



Past Production Limited

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Sam Frost

Avid Offline Editor

Profile

Sam is an intelligent editor, she is highly passionate about her job and takes great pride in what she works on. She shines out as being particularly creative as well as having a great ability in working with music. Sam is able to think on her feet whilst working to tight deadlines. She is a pleasure to work with, friendly and energetic and loves to come up with her own ideas. Sam has an excellent eye for a story, a strong sense of narrative and a great ear for music.

Credits

“Late Night Lockup” Series 2. 2 x 30min. This blue light ob doc uses firsthand footage pulled directly from body cameras and CCTV captures law enforcement encountering peculiar and outrageous happenings as nighttime creeps into the early hours of the morning.

Exec Producer: Tom Brisley

Arrow Media for Discovery ID & Discovery+

“Malta: Jewel of the Med” Series 1. Eps 1, 3 and 4. Documentary series which celebrates the life, culture, and beauty of one of Europe’s most astonishing countries, exploring every aspect of Malta including colourful characters, both British and Maltese, who live there.

Exec Producer: Oliver Wright

Objective for Channel 5

“Amanda and Alan’s Italian Job” Series 1 and 2. 2 x 30 min. Travel and interior design factual entertainment series. Amanda Holden and Alan Carr spend the summer immersing themselves in the Sicilian way of life, as they transform their depilated house into a luxury holiday home.

Exec Producer: Claire Walls

Voltage for BBC One

“The Royal Borough of Kensington and Chelsea” 1 x 60min. Co-editor. 4-part glossy observational documentary series exploring hundreds of years of history of the regal district, whilst also delving behind the scenes of one of London’s wealthiest and celebrated boroughs.

Exec Producers: Oliver Wright & Harriet Scott

Objective Media Group for Channel 5

“The Nevermets” Finishing editor on Episode 5. 6-part documentary series which follows Brits who have all fallen madly in love online, as they each make the potentially life-changing decision to cross international waters to meet their long-distance lovers for the very first time.

Exec Producer: Mel Brown

Wall to Wall for Channel 4

“Designing the Hebrides” Series 1. 4 x 30min. Finishing Editor across the series. New observational / factual series following Banjo Beale (Winner of Interior Design Masters) as he sets up his own design business in Mull.

Exec Producer: John Featherstone

DSP for BBC Two & BBC Scotland

****Winner of Scottish BAFTA for Best Features programme 2023****

“Absolutely Dyer” 1 x 60min. Episode 2. 4-part travelogue series in a road trip format presented by Danny Dyer and daughter Dani as they roam Europe.

Exec Producer: Claire Walls

Voltage TV for E4

“Dance 100” Entertainment series in the form of a street dance competition designed to find the next superstar choreographer. Using 100 of the world’s best dancers the contestants must create, choreograph and then perform in group dance numbers on a massive scale. Co-editor.

Exec Producers: Saul Fearnley. Stephen Yemoh & Tim Harcourt

Studio Lambert for Netflix

“Cruising with Susan Calman” & “Christmas Cruising with Susan Calman” Series 2. 1 x 60min.

Scottish comedian Susan Calman picks up the baton from beloved Jane McDonald at the head of this popular travelogue series, embarking aboard cruise ships to explore the most interesting and beautiful places in the world.

Exec Producer: Kieron Collins

Viacom Studios for Channel 5

“The Pyrenees with Michael Portillo” 1 x 60min. Travelogue series featuring Michael Portillo as he embarks on a journey of self-discovery, walking some stretches of the Pyrenees Mountain range between Spain and France.

Exec Producer: Claire Simpson

Curve Media for Channel 5

“Michael Moseley - Who Made Britain Fat” 1 x 60min. Why can't politicians halt the steep rise in the number of Brits living with obesity? Michael Mosley explores the issues and outlines a plan to fix the crisis before it breaks the NHS.

Avalon for Channel 4

“The Repair Shop” Series 6 & 7. Britain's most skilled and caring craftspeople rescue and resurrect items their owner’s thought were beyond saving. Together they transform priceless pieces of family history and bring loved, but broken treasures, and the memories they hold back to life.

Exec Producer: Alex Raw

Ricochet for BBC Two

“Interior Design Masters with Alan Carr” 4 x 60min. Series 2 & 3. Ten fledgling designers are launched into the world of interior design, in an attempt to win a life changing design contract.

DSP for BBC One

“Interior Design Masters” Series 1, 2 & 3. 5 x 60min. Ten fledgling designers are launched into the world of interior design. The designers are confronted with a new space to transform in an attempt to win the grand prize of a life changing design contract. Hosted by Fearne Cotton and series judge Michelle Ogundehin.

