

| Disc. Track | Song Title | Song Writer | Recording Location | Vocals | Guitar | Flute | Clarinet | Bass | Drums | Percussion | Other | Producer/ Engineer | Notes |
|-------------|-------------------------------|--------------|-------------------------------|---------------------------------|------------------|-------|----------|------|-------|------------|-------------------|----------------------------|-----------------------------|
| 1.1 | Rise | Simon | Cluny Studios - November 1990 | Stevie, Simon | Simon | Karen | Debbie | Rolf | Kevin | | | Dave Brewis/ Mond Cowie | Recorded by Kevin Ridley |
| 1.2 | Unbelievable | Rolf | Cluny Studios - November 1990 | Stevie, Debbie | Simon | Karen | Debbie | Rolf | Kevin | | | Dave Brewis/ Mond Cowie | Recorded by Kevin Ridley |
| 1.3 | The Third Man | Simon | Cluny Studios - November 1990 | Simon | Stevie | Karen | Debbie | Rolf | Kevin | | Piccolo: Karen | Dave Brewis/ Mond Cowie | Recorded by Kevin Ridley |
| 1.4 | Lovely Day | Rolf | Cluny Studios - November 1990 | Stevie, Debbie, Simon | Rolf | Karen | | | | Kevin | | Dave Brewis/ Mond Cowie | Recorded by Kevin Ridley |
| 1.5 | The Only Colour | Rolf | Cluny Studios - November 1990 | Stevie, Simon | Simon | Karen | Debbie | Rolf | Kevin | Rolf | | Dave Brewis/ Mond Cowie | Recorded by Kevin Ridley |
| 1.6 | No Ribbons on Oak Trees | Simon | Lynx Studios – November 1990 | Simon, Stevie, Debbie | Simon | Karen | Debbie | Rolf | Kevin | Rolf | | Dave Brewis/ Mond Cowie | |
| 1.7 | No Perfumes or Colognes | Simon | Cluny Studios - November 1990 | Stevie, Debbie | Simon | Karen | Debbie | Rolf | Kevin | Rolf | | Dave Brewis/ Mond Cowie | Recorded by Kevin Ridley |
| 1.8 | Prats Rush In | Simon | Cluny Studios 23/03/90 | Simon, Stevie, Debbie | Stevie, Rolf | Karen | Debbie | Rolf | Kevin | Rolf | | Mickey Sweeney | |
| 1.9 | (Free Your) Emotions | Simon | Cluny Studios 08/09/89 | Simon, Stevie, Debbie | Stevie, Rolf | Karen | Debbie | Rolf | Kevin | Rolf | Violin: Andy | Mickey Sweeney | |
| 1.10 | Liquidator Jingle | Simon | Cluny Studios 08/09/89 | Stevie, Simon, Debbie, Kevin | Simon | | | Rolf | Kevin | | | Mickey Sweeney | |
| 1.11 | Say What You Feel | Tony | Impulse Studios 28/01/89 | Stevie, Tony et al | Simon | Karen | Debbie | Tony | Kevin | Rolf | Violin: Andy | Kevin Ridley | |
| 1.12 | Hold You In My Arms | Simon/Stevie | Impulse Studios 12/02/89 | Simon, Stevie, Debbie | Stevie, Simon | Karen | Debbie | Tony | Kevin | Rolf | Mandolin: Andy | Kevin Ridley | |
| 1.13 | Heart and Soul | Tony | Impulse Studios 29/01/89 | Stevie, Tony | Simon | Karen | Debbie | Tony | Kevin | Rolf | Violin: Andy | Kevin Ridley | |
| 1.14 | Surrendering (To This Impact) | Simon | Impulse Studios 02/07/89 | Simon, Stevie | Simon | Karen | Debbie | Tony | Kevin | Rolf | | Kevin Ridley | |
| 1.15 | Casting Too Many | Simon | Impulse Studios 02/07/89 | Simon, Stevie, Tony, Debbie | Simon | | Debbie | Tony | Kevin | Rolf | | Kevin Ridley | |
| 1.16 | House In Bohemia | Tony/Simon | Impulse Studios 02/09/89 | Stevie, Simon, Steve | Simon | Karen | Debbie | Tony | Kevin | Rolf | Violin: Andy | Kevin Ridley | |

