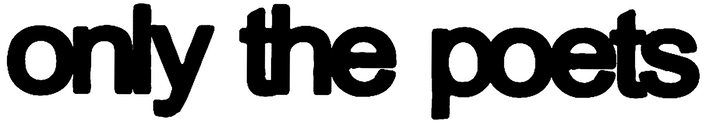
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**Kickstart huge new era with addictive new single**

**‘I Keep On Messing It Up’**

[**LISTEN HERE/WATCH HERE**](https://onlythepoets.lnk.to/IKOMIUPR)

**A neon sign on a curtain

Description automatically generated**

**New release marks first single with new label Capitol Records UK**

**Only The Poets are**

**Tommy Longhurst (vocals),**

**Andy “Roo” Burge (bass),**

**Clem Cherry (guitars)**

**Marcus Yates (drums).**

Today, fast- rising alt-pop quartet **Only The Poets** showcase the first taste of a bold new era with their addictively rousing new single, **‘I Keep On Messing It Up’**.

Fresh from a huge 2024 that saw the band amass over 16 million streams on Spotify, and play a slew of sold out headline shows across the UK and Europe, alongside taking to the stage with Yungblud last summer; the Reading four-piece are now heading into their latest chapter with the kind of storming pop hit that’s sure to solidify their status as one of the UK’s most exciting new band’s to emerge globally.

Their first new material since the release of their 2024 pair of EPs (last May’s ‘One More Night’ UK chart 48, 18 Germany, 4 Netherlands) and August’s ‘Better on the Internet’ (a gift for fans), **‘I Keep On Messing It Up’** doubles as the first track from a forthcoming new project and marks their first release via new label home, Capitol Records UK, with Republic in the US.

Penned by the band’s frontman, **Tommy Longhurst** after a period of self-reflection in the wake of a recent break-up, ‘**I Keep On Messing It Up’** is an irresistible earworm, boasting a hook that’ll be stuck in your head for days. The track sees Longhurst collaborating with long-time friend and fellow Reading native, acclaimed songwriter and producer, **DanDLion** for the first time since he began songwriting as a teen. Flecked with gorgeous ‘80s guitars and buoyant keys, the single is co-produced by the band’s own **Clem Cherry** and **Marcus Yates** and ushers in a new sonic era for the band, who are reaching far beyond the confines of their previous indie rock-inspired discography to create a sound that’s striking and fresh. What’s more, the song’s upbeat nature contrasts with its more reflective subject matter perfectly to give an uplifting spin to an otherwise hard realisation.

*“The clue is in the title; there’s a bit of self-sabotage going on,” says Tommy, of the track’s inspiration. “I had another relationship end and I was just really looking back on patterns, and then I started delving into not just my relationships but my whole life. I went into the studio that day and needed to pull it out of me. It wasn’t an easy song to write, it’s not nice to admit that you keep messing things up. The thing that I love about this song - and the reason we wanted to release it first - is that I love the juxtaposition; the undertone of the lyrics being quite dark, but it’s so bouncy and bright and it feels hopeful. It just feels really different for us.”*

**‘I Keep On Messing It Up’** lands after an incredibly special underplay show at London’s Scala, in which the band invited fans to “experience the future” by debuting eight new songs live for the first time ever. The show marked their first of 2025, with a huge run of European headline shows and their debut US performances (which sold out mere moments after going on sale) still to come.

“*As much as I love songwriting, love recording, love being in the studio with the lads, nothing beats everyone singing back at you,” Tommy says, ahead of their upcoming live run. “The fans are incredible in Europe, and the most wild thing that I think has happened was selling the New York shows out in a couple of minutes, and we’ve never even been there, that’s the music making that happen and it feels amazing.”*

‘**I Keep On Messing It Up’** is out now via Capitol / Republic. Find **Only The Poets’** upcoming live shows below

Mon 17 Feb 2025 United Kingdom London Scala

Mon 24 Feb 2025 Netherlands Amsterdam Melkweg OZ

Tue 25 Feb 2025 Germany Berlin Kesselhaus

Tue 4 Mar 2025 United States New York Mercury Lounge

Wed 5 Mar 2025 United States New York Mercury Lounge

Tue 11 Mar 2025 United States Los Angeles The Moroccan Lounge

Mon 24 Mar 2025 Denmark Copenhagen Amager Bio

Tue 25 Mar 2025 Norway Oslo John Dee

Wed 26 Mar 2025 Sweden Stockholm Fryshuset (Klubben)

Fri 28 Mar 2025 Finland Helsinki Tiivistämö

Mon 31 Mar 2025 Poland Gdańsk Stary Maneż

Tue 1 Apr 2025 Germany Hannover Capitol

Wed 2 Apr 2025 Netherlands Nijmegen Doornroosje

Thu 3 Apr 2025 Netherlands Groningen De Oosterpoort

Sat 5 Apr 2025 Germany Stuttgart Im Wizemann

Sun 6 Apr 2025 Switzerland Zurich Plaza

Tue 8 Apr 2025 Germany Munich Backstage Werk

Wed 9 Apr 2025 Germany Cologne Live Music Hall

Tue 22 Apr 2025 Germany Frankfurt Batschkapp

Wed 23 Apr 2025 Germany Hamburg Grosse Freiheit

Thu 24 Apr 2025 Germany Dresden Alter Schlachthof

Fri 25 Apr 2025 Czech Republic Brno Fleda

Sun 27 Apr 2025 Poland Poznan TAMA

Mon 28 Apr 2025 Poland Wrocław A2 Centrum Koncertowe

Tue 29 Apr 2025 Hungary Budapest A38 Ship

Wed 30 Apr 2025 Austria Vienna Simm City

Fri 2 May 2025 Italy Milan Santeria Toscana 31

Sun 4 May 2025 Spain Madrid Teatro Barcelo

Mon 5 May 2025 Spain Barcelona Sala La [2] De Apolo

Wed 7 May 2025 Belgium Brussels La Madeleine

Thu 8 May 2025 Germany Bochum Zeche Bochum

Fri 9 May 2025 Netherlands Maastricht Muziekgieterij

Sat 10 May 2025 France Paris Le Bataclan

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