Exec Producers: Claire Walls and Donna Clark

DSP for BBC Two & Netflix

“Chocolate Challenge with The Hairy Bikers” 1 x 60min. The Bikers preside over seven budding chocolatiers, battling it out for the chance to create their very own chocolate bar to be manufactured and sold by one of the biggest manufacturers in the world

TwoFour for Channel 5

“Escape to the Chateau DIY” Series 3, 4 & 6. Who better than Dick and Angel to lend a helping hand to chateau owners in France? Meet the Brits who are bringing their French châteaux back to life.

Kindling Media for Channel 4

“Girls on Girls” 2 x 25min. Five young women who’ve never met, show each other their very different lives over 48 hours - exploring the idea of what feminism means today.

Little Gem for BBC Three Online

“Run it Out” 1 x 60min. Documentary film about the life of U.S. ultramarathon runner Robin Arzon, once held hostage in New York, and her run across Utah to raise money for MS.
Tara Darby Films

“Dr Jeff – Rocky Mountain Vet” 1 x 60min. Observational Documentary. Dr Jeff Young is a charismatic hero treating a wide variety of animals in Denver and beyond. Straight-talking, warm-hearted and effortlessly cool, he's one of America's busiest veterinarians.
Double Act for Animal Planet

“The Posh Frock Shop” 1 x 30min. Light-hearted docu-soap series following wedding dress designer Ian Stuar's flamboyant clients & colleagues.
Nineteen 11 for Channel 4

“Villager of the Year” Penelope Keith scours the UK to find the top village – story cutting and stitches
Reef TV for Channel 4

“Extraordinary Lives” 1 x 60min. Documentary series following a group of volunteer British surgeons travel to Ethiopia to perform ground-breaking surgery on patients suffering with extreme facial deformities.
Captive Minds for Channel 5

“Life in the Cosmos” 1 x 60min. Factual. Examining the possibility of life existing by examining the events leading up to the creation of Planet Earth.
Brooke Lapping for The Smithsonian

“Baseball Republic” A taster for a documentary following the lives of children in The Dominican Republic who dream of playing major league baseball in the USA, as a means of escaping poverty.
Lil Thunder Films

“Liberty of London” 1 x 60min. Series which goes behind the scenes at Liberty, meeting the iconic department store's unique customers and staff.
Rise USA for Channel 4

“Holiday Threesome” TX pilot. Three families with very different ideas of their perfect getaway share their holiday experiences in a bid to win a free trip to their dream destination.
Studio Lambert for ITV

“The Undateables” 1 x 60min. People living with challenging conditions are often considered 'undateable' - this series meets a few and follows their attempts to find love.
Betty TV for Channel 4

“Made in Chelsea” 6 x 60min. BAFTA award winning unscripted drama set in West London.
Monkey Kingdom for Channel 4

“The Great Interior Design Challenge” 3 x 60min. The search for Britain's best amateur interior designers. Working in a variety of architectural styles, the contestants have three days to impress both the judges and the homeowners.
Studio Lambert for BBC Two

“Great British Railways” Series 7. 4 x 30min. Michael Portillo shares his love of trains throughout the UK.
Boundless Productions for BBC One

“Life on Marbs” 2 x 60min. Series following a cast of characters including club owners, housewives and millionaire bachelors, to discover what life is like in the southern Spanish resort.
Lime Pictures for ITVBe

“Benefits by the Sea - Jaywick” 2 x 60min. Observational documentary following the people living in the UK’s most deprived.
Spun Gold for Channel 5

“Taking New York” Pilot for 8-part constructed reality series which will chronicle the lives of a group of twenty-something British friends striving to make their American dream come true.
Two Four for E4

“Your Home in Their Hands” 1 x 60min. Two families stuck in a style rut allow amateur designers free reign of their home, under the watchful eye of Celia Sawyer.
BBC One

“Food Inspectors” 1 x 60min. Matt Allwright and Chris Hollins follow the work of food inspectors as they protect the nation from rogue restaurants and poisonous food.
Betty TV for BBC One

“Bear Grylls Ultimate Survivor” 2 x 30min. Bear Grylls returns to the channel recounting stories of amazing survival by ordinary people.
Betty TV for Discovery

“Britain’s Best Bakery” Series 1 & 2. 2 x 60min. A competition celebrating the wonderfully diverse bakeries of the UK.
Shine TV for ITV

“Don’t tell the Bride” Series 6 & 7. 3 x 60min. A groom must organise every detail of his wedding.
Renegade for BBC Three

“Winter Road Rescue” Series 1 & 2. 3 x 60min. Following the people who keep our roads open no matter what the weather, featuring Highland Council snowplough drivers and the RAC.
Special Edition for Channel 5

“Obsessive Compulsive Cleaners” 2 x 60min. Following people who cannot stop cleaning and explores how that affects their lives.
Betty TV for Channel 4

“Jade’s Legacy – The Fight Goes On” 1 x 60min. Five women suffering from different stages of cervical cancer tell their stories and highlight awareness of symptoms and testing.
Smoking Pony for Sky Living

