

Wednesday television & radio

CRITIC'S CHOICE



Sir Trevor McDonald asks whether Fred and Rose West had more victims, 9pm, ITV

The Long Walk Home - Our Lives

7.30pm, BBC One

The story of Christian Lewis, who has spent the past four years walking round the coast of Great Britain and Northern Ireland. He hit the headlines in 2020 when the lockdown left him and his adopted dog, Jet, trapped on the uninhabited island of Hildasay in Shetland. But he has since moved on and even found love. This documentary asks what lies ahead for Lewis.

Fred and Rose West: Reopened

9pm, ITV

Not content with documenting infamous murder cases,

television companies have started reinvestigating themselves.

On the heels of *In the Footsteps of Killers*, in which *Silent Witness* actress Emilia Fox teamed up with a criminologist, we now have this similar (but rather less distasteful) two-part documentary in which Sir Trevor McDonald, retired DCI Colin Sutton and investigative psychologist Donna Youngs look into speculation that Fred and Rose West killed far more young women than their 12 known victims. In fact, up to 20 more corpses may be hidden.

Grand Designs

9pm, Channel 4

A listed Scottish bothy (in this case, a glorified garden shed)



on an ancestral country estate in Kinross-shire is the latest project for Kevin McCloud to cast his amusedly sceptical glance over. The dilapidated bothy is attached to a walled garden and a modern, minimalist extension has to be low enough not to annoy the neighbours and spoil the Arts and Crafts unity of the surrounding buildings. Can Edinburgh architect Iain and his wife Jenny bring his so-called "stealth box" in on budget?

**Measuring Mass:
The Last Artefact**
9pm, BBC Four

A deep dive into metrology, anyone? The experts who maintain consistent and

accurate weights and measures across the globe have a problem: the internationally accepted prototype of the kilogram – a 39mm cylinder of metal kept under lock and key in a high-tech vault just outside Paris – has shed a fraction of its weight (the equivalent of an eyelash), which could have enormous consequences on every aspect of our lives. Quite why this is the case takes some explaining (thankfully eased down by jaunty production and script narrated by Miriam Margolyes), as metrologists race to "dump the lump" and invent a new standard kilogram against which all other weights are measured. Mind-scrambling.

The Man Putin Couldn't Kill
10pm, Channel 4

This documentary investigates the incident in August 2020 when Russia's opposition leader Alexei Navalny, was taken ill during a flight to Moscow. While world leaders struggled to get Navalny the treatment he needed, investigative journalists began to piece together what had happened, finding that not only was he poisoned by a Russian security service hit squad, but that they had been following him for several years while developing new variants of the banned chemical weapon Novichok – previously used in the attack on Sergei Skripal in Salisbury.

Gerard Gilbert

