



Lieutenant Fiona Cook Royal Navy

Commanding Officer HMS Exploit

Fiona Cook was educated at Royal Hospital School, Suffolk and at the University of Southampton, where she read History and Archaeology. Joining the Royal Navy in 2015, she was awarded the Warfare Officer Prize at Britannia Royal Navy College.

During her initial training she served on HMS OCEAN, and as a Midshipman was selected for a German Exchange on the training Tall Ship GORCH FOCH working with German Navy Officer Cadets.

She conducted her fleet board on HMS BULWARK during EX GRIFFIN STRIKE and was later chosen to be a Watch Officer circumnavigating the UK in the TS ROYALIST, training Sea Cadets and supervising seamanship evolutions. To resume her OOW training she joined HMS MERSEY in the Mediterranean conducting OP BUCKTAIL and then the regeneration into Fishery Protection Duties in UK waters.

Volunteering for the Submarine Service after qualifying as an OOW, she served as the Torpedo Officer in HMS ARTFUL, with her qualifying sea time in HMS ASTUTE. After a break due to injury she re-joined the unit for the first OST and on completion supported the generation of HMS ARTFUL's first major tasking of high intensity ASW operations.

On return from deployment she was selected for SVCC. Prior to joining CFS she completed PNO and Intermediate Warfare Course at the RNSMS ready to return as N2 to the Submarine Service.

Fiona is a keen sailor, representing the RN in dinghies and offshore racing. When time allows, she ventures further afield to bouldering and caving in the UK.