Duncan is the son of two British nationals who came to Canada at different times, as a result of the Second World War. Born in Toronto, and moving to Ottawa at an early age, Duncan did all his schooling in Ottawa Duncan, and spend all his working career in Ottawa, first in private industry and then in the federal government. Duncan's interest in the family history was piqued in 2008 when his wife started researching her family and a colleague went to Shanghai, where Duncan's maternal family had spent some time. Duncan has been a BIFHSGO member since 2008. He has served on the board of directors as president (2028-2022) and past president (2022-2025).