“This is Lionel Richie” 4 x 5min. VT inserts for concert celebrating the launch of a new album.
London Studios for ITV

“The Hoarder Next Door” Extreme hoarders are treated with psychotherapy and alternative methods in an attempt to cure them of their habit.
Twenty Twenty for Channel 4

“Coach Trip” 1 x 24min. Passengers experience challenges in European destinations and fight to stay aboard the coach with Brendan their tour guide.
Twelve Yard for Channel 4

“The Restaurant Inspector” 1 x 60min. A Manager of The Ivy, Fernando Peire attempts to change the fortunes of a failing restaurant in just one month.
Fresh One for Channel 5

“My Super-sweet World Class” 1 x 30min. An American teen organises a show stopping party of a lifetime.
Maverick for MTV

"Worlds Strictest Parents" 1 x 60min. Rebellious British teens experience discipline for the first time by living with a family in India.
Twenty Twenty for BBC Three

"Showboaters" 4 x 60min. Following the luxury cruise liner Thomson Dream around the Caribbean. 10 hopefuls compete for a place with the on-board professional show team.
Fresh One for SKY ONE

"Show Me the Monet" 2 x 45min. Professional and amateur artists put their work before a prestigious panel of art critics. Only the select few make it through to an exhibition at the RCA, where celebs, collectors and gallery owners can buy their work and spot new talent.
Lucky Day for BBC Two

"100 Years of Us" 11 x 8min. Archive VTs. In the week of the 2011 census, a look back at the changes over last 100 years, as seen through the eyes of unique individuals.
Twenty Twenty TV for BBC

"Saints and Scroungers" 7 x 45min. Benefits frauds exposed by Dom Littlewood, and a look at the people who help those most in need.
Flame TV for BBC One

"Mad about the house" 1 x 60min. A young couple with a house desperately in need of a makeover are given £10K – but the girl must move out leaving her bloke to make the decisions.
Renegade for BBC Three

Promos

PRODUCER / EDITOR

"Hot Yoga with Paul" 2016 promoting yoga retreat in The Algarve
Mayflower Films for Yoga with Paul

"Bulldog" taster for new prime time show
SO TV for ITV

"Jackie Hollywood and Arkansas Cop" 2 x tasters
Argonon for Discovery

"Soulbreath Retreat" 2015 promoting yoga retreat in Valle de Vida, Spain
Mayflower Films for Rise and Shine

"Don't Tell the Bride" Series tease 2015
Renegade for BBC Three

"The Whiskey Show 2013" Highlights film for website
Subsec0 for the Whisky Exchange

"Subsec0 for Fab Tips" - Laura Ward Ongley meets top beauty experts and reveals insider tips in her own online TV channel on the Fab Tips website.
Fab TV

"Live Music Now" 3 min film highlighting the work of the charity for LMN website.
Media Trust Untold Stories

"Target Ovarian" 2 min online campaign raising awareness of symptoms
Smoking Pony

"Subsec0 for Simple" 5 min, promoting glowing skin through healthy lifestyle and products.
Simple Skincare Academy

"Super Sister" - music video 'Shopping'
T2K

"Discovery People - UK & SOUTH AFRICA" -14 x 6 min, profiling individuals with extreme or unusual occupations including great white shark fanatic, mountaineer and freediver.
Network Heroes for Discovery

"The House" Daily DIY show / also prog links for DHL
Network Heroes for Discovery Home & Leisure

"Miscorsoap" 12 x 30min featuring dysfunctional family
Disney Channel

"This is Five" First hour on air for Channel 5 featuring 'The Spice Girls'.
Network Heroes for Channel 5

"Adventure One" 30 x 6min docs following six strangers through unusual mental, physical and moral challenges.
Network Heroes for National Geographic / Adventure One channel launch

TNT

FOX KIDS

PLAYBOY FREEVIEWS

TRAVEL CHANNEL Rebrand

C5 ON AIR PROMOS – movie promos for first 2 years on air.

PARAMOUNT ON AIR – including Promax gold award for 'Comedy is Paramount' campaign.

GRANADA GOODLIFE CHANNELS – Launch and sales tape

ANIMAL PLANET - Channel Launch

PARAMOUNT COMEDY - Channel Launch

ITV SALES TAPES

Drama

"SEEING DOUBLE" – Feature starring S Club 7 19 for general cinematic release.

"VIVA S CLUB" 13 x 30min starring 'S Club 7'.
19 Television for BBC1 and ABC

On Air Promotion

Producer / editor / scriptwriter

PARAMOUNT CHANNEL – including **PROMAX GOLD AWARD for best campaign with 'Comedy is Paramount'** cross channel promos 1999

ANIMAL PLANET, CHANNEL 5, RTE, DISCOVERY CHANNEL, DISNEY CHANNEL, FOX KIDS, GRANADA GOODLIFE, ADULT CHANNEL, ARTSWORLD, PLAYBOY, TRAVEL CHANNEL, TNT