

**Mark Duncan**  
**Helicopter Pilot**



**Date of Birth:** 20 August 1975  
**Languages:** English, Afrikaans  
**Nationality:** South African / Portuguese  
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### Licences and Ratings

- Commercial Pilot (helicopter)
- Instrument Rating
- Instructor (H) (Grade 3)

### Type Ratings and Hours

TOTAL	PIC	B407	B206	Turbine
1240	1110	130	540	670

### Education and Qualifications

**Dangerous goods by Air** (2019)  
**Crew Resource Management (CRM)** (2019)  
**Certified Cape Peninsula Tour Guide** (2016)  
**BOSIET (incl HUET)** (Exp Jan 2021)

**Honours Degree - Business Management**  
(International and Project Management) 2004

**NEBOSH International Certificate** (2009)  
**Incident Management** (2009)  
**Safety Management Training Course** (2000)  
**Safety Leadership** (2003)  
**E-CHP Advanced Error Reduction Strategies** (2014)

**Barge Supervisor** (Martin International 2007)  
**BCO/ MODU Stability** (Martin International 2007)  
**Able Seaman** (Martin International 2007)  
**STCW95 First aid at Sea** (2014)  
**STCW95 Advanced Firefighting** (2003)  
**STCW95 Proficiency in Survival Craft** (2005)  
**STCW95 Fast Rescue Craft Coxswain** (2001)  
**Restricted Marine Radio Operator** (1999)  
**Fire Technology** (1995)  
**Lifting Gear Examiner** (2004)  
**Forklift Operator** (2002)  
**Working at heights** (2007)  
**Defensive and 4x4 Driving** (2011)  
**Lifeguard Instructor** (2001)  
**Helicopter Rescue Swimmer** (1996)  
**Divemaster** (PADI #364055)  
**Freediver** (Pure Apnea 2018)

### Career History

#### Consultant ([www.markduncan.info](http://www.markduncan.info))

2014 to Present

- Freelance Helicopter Pilot – NAC Helicopters, Cape Town Waterfront
- Freelance Instructor – CPUT Offshore Survival Training Centre, Cape Town
- Offshore HSE Specialist – Consultant HSE Supervisor for Shell and Egypt Gas Joint Venture (Offshore Egypt)

#### Oilfield

2001 to 2014

- Worked on Offshore drilling rigs between South America, Africa, Asia and Australasia as Safety Adviser, Ballast Control Operator and Regional HSE Manager

#### Survival Instructor

1999 – 2001

- Offshore Survival Centre, Cape Town. Including HUET and Offshore Pilot survival training

#### Firefighter

1995

- Cape Town Fire and Rescue

#### Lifeguard

Since 1992

- Voluntary lifeguard with WP Lifesaving, including 3 seasons as WP Lifesaving Helicopter Patrol Officer

### Achievements

- **Seven Continents Club** – In 2006 became the youngest South African to have run a standard marathon (42.2km) on all 7 continents
- **North Pole Marathon (2011)**
- **Global Challenge (2012)** – Run a marathon on all 7 continents and kayaked on all 5 of the world's oceans
- **Coolangatta Gold (2008)** – The Longest, Toughest, Surf Ironman Race in the World (Gold Coast, Australia)
- **PE-EL Challenge (2000)** – The Longest, Toughest, Surfski Race in the world (244km, South Africa)
- **Camel Trophy** – National Finalist 1997, Provincial Finalist 1994 and 1998

### References

- Gary Wilson (NAC Waterfront, Base Manager) ([wilsong@iafrica.com](mailto:wilsong@iafrica.com))
- Stefan Fouche (Instructor) (084 672 6925)