



**For Immediate Release  
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## **Chef Ryan O'Flynn from Edmonton wins 2015 BMW 428i Gran Coupe**

**Edmonton AB** - The competition was fierce and the determination was evident, as eleven of Canada's best chefs competed for top honours during the coveted Canadian Culinary Championships in February 2015 in Kelowna, B.C., but it was Chef Ryan O'Flynn from the Westin Edmonton who beat out ten other competitors from across the country to be crowned the Canadian Culinary Champion for 2015.... and his prize – a 2015 BMW 428xi Gran Coupe.

The Canadian Culinary Championships brings together the gold medallists from each of the eleven regional Gold Medal Plates competitions which occurred in the fall of 2014. Each of the competitors brought their A game to the three gruelling and challenging contests which were held over two days. As the ultimate winner, Chef Ryan O'Flynn is thrilled with the top podium result and a few months later has this to say about the competition and the experience "I would recommend to any chef who has the passion and drive, and is amongst the best in your city, to participate in Gold Medal Plates – one win will change your life!"

According to James Chatto the national head judge for the Canadian Culinary Championships, "It was great seeing Chef O'Flynn draped over the bonnet of his BMW after the Championship. He was a dark horse going into the competition, though anyone who read his CV would have known he had some very serious European credentials. He clearly was a master of classical French technique and had the necessary powers of concentration. What surprised me was his willingness to take risks - like matching sturgeon with the red wine. That could have been a flop but instead it thrilled the judges. He started fast and never stumbled throughout the three competitions and though other chefs were nipping at his heels - as you'd expect with such a very strong field - he never lost the lead. Very exciting for him, for Edmonton and for Gold Medal Plates!"

This morning, Bill Bentley from Bavaria BMW in Edmonton, helped Chef Ryan O'Flynn with the final paperwork before he was able to drive his new car off the lot. Asked what that was like Chef O'Flynn replied "it is an amazing feeling. I never thought I would be able to drive a car like this in my life!" BMW Canada is a national sponsor of Gold Medal Plates and is thrilled to be able to offer this prize to the Canadian Culinary Champion each year. Kevin Marcotte, Director of Marketing for BMW Canada said, "As a proud partner of Gold Medal Plates and the Canadian Olympic Team, we are committed to supporting high performance. In culinary art, performance art and sport. Congratulations to Chef Ryan O'Flynn on his brilliant result and we hope he enjoys the Ultimate Driving Experience in his new BMW 428xi Gran Coupe."

With him today at the handing over of the keys were Gold Medal Plates Edmonton co-chair, Dave Majeski, Olympian Alex Steida (track cycling) and Olympic Gold Medalist Jamie Sale (figure skating). "It was so wonderful to see Ryan and Edmonton take home the gold for Canada! Ryan showed the rest of Canada that Edmonton has a culinary scene that is thriving. I will smile every time I see Ryan driving around the city in his new BMer – it really suits him. Thanks to all the chefs across Canada and all the guests of Gold Medal Plates who are supporting the Olympic Movement!"

Gold Medal Plates events will be held across the country again in the fall of 2015 and Edmonton's event is on Thursday, October 22<sup>nd</sup> 2015. Each year over 700 guests attend this prestigious event in Edmonton and it is usually the first city to sell out. Last year there were many corporations who ended up on the waiting list. For information on tickets/tables please contact Lisa Pasin at [Edmonton@goldmedalplates.com](mailto:Edmonton@goldmedalplates.com) or 780.448.5945.

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### **About the Canadian Culinary Championships**

The Canadian Culinary Championships is the finale of Gold Medal Plates - the ultimate celebration of Canadian Excellence in cuisine, wine, entertainment and athletic achievement. Celebrated in eleven cities across Canada in 2014,

Gold Medal Plates featured superb wines and the premier chefs in each city in a competition to crown a gold, silver and bronze medal culinary team in each city, and subsequently nation-wide at the Canadian Culinary Championships.

Founded in 2003, the goal of Gold Medal Plates is to raise substantial funds for Canada's high performance athletes, while celebrating Canadian excellence. Since 2004, this event has received tremendous support and accolades all across Canada, and generated a combined net total of \$9.5 million for Canada's Olympic athletes! For more information, visit the Gold Medal Plates website [www.goldmedalplates.com](http://www.goldmedalplates.com)

**The Canadian Olympic Foundation** – Beneficiary of the Events

Net proceeds from Gold Medal Plates are given to the Canadian Olympic Foundation to support athletes through high performance programs such as Own the Podium. To learn more about the foundation and the programs it funds, please visit [www.olympicfoundation.ca](http://www.olympicfoundation.ca)