES UNLOCKED CHARITY PARTNER: IN CONVERSATION WITH YORK MIND

INTERVIEW BY ELIZABETH WALSH

Keeping a check on our mental health is just as important as physical health. Just because we can't always see a mental bruise doesn't mean it is not present. Often the two can go hand in hand; sport, for example, is one of the proven ways we can look after our mental and physical health. One of the charities helping people to look after their mental health is York Mind, this year's Roses charity recipient. Nouse recently spoke to Jenna Goodridge, Fundraising Coordinator at York Mind, to find out more about the important work they're doing to support the people of York.

Jenna began by sharing some staggering figures. Within a three month period at the start of lockdown York Mind supported over 1000 people. Jenna expressed that this was a huge figure for such a short period compared to what she had seen before. York Mind are an independent local charity and are responsible for raising their own funding.

In the next year they will need to raise £185,000 and so every pound they can raise counts. In 2017, the last time York Mind were the Roses charity recipient, the funds raised went towards seemingly small but important things in the daily running of the charity. This includes the fact that they are able to fund an office space from which they can undertake their work, including a space to print their informative cards with the hope of reaching more people.

The money raised during this year's Roses Unlocked will go a long way in helping them to provide more vital support services.

One way the money will be used is towards one-to-one counselling sessions which normally costs on average £26 per person for one hour. A further way in which the money will be used is to fund young people services, which Jenna explains is a massive growth sector in the charity. This will include activities and back to work support for young adults, something that is crucial as we begin to re-adjust to 'normal' life. More generally, the

funds raised will go towards supporting those recovering from mentally ill health but also to support wellbeing, so that people can identify any mental health concerns.

Jenna told me that "the sooner people seek support the more likely they are not to hit a crisis." Speaking up at any point when you feel you may be starting to struggle is important and the support is always there. Jenna summarised that: "It can be really stressful at the moment to go back into life and so York Mind is there to help send a message about how to cope, and if you feel that you aren't coping who to get in touch with." The links between sport and improved mental health cannot be overstated. When participating in sport people are immersed in social interaction which has recently been so minimal. Jenna commented that "people feel included in something and feel a part of something which is massive." Physical activity gets both the mind and body moving and creates endorphins which can make us feel better after exercise.

York Mind are currently working on a new campaign that will launch in May for Mental Health Awareness Week. The theme will be linked to nature with an emphasis on sport and getting out and into nature.

Like many charities, York Mind was hugely impacted by the pandemic most notably as they usually work as a face to face charity. They initially faced a 14 day turn around, offering support in person, before moving entirely virtual. This has been coupled with the challenge of engaging with people who are isolated and alone. A main concern in particular for

York Mind has been students in York who may be from elsewhere in the country or international students who might not know the charity, where it is based or how to access support.

Nouse then asked Jenna why she thinks it is important now, more than ever, that we see an increase in mental health funding. She responded by saying that York Mind found prior to the pandemic people were starting to recognise their own mental health and that this was accentuated by the lockdowns. Jenna noted the double-edged sword that Covid has facilitated: "in a negative sense more people need our help but then in a more positive sense we are seeing that more people are asking for help before reaching crisis point." Increased funding is still needed so that York Mind can rise to meet this need whilst still maintaining the high standards of their services. Students can access support from York Mind via their website. York Mind is a self referral service and so you do not need to go to a doctor first. The website has lots of advice and if you are in crisis it will direct you to help. There is an 'I need help now' button. Even if it turns out that York Mind isn't the charity that will best suit your needs they can also refer you to different services if needed as well as offer advice on general wellbeing.

If you would like to get involved and help the charity by volunteering or sharing their campaigns on social media you can contact York Mind via email at fundraising@yorkmind.org.uk. There is currently an exciting internship opportunity in the process of being developed. If you are creative and good with Indesign or Canva and would like to help with leaflet designs for new campaigns contact the email address for more information.

