

# fit and the conniptions



Fit and the Conniptions will release Festival Of Fools, the second of two EPs from their forthcoming album, on February 14th, 2017. The first EP, Move On, came out in December 2016. The album itself, The Old Blue Witch, featuring cover art by Molly Crabapple, will be released in April 2017.

The album was recorded at Down and Left Studios in Waterloo with the new bass / drums / viola line-up of Wayne Myers, Holly Mallett, and Duncan Menzies. It includes guest appearances from the undisputed banjo queen of London Americana, Dana Immanuel, and ex-Pope, Camden legend Whiskey Mick, on mandolin.

Previous Fit and the Conniptions albums are: Sleeping Beauty (2014), Sweet Sister Starlight (2011) and Bless Your Heart (2007).

"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

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 download at [music.conniptions.org](http://music.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 three, soon to be four, albums of music, he has drawn over 700 cartoons on [conniptions.org](http://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 the Good Ship. 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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