

“I am very much looking forward to getting this fantastic ship back to sea to put her through her paces. The ship is equipped for the many future challenges which greet the modern Fleet and we are ready to be with her every step of the way.”

SARAH WEST



RANK:COMMANDER

JOINED:1995

SPECIALISATION:WARFARE

PREVIOUS UNITS:HMS SHEFFIED, HMS SOMERSET

Military experience

Commander Sarah West was born and educated in Lincolnshire. She graduated from the University of Hertfordshire with an Honours Degree in Mathematics prior to joining Britannia Royal Naval College in September 1995 as a Warfare Officer. Initial training appointments included HMS Battleaxe, HMS Sandown and HMS Sheffield deployed in the Gulf.

Selected as a small ship navigator, she joined HMS Cottesmore in 1997. Subsequent appointments included Officer of the Watch of HMS Sheffield and Navigating Officer of HMS Somerset.

After attending Initial Staff Course and successfully completing the Principal Warfare Officers' (PWO) Course, specialising in under water warfare, she joined HMS Cornwall as the PWO(U) in 2003. Her short time on board included a number of international exercises including a deployment to the eastern Atlantic. She then joined HMS Norfolk as the Operations Officer in 2004. Her time in Norfolk provided a full and varied programme and ended with her serving as the Executive Officer in the run up to the Ship's decommission.

Sarah was appointed to the Commander Amphibious Task Group in 2005 as the under water warfare specialist. This included the planning and execution of exercises around the world, including a NATO Reaction Force (NRF) deployment and the evacuation from Beirut.

She joined the staff of the Permanent Joint Head Quarters, based in Northwood, in 2007. For the first part of her appointment she was responsible for co-ordinating the UK contribution to operations in the Balkans, which included the period that saw Kosovo's declaration of Independence. She then joined the Middle East Operations Team, where her responsibilities included co-ordinating the maritime contribution to Operation Telic in Iraq. During this time she also achieved an Honours Degree in Law.

Selected for sea command in 2008, she commanded HMS Ramsey, HMS Penzance, HMS

Pembroke and HMS Shoreham of the First Mine Counter Measures Squadron, between April 2009 and December 2011. The time on HMS Pembroke included eight and a half months deployed on operations in the Arabian Gulf.

She was promoted to commander in January 2012 and assumed command of HMS Portland in May 2012.