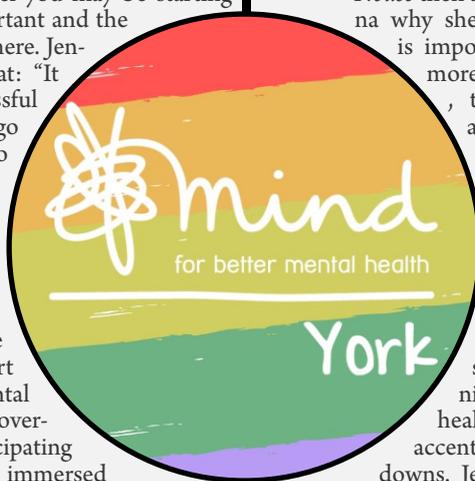


IMAGE CREDIT: YORK MIND

HOW HAVE SOME OF YORK'S BIGGEST SPORT TEAMS TACKLED TRAINING IN LOCKDOWN?

BY BARNEY ANDREWS

Students' resilience has been tested more than ever during the pandemic; cancelled events, matches and all-important regular training has been put on the backburner as a result of the Covid-19 pandemic. Now that teams have the opportunity to compete in events such as swimming, running and cycling in the Pentathlon Team Events, Nouse finds out how Women's Rugby, Lacrosse and Rowing teams have been preparing for the much-anticipated Roses: Unlocked tournament.

WOMENS' RUGBY

The 2020 Club of the Year have been training hard for Roses Unlocked. It's safe to say they have a reason to be confident; with the 1st XV and 2nd XV having thumped Lancaster 91-0 and 87-0 respectively in 2019. History student and first team fullback Georgia Briggs is feeling optimistic and says the squad's morale is still high despite these challenging times: "We're a really close club anyway so use social media quite a lot but without training we've had to adapt our activity to mostly be online."

Workouts have been collaborative and there's a group chat where HIIT workouts are shared.

The club got innovative during the Six Nations with country-specific workouts; though the "France" and "Ireland" workouts are not for the faint hearted; they add a lunge jump per try conceded by Italy, reaching an already savagely high 80 lunge jumps.

A huge motivator is still "the promise of physical games not too far away in the future."

However important sport is to so many students, the pandemic has proved that the most important outlet students have is each other. Briggs writes on her blog, "The success of the Women's Rugby club at York doesn't lie in our ability to dominate in BUCS or concede zero points in Roses. It lies in our players."



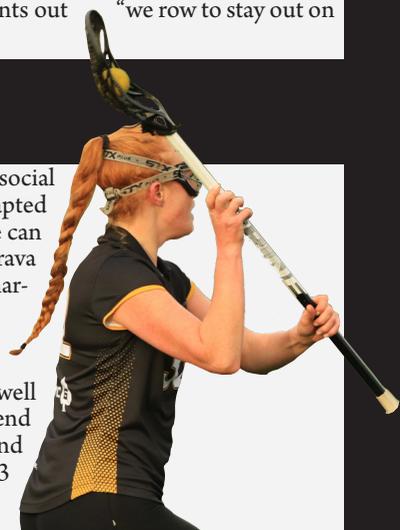
ROWING A TEAM

The Rowing Team have not relented from their gruelling training program during lockdown. Member, Daniel Jones, offered Nouse an insight into what's been happening whilst the club has been off the Ouse. Hundreds of hours are needed on the water to learn the very basics of rowing but eight months into the season Jones recalls "we have only had a maximum of five sessions with our boys." To teach novices the technicalities of rowing more footage has been distributed online, concentrating on building up aerobic bases and posterior chain strength. Zoom workout sessions have been the key to this. The "resourceful training coordinator, Charlie, has been able to translate [rowing machine] sessions into runs or cycles to target similar training zones." This means the teams are still able to have 12 sessions a week, six of which are with other members on Zoom for team spirit. Missing their usual toga and Baywatch socials, the club has combined with Leeds and Leicester universities to put on joint circuits sessions, "meaning we can see our future competition workout live which definitely adds to your motivation." The pandemic may have kept the rowers off the water, but it has not kept their competitive spirit at bay. The rowers are feeling confident for the 1km row (obviously), and cycling given that bikes are a useful training tool for the summer. Swimming might be more of a challenge – Jones points out "we row to stay out on top of the water not in it!".

