



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 in support of the British Antarctic Survey and a personal highlight of walking the stunning landscape amongst penguins and elephant seals.

On return to the UK he joined HMS DIAMOND as OOW1 conducting a full generation cycle before then embarking on the Ship's 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. On return to UK waters the Ship conducted a busy period of Duty Towed Array Patrol Ship before going into refit.

There followed a 10 month period based at the Navigational Training Unit at HMS COLLINGWOOD as an Initial Warfare Officer Instructor, coaching Young Officers through their Navigational Watch Certificate resulting in their selection to drive warships. PWO course followed in 2016 and on completion he joined HMS DIAMOND as Gunnery Officer, after winning the Gunnery prize for top Gunnery student on course. This period began with a full generation cycle and deployment to the Mediterranean as Standing NATO Maritime Group 2 Flagship for 3 months during which he also assumed the role of Ops Officer. Then followed a challenging, but successful, period managing the effects of numerous engineering issues, FRE activations and a short notice activation 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. This involved managing the operational programme, providing contingency plans in response to emergent situations, liaising closely with NATO and supporting the generation cycle of each unit. He assumed command of MCM1 Crew 8 and HMS BANGOR on the 22 March 21.

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