

fit and the conniptions

No-one seems quite sure what to do with folk-blues outfit Fit and the Conniptions, a London-based trio with a "defiantly funky edge" (The Musician) yet also favourably compared to "Jethro Tull, Leonard Cohen and Attila the Stockbroker" (The Swindonian).

"The lyrics pull no punches", say Sounds Magazine of their 2017 album, *Old Blue Witch*, described by music blog Dancing About Architecture as "a wonderful collection of slick anti-folk, warped



baroque pop, bluesy meanderings, strange Celtic jiggery, political pokery, and no shortage of accessible melody and infectious hooks."



As powerful live as they are on record, the band has been through various incarnations over the course of twelve years and four albums, and singer-songwriter / bassist Wayne Myers is currently flanked by drums wunderkind Holly Mallett and viola / tenor banjo virtuoso Duncan Menzies.

Listen: music.conniptions.org
Bookings: fit@conniptions.org

Wayne Myers is a multi-instrumentalist singer-songwriter based in London.

Wayne began playing music at five years old, but his skills were really honed in the infamous late 1990s Hackney Wick Basha jam sessions created by the legendary folk-rock hip-hop cross-over artist Shinri T Scott, and later in the equally infamous Royal Exchange cabaret nights in Camden in the early 2000s.

Subsequent highlights of Wayne's music 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 renamed project, 'Fit and the Conniptions', since December 2005. In addition to the four albums of music, he has drawn over 700 cartoons on conniptions.org, 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, playing both full band and acoustic sets at a range of London venues including the Boogaloo, the Spiritual Bar, and Nambucca. From 2008 to 2015, Wayne was also busking on the London Underground, and when not gigging, could be found several nights a week performing his own material at various Tube stations across the city. He doesn't do that so much any more.

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

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music.conniptions.org