LACROSSE SECOND TEAM

The lacrosse team have had a busy lockdown despite gyms being closed and social activity curtailed. According to member, Libby Richardson, the club has adapted to the circumstances: "They've created a mixed gender lacrosse league so we can still play competitively even though BUCs isn't on." The club also did a "Strava running challenge against the University of Hull to raise money for the Charlie Watkins Foundation."

Zoom has been put to good use, with the club engaging in weekly workouts and still having those vital socials to maintain team morale. Lacrosse's innovative solutions to training and morale mean that they are well placed to compete and should be feeling confident for the big weekend (30 April – 2 May). The team have been training for the pentathlon and will be gracing the grass on 22 acres from the week commencing 13 April.



NOUSE'S GUIDE TO THE ULTIMATE ROSES FEAST

BY LUCY COOPER

This year, Roses will be a different experience. What would normally be a weekend of beers, sideline snacks and on-campus offerings will be a more restrained affair. In classic Covid fashion, most Roses viewing will be held online, live streamed to our laptops and across campus bars. However, this doesn't mean there is no opportunity to make the most of the Roses weekend. There are still plenty of options on how to hold the ultimate Roses feast legally, for your household or 5 friends outside, and ensure it's a weekend to remember.

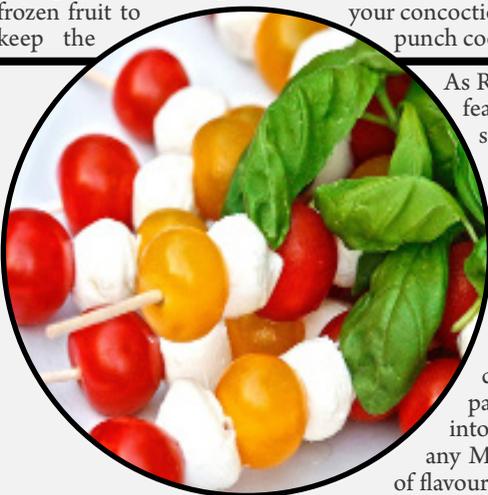
Of course, Roses are white, so it is only right to ensure the celebratory drinks match this theme too. Although it might not feel particularly tropical in York at the end of April, this is the perfect time to bring out the Pina Colada cocktail, to truly impress your friends with your endless dedication to York.

If that pineapple goodness doesn't quite take your fancy, or if that Puerto Rican holiday taste seems like too much of a stretch for when you're hiding in the kitchen from the rain, any lemon juice/lemonade drink can bring a touch of white to the affairs. A particular one to note is the White Lady cocktail – just whack some gin, Cointreau and lemon juice into a glass to heighten the classiness of any proceedings. However, for any good celebratory event, punch should at least make an appearance on the brainstorming list, even if it means sporting the enemy red. Popularised recently by TikTok, people across the globe are experimenting with this drink as old as time. Grab a massive bucket (or empty plastic box if you want the full TikTok experience) and fill it with whichever drinks you fancy.



A few bottles of Vodka, Sourz, Smirnoff Ice and lemonade should all make an appearance.

Perhaps you could keep with a certain theme, adding pink lemonade, pink gin, and even some pink Hooch. One great tip is to add some frozen fruit to your concoction – not only do you get the health and taste benefits of adding some berries, but it will keep the punch cooler for longer!



As Roses is a more relaxed affair this year, you now have more time to prepare the perfect feast to enjoy after watching a tense live streamed fixture. Of course, YUSU venues will be serving food and drink like always, but if you decide to stay at home or in the garden, this is a perfect opportunity to go all out. The essential note for any sports-watching delicacy is ease – anything you can rustle up quickly in between fixtures is perfect for the occasion.

