

FIT AND THE CONNIPTIONS



Fit and the Conniptions have released two CDs: a studio album, "Bless Your Heart" (2007) and an acoustic live EP, "Live At Monkey Chews" (2008). Both are available online at CDBaby and free mp3 downloads of all tracks - plus more - may be found on the website at conniptions.org. The site also contains over 400 original cartoons, with new strips uploaded three times a week.

Fit and the Conniptions have been played on BBC Radio 6 Music and on various internet radio stations. Glowing reviews have appeared in online zines including *Noize Makes Enemies*, *Rock Feedback*, *Is This Music*, and *Zeitgeist*. Lead Conniption Wayne Myers is currently working on the second album, which is due for release early in 2009.



Wayne Myers is a multi-instrumentalist singer-songwriter based in London. A semi-professional musician from the age of 13, when he formed a working covers band with some friends from school, his musical career has been severely sidetracked over the years by various forays into other fields but since 2002 he has focussed primarily on music. And cartoons. And focus.

As one of the people behind the infamous late nineties Basha house jam sessions in Hackney Wick, Wayne has been fortunate enough to meet and play with a wide range of superb musicians including jazz trumpeter Kevin G. Davy (Lamb, KDQ), sax player Dahu Mumagi (Meshell Ndegeocello, Du Kru) performance poet and vocalist Jamika Ajalon (Zenzile) and folk rock hip hop crossover singer-songwriter Shinri T. Scott. As a stalwart of the equally infamous Camden cabaret nights at the Royal Exchange in the early years of the century, he honed a unique style of live performance where he is just as comfortable accompanying himself on guitar and mouth trumpet as he is with a full band and horn section. More recently he played bass with Australian rocker Andrew Petersen (Shutterspeed, My Scarlet Darling) and with pop-punk dominatrix Kiria. He remains the bassist in Bishops' drummer Chris McConville's heavy rock side project Vivachi and is also currently playing guitar for Hadar Manor, Queen of the Underground.



In 2002 Wayne released an EP of his own material, "Bush of Thorns", under the name 'Fast Freddie Fourier and the Transforms' but found that no-one could spell or remember it. He has been working on his new project, 'Fit and the Conniptions', since December 2005, and has in that time released two CDs and drawn over 400 cartoons, mainly mercilessly taking the piss out of himself through the device of pretending that one of his sideburns is in fact a chicken living on his head.

Wayne likes to play live whenever he can; highlights from 2008 include a successful trip to Glastonbury where he played several gigs with Hadar Manor and a couple of solo slots. *Fit and the Conniptions* have been gigging regularly since the outset, including both full band and acoustic sets at a range of London venues including Shunt, the Dublin Castle, the 333 and Cross Kings. Wayne has been busking on the London Underground since January 2008 and may be found several nights a week performing his own material at various Tube stations across the city.

Wayne does not really have a chicken living on his head.

For all enquiries please email Wayne at fit@conniptions.org.

www.connptions.org
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