

Sick Bookies are releasing their new album 'Ad Nauseam' on October 19th 2018, through Old Tin Box Recordings. The album will be preceded by lead single "Raymond P. Weird" available as a free download from Sickbookies.bandcamp.com

For a full digital press pack (including downloadable songs, biography, artwork and photos) please email us or go to https://1drv.ms/f/s!At2PpKsc0qcCgXC5B_UlqCMYjo64 or for a promotional stream/ download of the album go to <https://soundcloud.com/sick-bookies/sets/sick-bookies-ad-nauseam-2018-promo-stream-only> .If you would prefer to receive a physical promo CD please contact sickbookiesmusic@gmail.com.

'Ad Nauseam' is the third album proper from the Lincolnshire 4 piece. A true DIY effort, it was recorded and compiled over the last 12 months in studios, bedrooms and living rooms. Comprising of 11 pieces of music, the album explores the bewilderment of our times through twisting words, stalling arrangements and songs that are close to dismantling. 'Raymond P. Weird' is a case in point; a dizzying meander into the conscience of 21st Century banality, with lurching stops, merry-go-round guitars and accusatory couplets. Across 'Ad Nauseam' Sick Bookies' words further explore the confusion and detachment of the world we are all presented with; flicked on a canvas of infectiously jarring rhythms, lo-fi double-helix guitars, shonking bass and nervous electronic sounds.

The band comprises of 4 gents dotted around Lincolnshire and the Midlands, (Christopher Clarke - vocals and guitars, Les Overend - Bass and vocals, Mark Setterfield - Drums, Percussion and synths, and Tom Smith - guitars and synths) they came together in early 2013 and set about making music that reflected their open-minded record collections and musical curiosity. The influences range far and wide, and despite not always being explicitly worn on the sleeve, take in all those genres from the left-field of rock music; alternative rock, post-rock, psychedelia, krautrock, post-punk, shoe gaze, lo-fi, space rock and avant-garde, but all approached with a schizophrenic mix of full-blooded commitment and a knowing sense of self. The album title itself is a nod to Derek & Clive, affirming the groups admiration for those, in whichever art form, dare to provoke cultural taboo's and ponder the difficult questions.

'Ad Nauseam' is the follow-up to the acclaimed 'Analogue Viral' (2016) which received plays around the world (including BBC 6music's Gideon Coe Show and Stuart Maconie's Freak Zone) and was re-released for Cassette Store Day in 2017 by Jagged Skyline Recordings. Sick Bookies debut (Magnet Hopeless) landed in 2015 and was picked up by Steve Lamacq and excited lo-fi freaks across the world. In between the pre-prepared material of 'songs' featured on these albums, they have also released 'Volume Won' (2015) and 'Volume To' (2017). These are compilations of explorations and experiments from the Sick Bookies lab, featuring often sprawling arrangements, freaky soundscapes and challenging improvisations. Although these are arguably less approachable in nature, the band consider these to be just as important to the bands output and continue to influence and inform the bands present and future work. Further instalments of the 'Volumes' are planned.

What other people say:

"The music that the band produces is intricate and loose to the extent of falling apart. Yet they always pick it back up when needed and continue to show the endless possibilities they have with their art"

- Ioan Humphreys, LouderThanWar.com

"Rather good, I think"

"We are all in the gutter, but some of us are listening to Sick Bookies"

- Gideon Coe, BBC 6music
Record Rewind Play

"Great album"

- Stuart Maconie, BBC 6music

'Ad Nauseam' along with all of Sick Bookies material is available from

www.sickbookies.bandcamp.com as well as iTunes, Spotify, Amazon, Tidal, Saavn, Pandora, ClaroMusica, Microsoft Groove, Google Play, Deezer, MediaNet.

Social Media/ Website:

www.sickbookiesmusic.wordpress.com

www.facebook.com/sickbookies

www.twitter.com/sickbookiesband

www.soundcloud.com/sick-bookies-recordings

www.youtube.com/sickbookies

Record label:

www.oldtinbox.co.uk

www.facebook.com/oldtinboxrecordings

www.twitter.com/OldTinBoxUK

www.soundcloud.com/old-tin-box-

Key Tracks (all Radio Friendly)

06 - Raymond P. Weird

09 - Widows In Windows

03 - Generation Filbuster

07 - What Do I Know?

For the more discerning/ leftfield/ imaginative..

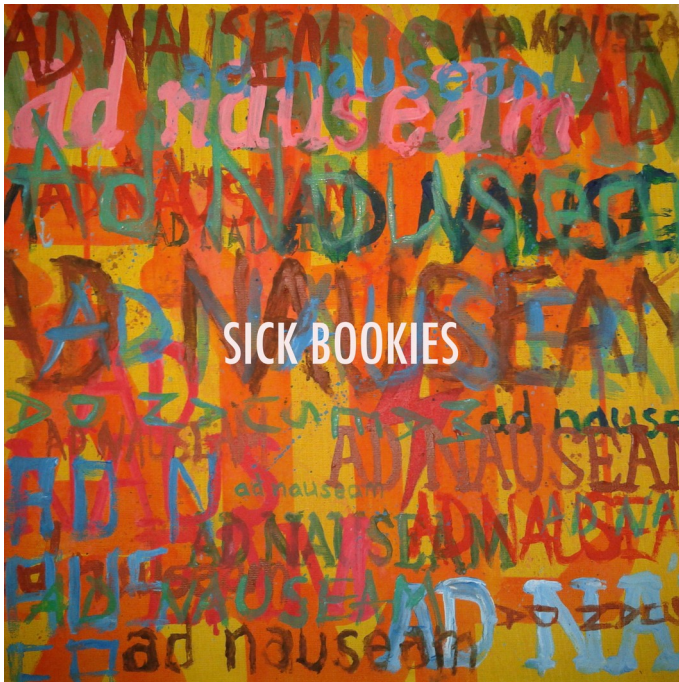
10 - Tongue Song Too

01 - Fug

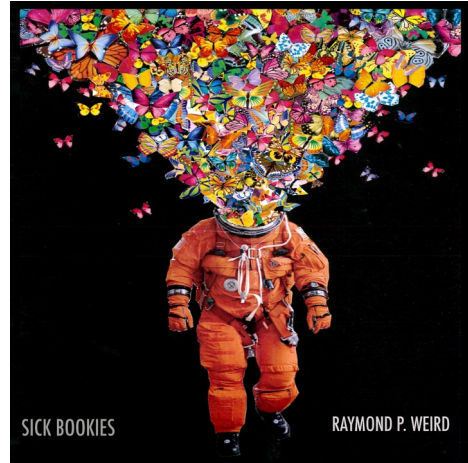
04 - Enthusiasm Duly Curbed

11 - Demob Happier

For a full physical press pack, booking, interviews etc. and any further enquiries:
SickBookiesMusic@gmail.com or via the social media sites above.



< - 'Ad Nauseam' album front cover.



^ - 'Raymond P. Weird' - single cover



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