

## SORRY FOR NOTHING

Rob Lowdon – Vocals/Guitar  
Stu Sewell – Bass  
John Lowdon - Drums

SORRY FOR NOTHING... What's in a name? In this case, quite a bit! The name doesn't give much away in stating what genre the band leans toward, instead, it does exactly what it says on the tin; it makes no apologies for anything. This leaves the band free to move around within their musical environment. And if you don't like it, then that's just tough!

SORRY FOR NOTHING ..... a blood, sweat and beers, brew-tal riff-rocking band from deepest - darkest Northumberland.

Rob does vox, axe and stax, Stu does bottom, clank and beeswax, John hits things. Hard.

Carved from the same rock as Sabbath, Clutch, Trouble, Motorhead and Heavy Pettin, these maniacs bludgeon the listener with fuzzed-up elephantine grooves, screaming wah leads and vocals with hair on them.

They've supported - and blown away - the likes of emo-pussies Hundred Reasons and ageing punksters Penetration; while the mighty Misfits and the awesome Answer provided stiffer competition in the onstage dynamite stakes.

SFN was finalised in 2001 after the guys had honed their craft in various other bands and under other names, and have been flying the flag for groove-laden, concrete slab music ever since.

Overall, SFN show that there's more to the North East music scene than skinny ties, school jumpers and jerky pop rip-offs of 'My Shorona'; and restore faith that this area of the world knows how to rock like a mutherfucker.

## REVIEW

Review from The Carling Academy gig supporting The Answer 09/04/06

"Sorry For Nothing hit the stage and immediately upped the energy levels and got an atmosphere going. Despite being a three-piece outfit they filled the Academy with sound and evoked memories of prime time Motorhead with some of their more up tempo tunes. With one foot definitely rooted in a different sphere of 70's rock to the headliners, think Motorhead, up tempo Sabbath, Diamond Head and more recently Trouble and Black Label Society and you'll get the general idea, Sorry For Nothing on this evidence have the tunes, attitude and ability to get a crowd moving and they were well received by those in attendance. Definitely worth seeing if you get the chance." [Hard Rock House](#)