One of my recent favourite discoveries is that of baguette pizzas. They're super quick and easy to make; all you need is a baguette, some tomato puree (and passata if you have it) and toppings. Bake the baguettes for about 12 minutes, half them lengthways and give them another five minutes before topping them with the tomato puree and toppings. Then whack them in the oven for another six minutes or so, until the cheese is golden. Easily done in the half-time of an event, this is a great one for all the party-goers to get involved with. A great way of continuing the red/white colour theme into the food is to try some snacks on a stick! It might not be appearing on any Michelin star menus, but nothing beats a quick and easy mix

of flavours. A timeless classic, tomato and mozzarella are perfect together, and are great little appetizers bound to im-

press. If you fancy adding some fruit to the mix, why not make some melons on a stick? Try watermelon and cantaloupe melons for the perfect York/Lancaster display.

For dessert, in keeping with our red and white spectacle, it would be wrong to forget about the endless opportunities that strawberries and cream can bring. Popularised by Wimbledon, this summer snack will fit perfectly into our Roses menu. If you are feeling especially extravagant, why not go for some strawberry meringues? They only require egg whites and caster sugar to make, but meringue nests can be found in most supermarkets if you're strapped for time or meringue-making expertise. Top them with whipped cream and strawberries or raspberries, and you have a perfect little dessert. I, for one, shall be indulging in them this Roses.



OF COURSE, THE MAIN THING FOR THIS ROSES IS TO SPEND IT (SAFELY) WITH GOOD FRIENDS, AND MAKE THE MOST OF A SLIGHTLY UNUSUAL YEAR! HAPPY FEASTING.

HOW THIS YEAR'S ROSES HAS THE CHANCE TO BOOST PARTICIPATION FOR **SMALLER TEAMS**

BY MOLLI TYLDESLEY

This year, York will 'host' Roses Unlocked. Although not entirely online like Virtual Roses, this tournament still looks different to the usual competition. But the good news is the changed format of Roses offers an opportunity to level the playing field (pardon the pun!) of university sports.

For popular sports like rugby, netball and football, the cancellation of training and competitive matches due to Covid restrictions has of course been deeply frustrating. However, these sports remain immensely popular, being both watched and played by hundreds of students before they even come to university. These clubs always attract a lot of members, and therefore the impact of lockdown should not be too detrimental to them.

In contrast, for those sports that are perhaps 'lesser-known', the impact of the pandemic has been much more pronounced. For example, in an average year, York's Archery Society has over 120 members. So far this year, they have just 23.

Unlike football and netball, archery is a sport that a lot of people will not get the chance to try until they come to university. However, due to lockdown restrictions over the past year, many students - first years and older students alike - have not had the same opportunities as a normal cohort to get involved. The lack of membership has the knock on effect of making it difficult

to form committees: York's Archery Society expects to be able to fill just five of its usual 11 committee positions.

The danger is that some societies will fail to form committees at all and could end up folding. Losing societies completely would be devastating, not only for those specific sports, but for the university and its students in general. Universities should be committed to diversity and inclusivity, and having a wide range of sports societies for people to participate in is a fundamental part of this.

Fortunately, this is where Roses Unlocked comes in. The new format of the tournament is a brilliant opportunity for sports that are currently considered 'minority' sports to gain exposure. While popular contact sports are unable to go ahead, instead replaced by competitive triathlons, sports that can be done in a socially distanced way and over the internet, like archery, are now the big fixtures.

"We are really looking forward to bringing everyone back together. Roses is a fantastic opportunity for our members to let loose a little and really enjoy the day and the sport we love!" - Archery Club President, Tara Course

This year's Roses is an opportunity to remind the student popu- lation

of the societies that are on offer and to attract new membership. Supporting York's teams is also an opportunity to boost the morale of our sports societies after a challenging year, and show them that the student population is behind them. Although we may not be able to cheer them on from the sidelines, we can support York's teams by streaming Roses from our living rooms, or watching over a pint in The Forest.

