

fit and the conniptions



Sweet Sister Starlight, the second album from Fit and the Conniptions, was released on CD on 23rd May, 2011. It has already received critical acclaim in the music blogosphere:

"A melancholy late night/early morning vibe that tastes as fresh as that first smoke" - Mr Atavist

"The writing is intelligent, direct, funny and big-hearted" - Oliver Arditi

"A superb Sunday morning album that flows like a crystal clear brook." - Here Comes The Flood

The album was recorded with the help of a number of top London musicians including Kevin Davy (Lamb) on trumpet, Sean Taylor and Alex Lynn on lead guitar, Brian Hedemann (Tom Baxter), on drums, and Paul Tkachenko (She'koyoch) on bass; Jamika Ajalon (Zenzile) and Saskia Doornbos (Pacwoman) provided backing vocals.

Music by Fit and the Conniptions has been played on BBC Radio 6 Music, Radio New Zealand and Kanal Ratte FM in Germany as well as numerous internet podcasts. All releases are available for pay-what-you-want download at music.conniptions.org.

Wayne Myers is a multi-instrumentalist singer-songwriter based in London, mainly playing guitar, piano and bass. In the late nineties he moved into a warehouse space with fellow singer-songwriter Shinri T Scott in the then very run-down Hackney Wick. It was there that Shinri organised a series of now legendary jam sessions in the space - known as Basha - through which Wayne was lucky enough to meet and play with some of the best musicians in London and beyond.

As a stalwart of the equally infamous Camden cabaret nights at the Royal Exchange in the early 2000s, Wayne honed a unique style of live performance where he is just as comfortable accompanying his blues-influenced folk-rock on guitar and mouth trumpet as he is with a full band and horn section.



Highlights of his CV include playing guitar, bass and piano for singer-songwriter Hadar Manor (including gigs at Glastonbury and the Queen Elizabeth Hall), playing bass for Bishops' drummer Chris McConville's heavy rock side project Vivachi, as well as a stint on bass for Australian rocker Andrew Petersen (Shutterspeed, My Scarlet Darling).

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. In addition to the music he has drawn over 500 cartoons, mainly mercilessly taking the piss out of himself through the device of pretending that one of his sideburns is in fact a sarcastic chicken living on his head.

Fit and the Conniptions have been gigging regularly from 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, when not gigging, can 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.

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