



Lieutenant Colonel A J R Dow Royal Marines

Lieutenant Colonel Andy Dow assumed command of 40 Commando Royal Marines in January 2021.

Commissioned into the Royal Marines in 2000 his career has spanned from tactical operations to strategic planning. During his initial appointment to Fleet Protection Group Royal Marines he conducted operations to safeguard the strategic nuclear deterrent and deployed to the Arabian Gulf, conducting Maritime Operations during Op VERITAS. He deployed on his first tour of Afghanistan with Bravo Company 40 Commando, operating in Sangin (Op HERRICK 7); and returned for his second tour with 42 Commando, operating in Nad-e Ali (Op HERRICK 14).

As Officer Commanding J Company 42 Commando he conducted Op PATWIN, delivering humanitarian aid and disaster relief in the Philippines and deployed on a sensitive operation to East Africa; mentoring indigenous special forces to combat a growing threat of terrorist and criminal activity.

He has undertaken two appointments as a Military Assistant to senior officers. Initially for the UK Maritime Component Commander, which involved a 10-month deployment to the Middle East, and subsequently for the Chief of Joint Operations at the Permanent Joint Head Quarters; a role where he gained a valuable insight into higher-level operational planning.

Other staff roles include strategic planning on the Naval Staff in the Ministry of Defence, where he helped design the Future Navy Operating Concept and the Royal Navy's proposition for the Integrated Review. He has also worked in the Cabinet Office delivering a National Security capability assessment to inform the latest Integrated and Spending Reviews.

He has completed several instructional roles including as the Physical Training and Sports Officer at the Commando Training Centre and working with the Army as a tactics and leadership instructor at their Infantry Battle School in Brecon.

He holds a Masters in Defence Studies from King's College London and is also a graduate of the Joint Services Advanced Command and Staff Course.

Andy is married to Donn . When not chasing after their young daughter they enjoy camping and travelling, especially to Donn 's native South Africa; and he is always looking for an excuse to take his motorbike out for a spin.