Of course, sports teams are not just about being competitive. The President of York's Archery Society, Tara Course, told *Nouse* that "the archery team is more than a sport and committee members. It's a unique little family. We have each other's backs and even through lockdown have managed to keep in touch. It's great to be a part of such a lovely group of people". As well as being good for our health, sport has an important social element. Being part of a team creates a sense of belonging and camaraderie, as well as being an excellent way to make new friends to go to Salvos with when the clubs open!

For those of us who aren't interested in being part of a sports team, the Roses weekend is still an opportunity to come together and feel part of a community. It has not been as easy over the past academic year because of the lockdown restrictions, but this is the first step on the road back to normal student life.

Sport really does have the ability to bring people together, and while Roses Unlocked may not be quite as big or well-known as the Olympics or the World Cup, here at *Nouse*, we truly believe that in the same way those events unite us as a country, Roses can unite us as a university - something which is needed now more than ever before.

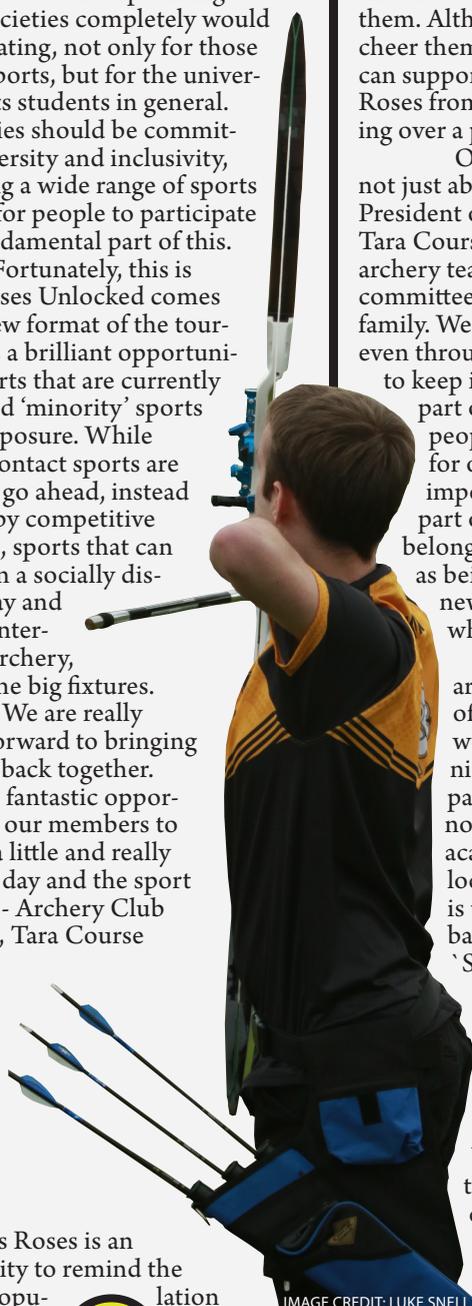


IMAGE CREDIT: LUKE SNELL

REPORTING FROM THE ENEMY'S CAMP: EXPERIENCING LANCASTER ROSES 2018

BY LUKE SNELL

Back in 2018 I attended a Lancaster Roses event as a first year student – my first ever Roses – doing photography for *Nouse*. The spirit and event itself starts much closer to the home: the bus. To ensure full coverage of the weekend the first bus leaves early in the morning, sometime around seven AM. This leads to the two typical types of students on the journey across; those who wanted to sleep the whole way and wake up in Lancaster, and those who could not wait to arrive. Here, the York spirit truly starts to take shape, with chants emanating from the back of the bus, working their way down, building into their final crescendo as the bus pulls up to Lancaster uni (an out of tune crescendo, but a crescendo nonetheless).

As the teams piled out of the bus, the eager York team were met by a grandstand surrounding the football pitch. Three temporary grandstands surrounded the pitch, with a sweeping bank providing views of the pitch from the remaining side. The first thing to do when arriving was to drop our bags off. The teams slept in lecture theaters, and the lucky few from student media got our own common room to work from.

