

Yes Marks the Spot

written by Kirsty | 4 August, 2014



During lockdown, Marcus broadcast on community radio station Incapable Staircase FM every Tuesday from 4:30pm to 5:30pm (GMT/BST). The show included an interview with a special guest who had an adventurous story to tell with a few appropriate tunes slotted in between.

Week 31 – Review of Weeks 22-30



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Week 30 – Kim Ingleby



She's a personal trainer, NLPGuru, charity fundraiser, TED talker, ultrarunner

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Kim is always happy to help with any of the topics we chatted about in the show so if you'd like to get in touch then take a look at her website: www.kimingleby.co.uk or for her training services: www.energisedperformance.com. She's also active on Insta, FB and Twitter as @kimingleby.

Plus you can read all about how to feel good with her book: "Kim Ingleby's Hound of Happiness"

Week 29 – Paul Cheese



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<https://www.paulcheesemusic.com/>

Its' worth watching the video for the Big Record Uk to get a full appreciation for how the track was put together:

Week 28 – Phil Richards



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Will Holland Anthology

In a break between guests I put together a show all about the very talented Will Holland of Quantic fame. Enjoy an hour of music taking in some of his varied projects with plenty of funk, soul, cumbia and jazz all produced by the man himself.



Week 27 – Phil Collins



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Week 26 – Zoe Langley-Wathen



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Week 25 – Dave Howard



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STOP. Hammond Time!

A mad week moving house meant I hadn't had a chance to find an interviewee. Instead I put together a show about one of the my favourite instruments: The Hammond Organ. This was a fun journey tracking the rise of the mighty organ from it's humble beginnings in the churches of America through jazz, funk, rock and reggae. Enjoy plenty of tow tappers along the way.



Week 24 – Willy Bennett Part 2



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Week 23 – Willy Bennett Part 1



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Week 22 – Véronique Bourbeau



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Week 21 – Review of shows 12 – 20

After broadcasting for 20 weeks it was time to take a look back at the last 9 shows with a few highlights and some musical gems. Can you work out the theme that links the track?!

Week 20 – Yule Marks the Spot Christmas Special!

An extended 90 minute show giving me the chance to share a few alternative christmas tunes, some stories, a poem or two and an interview with Angie Nelson who happens to be Santa's #1 reindeer handler for the UK. Pull on a christmas jumper, pour a glass of mulled wine and enjoy.

Merry Christmas everyone!



Week 19 – Ingrid Kvale



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You can catch one of her programs on Netflix with the Dark Seas episode of Night on Earth.

Week 18 – Phil Plume



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You can read more about his adventure in the Biggest Book of

Yes available from Amazon, Waterstones and Blackwell's.

Week 17 – Zoe Grimes



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We chatted for a lot longer than the 40 mins I normally allow so a fair chunk of interesting stuff had to be edited out. If you want to hear the full conversation then you can listen

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Week 16 – Dr Robert Ridgway



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Week 15 – Justin Mumford



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Week 14 – Helen Russell



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Week 13 – Tara Weir



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Bisco Adventures 31-10-20



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Week 12 – Oliver Tic



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Week 11 – Review of the 1st 10 Weeks

After broadcasting for 10 weeks I thought it would be fun to look back at the first set of guests that I've had the pleasure of interviewing. It was also a chance to play some music that might not necessarily fit with the usual theme.

Week 10 – Rick Paulus



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You can see some of his beautiful work at rickpauluscalligraphy.com/.

Week 9 – Matthew Bisco



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Be sure to check out his show, Disco Biscuits and Gravy at 6pm on Saturday evenings only on Incapable Staircase Fm.

Week 8 – Drew Buck



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Week 7 – Glen Pilkington



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His story about hiking to Everest Base Camp features in the Biggest Book of Yes, available on Amazon and supporting the Teddington Trust.

Week 6 – Aly Grout and Dave

Mitchell



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David Mitchell

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Week 5 – Kerry O’Neil



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If you need help from her for marketing/website/adventure planning services then take a look at her website: <https://www.websiteoclock.com/>

Week 4 – Nahla Summers



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Along the way she is encouraging people to be kind to each other as part of her Sunshine People initiative. Have you done a good deed today?!

Week 3 – Matt Edwards



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This is just a warm down after over 2 years cycling through the Americas.

Click below if you want to hear the uncut interview.

Week 2 – Claire jenkins



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Click below to listen to the full, unedited interview.

Week 1 – Jon Doolan



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You can buy the book from Amazon [here](#).

Full interview with Jon Doolan

Broom My Zoom

This is where it all began with my appearance on the Incapable Staircase Broom my Zoom show. It was a fun interview with station boss James where I got to choose my 10 Desert Island Disks. During the course of the show he made me an offer I couldn't refuse which eventually launched my own show!