



Chris is a Capital Breakfast presenter, co-host of The Peter Crouch Podcast, and an ambassador for M&S Food and Style, plus is the co-host of M&S YouTube series Love That.

A devoted Watford FC fan and sports enthusiast, Chris shares his love of food and grilling on his Instagram page, BBQ United.

Recently, he opened up about his experience with testicular cancer to help raise awareness and encourage early detection among young men.

[Watch Chris' Brand Reel Here](#)

PREVIOUS BRAND COLLABS

M&S
— FOOD —

BREWDOG 

Shark | NINJA



 **FIFA**

Uber

Dreams
Love your bed

SOCIAL MEDIA STATS



INSTAGRAM

357K FOLLOWERS **73%** UK AUDIENCE **4.5M** VIEWS **55.7K** INTERACTIONS

54% FEMALE **3.6%** 18-24 **38.5%** 24-34 **39%** 35-44

DECEMBER 2025 - JANUARY 2026

TIKTOK

113.6K FOLLOWERS **76%** UK AUDIENCE **2.1M** VIEWS **1.7M** LIKES

56% MALE **25.8%** 18-24 **41.6%** 25-34 **19.4** 35-44

DECEMBER 2025 - JANUARY 2026

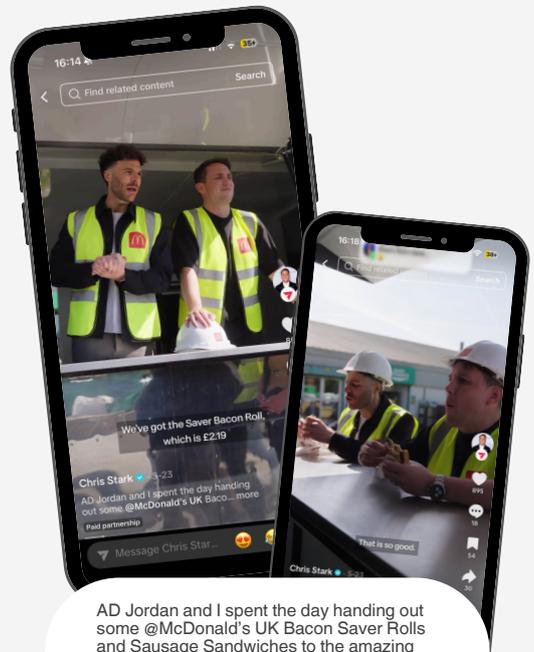
CASE STUDIES



chrisstark Loser buys the drinks 🍷🍷 Just finished a solid game of padel – competitive on court, chilled off it with Cruzcampo, the go-to post-match refresher 🍷 Brewed in Seville, made to go with the flow. However the game goes, you just #ChooseToCruz 🍷 #Ad #ChooseToCruz #GoWithTheFlow #Cruzcampo #PadelLife #PostMatchPint #FromSevilleWithFlow #DrinkResponsibly

Chris Stark x Cruzcampo x Instagram

544K Views **2D 2H** Watch time **546** Likes **17** Saves



AD Jordan and I spent the day handing out some @McDonald's UK Bacon Saver Rolls and Sausage Sandwiches to the amazing people of Yorkshire! 🍷🍷 These delicious bites are now trialling in selected restaurants across the North as part of the FIRST-EVER Breakfast Saver Menu—who's ready for a taste? 🍷🍷 #BreakfastSaver #FoodieFinds #MorningFuel

Chris Stark x McDonalds x TikTok

250K Views **287H** Play time **30** Forwards **54** Saves