With bags dropped off, programmes read through and a plan for the weekend created, it was time to explore and get to work. Lancaster not only brought in a temporary stadium for the event, but also created their own 'Roses village' with plenty of different types of food to last the weekend, stalls selling Roses merchandise and plenty of volunteers to help guide you round the event. Much like York, Lancaster's Roses is spread throughout the campus, with the majority of the events taking place at the stadium with the sports centre next door.

After a full first day of shooting, it was time for the opening ceremony in the

stadium – men's football. The grandstands quickly filled up, with dance troops keeping the crowd entertained until it was time. Both teams took position on the pitch ready for kick off. York gained the upper hand in the first half, the away crowd erupting with each goal, leaving the home team drowned out. Unfortunately it was not to last; early on in the second half

Lancaster equalised the scoreline, eventually taking the lead and subsequently winning the match. As the final whistle blew the Lancaster crowd flooded the pitch, the York crowd slightly less enthusiastic. This mood was not to last.

Saturday saw a new day, and new chances for the York team to lift their spirit. And lift their spirit they certainly did. Though York trailed by 62 points and Lancaster a mere 50 points from the win, it soon became apparent on Saturday morning that overall victory was perhaps not quite as viable as York once

believed. Did this dampen the York spirit? Did this mean York gave up? Absolutely not! To make up for this – let's be honest embarrassing – defeat, York became the gobbiest crowd known to mankind, perhaps with the simple goal of being heard all the way back on home territory.

Not only was I there as a photographer, but also as a competitor, playing for the men's squash team. Never before had I seen such a crowd

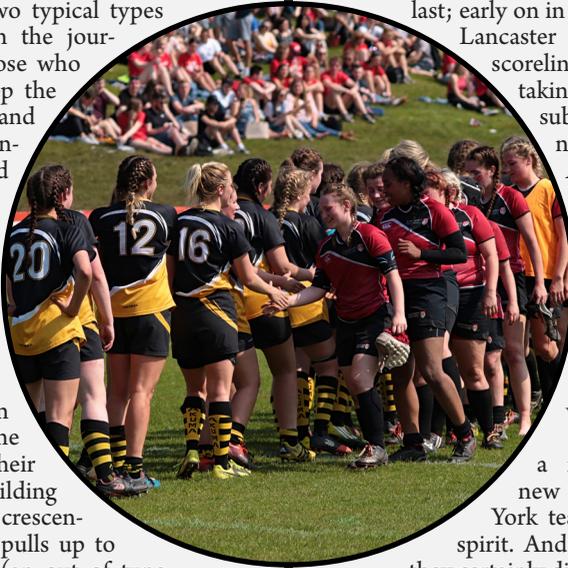
gathered for such a small sports team at such a large tournament. People who had never heard of squash before turned out, eager not only to learn a bit about the game, but more importantly to cheer on the York team, ultimately leading to York taking home all the points for squash.

As the day drew to a close, Lancaster sealed their victory with a day to spare – though not a surprise as they were the home team, carrying on the tradition of the home team advantage. And so with this in mind, we all went back to our common room.

In true York style, the crowds gathered once again to make as much noise as possible for the final day of the tournament. This increased support helped to propel the away team to their best day of the tournament, bringing in a good haul of points and lessening the blow of overall defeat. The men's rugby closed the tournament with yet another disappointing end – a Lancaster victory.

The overall highlight of the weekend was the team spirit. It was often easy to forget that York were the away team, the enthusiasm and chants easily drowned out the home team. It was this team spirit that ensured that everyone could get involved, and that every competitor – whether they won their event or not – felt like a huge part of the team. So here's to Roses

in 2022, another year away in Lancaster. Let us go back, let us show them how York competes, and let us once again drown them out! In the meantime, let us make it a hat trick of York victories. Let's make roses white again for another year.



THE ROSES SOUNDTRACK

ROSES ARE WHITE BY ALEX THOMPSON

When the Arctic Monkeys first exploded onto the scene in 2006 with their electrifying debut *Whatever People Say I Am That's What I'm Not*, it was most of our generation's first taste of what Yorkshire had to offer to the music scene. With the worldwide success of the Sheffield lads, it's easy to forget that Yorkshire has a lot more to offer than the Monkey's discography.