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| 2.1 | How to Smile | Simon | Desert Sounds Studios 26/10/87 | Stevie, Paul | Simon | Lynne | Susan | Paul | Kevin | Michael | | | |
| 2.2 | Tall Paul (Dub) | Simon | Baker Street Studios 13/03/88 | Simon, Stevie, Susan | Simon | Karen | Susan | Tony | Kevin | Alan | | Kevin Ridley | |
| 2.3 | Stiffest Ultimatum | Simon | Baker Street Studios 12/03/88 | Simon, Stevie, Susan | Simon | Karen | Susan | Tony | Kevin | Alan | | Kevin Ridley | |
| 2.4 | Sole Contempt | Simon | Baker Street Studios 13/03/88 | Simon, Stevie | Simon | Karen | Susan | Tony | Kevin | Alan | | Kevin Ridley | |
| 2.5 | Chest | Simon | Baker Street Studios 13/03/88 | Simon, Stevie, Susan | Simon | Karen | Susan | Tony | Kevin | Alan | | Kevin Ridley | |
| 2.6 | Tall Paul | Simon | Baker Street Studios 13/03/88 | Simon, Stevie, Susan | Simon | Karen | Susan | Tony | Kevin | Alan | | Kevin Ridley | |
| 2.7 | Two Fools to Fall | Tony | Morpeth Courthouse 22/02/89 | Stevie, Tony | Simon | Karen | Debbie | Tony | Kevin | Rolf | | | |
| 2.8 | Part of It | Tony | Morpeth Courthouse 22/02/89 | Stevie, Tony | Simon | Karen | Debbie | Tony | Kevin | Rolf | | | |
| 2.9 | On Her Trail | Tony | Newcastle All Saints Church 07/06/89 | Stevie, Tony | Simon | Karen | Debbie | Tony | Kevin | Rolf | | | |
| 2.10 | Fey Charms | Tony | Newcastle All Saints Church 07/06/89 | Stevie, Tony | Simon | Karen | Debbie | Tony | Kevin | Rolf | | | |
| 2.11 | Jean Harlow | Traditional. Arranged by Tony | New Media Workshop Studios 24/10/88 | Tony, Kevin, Stevie, Simon | | | | | | | | Malcolm | |
| 2.12 | Systematic Guardians | Simon | Newcastle Broken Doll 14/02/91 | Stevie, Tony | Simon | Sam | Debbie | Rolf | Kevin | | | | |
| 2.13 | Prats Rush In | Simon | Newcastle Broken Doll 09/11/89 | Simon, Stevie | Steve | Karen | Debbie | Rolf | Kevin | Stevie | | | |
| 2.14 | Sex Romance | Simon | Rehearsal -December 1989 | Simon, Stevie | Steve | Karen | Debbie | Rolf | Kevin | | | | |
| 2.15 | Unzima Lom | Tony | Edinburgh Wilkie House 23/05/89 | Stevie et al | Simon | Karen | Debbie | Tony | Kevin | Rolf | | | |
| 2.16 | She's A Boy Girl | Simon | Edinburgh Wilkie House 23/05/89 | Stevie | Simon | Karen | Debbie | Tony | Kevin | Rolf | | | |
| 2.17 | He Can't She Can | Tony | Edinburgh Wilkie House 23/05/89 | Stevie, Tony | Simon | Karen | Debbie | Tony | Kevin | Rolf | | | |

- CD Mastering – Tim Jones: www.aural-innovations.com/stonepremonitions.com
- Master Tape and Cassette Transfers – Graham Joiner: www.audiorestored.com
- Song Selection, Text and Artwork – Simon McKay
- Sound Advice – John Steel