

# **Commanding Officer HMS MONTROSE (STBD Crew)**

**Commander  
Claire Thompson  
Royal Navy**



HMS MONTROSE is a Type 23 Frigate which is permanently deployed in the Middle East on Operation KIPION, demonstrating the United Kingdom's enduring commitment to regional security. MONTROSE conducts maritime security operations and exercises alongside international coalition partners to uphold the International Rules Based Order and maintain security, stability, and prosperity throughout the KIPION Joint Operating Area.

As the Commanding Officer, Claire is incredibly proud of her MONTROSE team and all the families who support them, both when in the UK and when deployed. Claire was born in Carlisle and having achieved a BSC(Hons) in Animal Science from Newcastle University spent time as a park ranger both in New Zealand and the UK before she joined the Royal Navy in November 2005. Spending most of her early career at sea, Claire qualified as a Navigating Officer prior to specialising as a Principal Warfare Officer in 2013.

Deployments on operations have taken her all over the world, including the South Atlantic, the Mediterranean, the Baltic, and the Caribbean. Claire has previous experience on Operations in the Middle East, including OP CALASH as the Navigating Officer of HMS CHATHAM and OP TELIC as the Navigating Officer of HMS CUMBERLAND. Most recently Claire had Command of a Hunt-class mine counter-measures vessel HMS LEDBURY, whilst deployed in OP KIPION.

Back in the UK, Claire has undertaken several rewarding assignments. These included the career manager for all young Officers under training, and as a staff officer and planner in PJHQ responsible for planning operations in Africa. Most notably during her time at PJHQ Claire led planning for the UK's return to UN Peacekeeping operations which saw almost 400 troops deployed in South Sudan in support of UNMISS. Most recently Claire spent a year as the Officer in Charge of the Royal Navy's Advanced Warfare training in HMS COLLINGWOOD prior to taking Command of HMS MONTROSE (STBD Crew) in October 2021.