It wouldn't be a Yorkshire playlist without some classic indie, and we have this in an abundance. Kicking off with the ripping chords of Arctic Monkeys 'I Bet You Look Good On The Dancefloor', a track so iconically Yorkshire and some-



thing that will get everyone up on their feet and moving (even if it is in their living room). This is followed up with the anthemic 'I Predict A Riot' from Leeds lads the Kaiser Chiefs, and the blistering guitars and soaring vocals of Longpigs' 'She Said'.

Leeds group Gang Of Four earn their spot on this playlist with 'Damaged Goods', the spiky guitars and tight drum grooves battling it out on this post-punk classic.

This is followed up by rising stars of the indie scene Bull with the gorgeous 'Perfect Teeth', taken from the York bands major label debut *Discover Effortless Living* that was released last month.

I cannot say enough nice things about this album so please go give it a spin. We then have two 'Chasing' tracks for some reason, with 'Chasing Rainbows' by York's Shed Seven and 'Chasing Shadows' by The Sherlocks sitting back to back. Both

great tunes and a nice bit of symmetry at the midway mark.

A Yorkshire playlist wouldn't be complete without some classic 80s tunes, and we have this in spades with 'Don't You Want Me' from The Human League and 'Tainted Love' by Soft Cell providing a one-two punch of iconic synth pop bangers. These tracks are classics for a reason and guaranteed to build that pre-game energy.

You don't understand the lyrics, I don't understand the lyrics but we've all got a soft spot for Alt J's 'Left Hand Free', with that proper feel-good indie pop factor. Following up this is another indie belter from The Cribbs with 'Men's Needs' and the brilliantly punchy 'Take Her Back' by the Pigeon Detectives.

To close out our Roses Unlocked playlist it's arguably Yorkshire's two biggest tunes, with Arctic Monkeys' 'Fluorescent Adolescent' and Pulp's 'Common People' closing out with a bang. Two huge tracks that you can't help but chant along every lyric to.

Yorkshire's got the classics, it's got the emerging talent and this playlist has got a hell of a punch. Do your worst Lancaster, Roses are white.

Link to the playlist: [Roses Are White](#)

ROSES ARE RED BY KRISTINA WEMYSS

The red rose county certainly does have some fantastic artists to brag about. We are kicking this year's Lancashire playlist off with a bit of Chumbawamba, whose iconic nineties tune 'Tubthumping' will provide a great morale-boosting soundtrack to

Roses- one of the biggest on-campus events of the year. It's a shame that we won't get to hear huge crowds chanting and cheering on the sidelines in 2021, but this song is guaranteed to keep

York's team spirits up. The hook "I get knocked down but I get up again" sums up the resilient attitude that Covid has given us all. Hopefully, this year's Roses will provide a welcome light at the end of the tunnel and give us a taste of what we have to look forward to in post-pandemic times.

Admittedly, far more iconic musicians have come out of Yorkshire, and no, we aren't making that up. It was definitely more difficult to find a playlist's worth of talent from Lancashire than it was for Yorkshire. To compensate, we have supplemented the 'Roses Are Red' playlist with some tracks from areas that surround Lancashire and historically belonged to this county, such as parts of Greater Manchester.

That being said, it's still a stiff competition between the whites and reds. Notably, the opposition's playlist includes many of the most influential rock

and indie artists from recent years. The undeniably catchy 'Not Nineteen Forever' and 'Ever Fallen in Love' might remind us of how much of our youths we have lost to the pandemic, but they also bring a sense of nostalgia and hope. Other tunes like 'Charlemagne' by Blossoms and 'Never

Gonna Give You Up' by Rick Astley provide the feel-good factor with unashamed synths galore. The array of cheesy classics hark back to blissful sweaty nights on the Flares dance-floor and remind us that summer is just around the corner.

