

## Cpl Ian Mark



Cpl Mark (Bear) is a Chef Instructor at CTS and has been in the Royal Air Force for 11 years. During his career, he has served in various messes, ranging from general messing, to being selected to cook for VVIPs for the RAF's 95<sup>th</sup> Air Force Board Dinner and CAS' Residence. Bear was detached to assist 3MCS on Op Ellamy and the Falkland Islands on numerous occasions along with many exercises in the field.

Since joining the RAF Buffet Team in 2010, he has achieved numerous gold medals at EXJC, mentoring numerous basic chef students through their first competitions; He has been competing for over 10 years and has accomplished substantial recognition. His highlights have included winning the Chairman's Award and Best in Show at EXJC 2010, Best Senior Competitor and winner of the RAFA tray at EXJC 2014, numerous individual gold medals at The Hospitality Show, Mentoring the British Culinary Federation Team for the Cambridge Culinary Competition and RAF Senior Chef of the Year in 2015.

Bear has competed nationally and internationally with the CSCAT at Hotelympia, The Hospitality Show, The Culinary World Cup (Luxembourg) and The Culinary Olympics (Erfurt), attaining gold medals at all of them. Bear has also represented the CSCAT and HM Forces on BBC's Bake off: Crème de la crème. He has since been selected for the BCF English National Team representing his country and made it through to the UK finals of the World Chocolate Masters.