



Lt Cdr Rob Couzens Royal Navy

Rob joined the Navy as a Warfare Officer in 2006 after graduating from the University of Liverpool with a degree in Geography and History. His Fleet Time was then spent on HMS ILLUSTRIOUS, HMS ARK ROYAL and HMS WALNEY mainly operating around the coast of the UK.

His first complement job was onboard HMS SEVERN, which he joined in 2008, as a Gunnery Officer and spent 18 months conducting Fishery Patrols, European enforcement exercises and Fleet Ready Escort duties operating around the UK and Northern Europe. He then joined HMS CLYDE, Falklands Island Patrol Ship, for 6 months culminating in a trip to South Georgia.

On return to the UK he joined HMS DIAMOND as OOW1 embarking on the Ships maiden deployment to the Indian Ocean and Middle East which involved working under US carrier Strike groups. On departure from HMS DIAMOND he undertook FNO course and was selected for HMS WESTMINSTER as Navigator to Captain ASW. This tour involved a full generation cycle, a deployment to the Middle East, including EX KONKAN operating with the Indian Navy, US Carrier Strike groups and counter piracy.

PWO course followed in 2016 and on completion he joined HMS DIAMOND as Gunnery Officer and later Ops Officer, after winning the Gunnery prize for top Gunnery student on course. A busy period followed with deployment to the Mediterranean as Standing NATO Maritime Group 2 Flagship, FRE activations and a short notice activation back to the Mediterranean. He left in late 2018 and joined the Maritime Operations Centre as Surface Major responsible for managing the 0 to 6 month schedule for all Capital Ships, Destroyers, Frigates and Batch 2 OPVs.

Later selected for Command he took Command of MCM1 Crew 8 and HMS Bangor in March 2021 conducting full generation cycle, Joint Warrior and then sail out to the Gulf. Returning to the UK for 4 months the Crew then went back out to HMS Bangor for a further 4 months taking part in the Doha International Maritime Defence Exhibition as the only UK unit and a UKUS Interop conducting the first autonomous transfer with a US vessel and recovering 17 drill mines. On return to the UK the decision was made to keep the Crew in the UK and therefore he assumed Command of HMS Penzance in Nov 22.

Rob lives in Surrey with his wife and 2 young daughters who he dedicates all his spare time to.