No post-pandemic playlist would be complete without some more angsty tunes too.

We've picked out songs by Joy Division and The Smiths as who could possibly do angsty better? Overall, the red roses have a fantastic selection of songs, but our own editors think that Yorkshire-bred talent takes the top spot here.

Link to the playlist: [Roses Are Red](#)



WHY NOT JOIN OUR TEAM?

Nouse

Est. 1964

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JOIN OUR TEAM AT OUR FACEBOOK GROUP 'NOUSE WRITERS', FIND MORE INFO ON OUR FACEBOOK AND TWITTER PAGES, OR EMAIL EDITOR@NOUSE.CO.UK WITH ANY QUESTIONS

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MUSE



A Netflix Vacation
Rediscovering travel shows cured my Covid claustrophobia
M.18

Pets In The Pandemic
How household pets benefited our mental health during lockdown
P.21



Nouse

Est. 1964

Mispronounced nationwide for 56 years

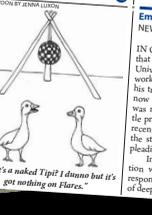
No. 494
Tuesday 13 October 2020

NightSafe fighting to return to city centre

Jonathan Wellington

RETURNING TO actively on campus at the beginning of this term, volunteer group NightSafe have proven they have the determination and the ability to operate within the COVID-19 restrictions. Ensuring students have the support they need on a night out, NightSafe can become a crucial part of any night out in York. Despite this, they have been told by YUSU they will not be allowed to resume activity in town despite sabbas President, and Brian Terry, YUSU Activities Officer, disagreeing with each other over this decision.

Formed in 2014, NightSafe have been helping students in town, in particular around the river, and have had a huge impact for student wellbeing during the coronavirus pandemic. NightSafe were adamant that, like many student groups, they weren't going to be putting their activity on hold. In an interview with Nouse, Christopher Oldhall, NightSafe press and publicity officer, explained the reasons for wanting to continue. "Covid is an additional risk, it's not the risk. Students will still attend and students will still carry out their usual



"What's a masked Tip? I dunno but it's one watching on Filz..."



Freshers' Fair 2020: a member of Re-enactment Society shows off their equipment which includes spear, shield and importantly a mask

University processes and decisions are 'perpetuating an unsafe environment'

One year on from Nouse's report on Joseph McKeown, we investigate the University's regulations and systems and how they can fail those whom they should be supporting

CONTENT WARNING: This article contains references to sexual assault and may be distressing for some

are being investigated as a matter of urgency. As the investigation has not yet concluded it would be inappropriate to comment further. We take cases extremely seriously and the safety and well-being of our staff and students is of paramount importance.

"We deeply regret that Joseph McKeown's following his guilty plea in 2019, we apologise unreservedly for the distress caused and our thoughts remain with the victims of his crime. Disciplinary action was taken and we remain committed to applying the lessons learnt from this case including the ongoing review of our policies and procedures". This case is however

just a symptom of a larger problem at the University and just one of the issues that Femsoc, touched upon during a recent interaction with the University about their approach to sexual misconduct. Their email to the Vice-Chancellor, Charlie Jeffrey, highlighted the disappointment at the handling of recent events including the University's lack of a clear training plan on spotting signs of spiking.

The email commented that: "we are honestly so tired of the University not having our back and not putting student safety first. If a student can't continue their study after being convicted of 'spu' what precedent does that set?"

Nouse spoke to the president of Femsoc, Ellen Martin, who has been campaigning relentlessly for change to how the University deals with sexual misconduct cases. She said that "the University's failure to ensure the safety of students undeniably contributes to and constructs a systematic rape culture in York. It isn't the students' job to campaign and lobby the University weekly to ensure their own safety whilst trying to complete their degrees. We are tired."

The University has recently made clearly long overdue updates to Regulation 7, the Student Discipline Framework: The old Regulation, as Kelly Balmer, YNU's former Policy Co-ordinator, puts

RUSS MEEHAN: TAKING ART TO THE STREETS

