ALUN COCHRANE ANNOUNCES 'A SHOW WITH A MAN IN IT' UK TOUR

"Cochrane's dour and grumpy onstage persona is allied to a real craft and creativity in his writing" **Guardian Guide**

It was announced today (Wednesday 13th January) that following the success of a sold out run at the Edinburgh Festival Fringe, award winning stand-up comedian ALUN COCHRANE is set to embark on a 26-date UK tour with his new stand-up show A Show With A Man In It from 6th February to the 1st May. The finest theatres around the country, including London's Leicester Square Theatre on the 11th March, can expect a man who has jokes. Jokes about manliness, womanliness, hobbies, ageing, fighting, perfume, beards, snoods, feminism, fundamentalism, and hopefully some profound understanding about life itself.

ALUN's dulcet tones are heard frequently on the radio, largely on Absolute where he is the full time co-host for the The Frank Skinner Show which was awarded the Best Speech Programme by the *Radio Academy Award* in 2014 and in 2015 attracted 700,000 weekly listeners and achieved 6 million podcast downloads; in 2012, he received a *Arqiva Award* Best Newcomer nomination for his contributions to the show. ALUN also wrote and starred in his own BBC Radio 4 series, Alun Cochrane's Fun House, where he took listeners on a room by room stand-up tour of his house.

On television screens, ALUN'S dour face has recently been seen on Have I Got News For You (BBC One) and on Alan Davies: As Yet Untitled (UKTV) where he was invited to be a guest on the show. Turning to acting, ALUN has played a series regular 'Sam', alongside CHRIS ADDISON, in Sky Living's sitcom Trying Again, was a guest star in BBC One's comedy series Boomers and appeared in RUSSELL HOWARD'S Christmas film A Gert Lush Christmas which was broadcast on Boxing day.

An Edinburgh festival favourite, ALUN received a *Perrier Best Newcomer Award* nomination for his debut show My Favourite Words in My Best Stories in 2004, adding to accolades including the *Writer's Guild Award For Comedy,* and has since performed a further 9 original solo stand up shows at the Fringe. He took his 2011 and 2015 Edinburgh shows Alun Cochrane: Moments Of Alun and (Me Neither) on national tours.

Elsewhere on our airwaves ALUN has made TV appearances on programmes including Michael McIntyre's Comedy Roadshow (BBC One), Mock The Week (BBC Two), Dave's One Night Stand (Dave), Never Mind The Buzzcocks (BBC Two) and 8 Out Of 10 Cats (Channel 4) and can regularly be heard on Just A Minute and the The Now Show, with other radio credits including Dilemma**,** Loose Ends and Lee Mack And Friends (all BBC Radio 4).

WHAT THE PRESS HAS SAID ABOUT ALUN COCHRANE

'The best, as well as the most natural stand-up I've seen at the Fringe' **Independent**
'A master storyteller, holding the audience before dropping an exploding but simple punchline…' **Metro**
'Alun Cochrane's ability to make the little things in life a comedy goldmine is phenomenal' **Chortle**
'Brilliant no-frills stand-up comedy' **List**

For more information and press tickets, please contact: Victoria Wedderburn at or phone 02075987222

TOUR DATES

Day	Date	Venue
February		
Saturday	06-Feb-16	Leicester Comedy Festival, Firebug
Friday	12-Feb-16	Camberley Theatre
Wednesday	17-Feb-16	Newton Aycliffe, Planet Leisure Hilarity Bites
Thursday	18-Feb-16	Bristol Lantern Theatre
Thursday	25-Feb-16	Brighton Komedia
Friday	26-Feb-16	Cambridge Junction
March		
Tuesday	01-Mar-16	Durham Gala Theatre Studio
Saturday	05-Mar-16	Stafford Gatehouse Theatre MET
Sunday	06-Mar-16	Coventry, Warwick Arts Centre
Tuesday	08-Mar-16	Leeds The Wardrobe
Wednesday	09-Mar-16	York Duchess
Thursday	10-Mar-16	Glasgow Comedy Festival, The Stand
Friday	11-Mar-16	London Leicester Sq Theatre
Saturday	12-Mar-16	Peterborough Key Theatre Studio
Sunday	13-Mar-16	Chorley Little Theatre
Thursday	17-Mar-16	Southport Atkinson Theatre
Friday	18-Mar-16	Kendal Brewery Arts Centre
Saturday	19-Mar-16	Whitby Coliseum
Thursday	31-Mar-16	Hull Truck Theatre Studio
April		
Sunday	03-Apr-16	Lancaster Dukes Theatre, The Round
Wednesday	06-Apr-16	Harrogate Theatre Studio
Thursday	07-Apr-16	Derby Guildhall Theatre
Friday	08-Apr-16	Canterbury Marlowe Theatre Studio
Thursday	14-Apr-16	Shrewsbury Theatre Severn, Walker Theatre
Thursday	21-Apr-16	Runcorn, The Brindley
Sunday	01-May-16	Machynlleth Comedy Festival