

## TV CHOICE

### THE BEST OF THE REST ON TONIGHT



#### **The Man Putin Couldn't Kill**

C4, 10pm

It takes a brave man to voice opposition to President Vladimir Putin in Russia but Yale-educated lawyer and opposition leader Alexei Navalny has stepped up to the mark. Which is why, when Navalny was taken seriously ill on a flight to Moscow a year ago, suspicions were aroused that he'd been poisoned. This documentary digs deep into the dark heart of Russian politics.



**Opposing Putin:** Alexei Navalny

#### **Fred And Rose West: Reopened**

ITV, 9pm

Now, there's a title that sends shivers down the spine. Notorious serial killers Fred and Rose West have had their story exhumed many times on TV, so is there more to be

told? Trevor McDonald clearly thinks so because he's teamed up with a team of investigators to test the theory that there are still more West victims unaccounted for.

#### **Changing Rooms**

C4, 8pm  
You surely don't come to Changing Rooms looking for interior design inspiration - you've got the wall-to-wall makeovers on HGTV for that - but there's no denying this is turning into an enjoyable

slice of 'surely they can't be serious' TV. Canary Yellow and Daring Damson, anyone?

#### **Grand Designs**

C4, 9pm  
Channel 4 is being very in-jokey by screening the eyeball-busting colour craziness of Changing Rooms right before the endlessly cool style of Grand Designs. Tonight we're in rural Scotland with a couple getting into a bit of bother with a bothy.

**KEITH WATSON**

