



Captain Maryla Ingham Royal Navy

Maryla Ingham is from an Anglo-Polish family and grew up in South London where she attended Sutton High School for Girls GDST prior to reading Law at University College London. She joined the Royal Navy in April 1999 as a Direct Graduate Entrant and undertook Fleet Training in Her Majesty's Ships SHETLAND, COVENTRY and CORNWALL.

Her first two complement assignments were as the Charge Books Officer and Signal Communications Officer in the Type 22 Frigate HMS CAMPBELTOWN; thereafter she navigated the T42 Destroyer HMS MANCHESTER. Her first Command was the P2000 HMS EXPLOIT. On completion of Initial Staff Training, she completed the Specialist Navigating Officers Course in 2009 and Principal Warfare Officers Course in 2010.

Appointed to the third Type 45 Destroyer HMS DIAMOND as Principal Warfare Officer (Underwater) and subsequently as the Operations Officer, she was part of the team that took DIAMOND from build in Glasgow to full operational capability. A return to specialisation saw her work as a Staff Navigation Officer at Flag Officer Sea Training 2012-2013 before becoming the first female Navigating Officer of HMS OCEAN, then the largest Ship in the Royal Navy.

She took Command of HMS MIDDLETON in 2015 deploying to the Arabian Gulf on Op KIPION for 7 ½ months prior to taking Command of HMS BROCKLESBY and returning her to the Fleet from refit. Attendance on ACSC 21 followed at JSCSC Shrivenham where she was awarded an MA, the prize for Top Maritime Student and a Cormorant Fellowship. She took Command of the First Patrol Boat Squadron in July 2018, where she spent two hugely enjoyable years. In June 2020 she assumed the role of Military Assistant to the Minister of the Armed Forces in the Ministry of Defence. A busy 18 months followed against a backdrop of the MOD's contribution to countering the COVID pandemic as well as EU Exit, the Integrated Review and the withdrawal from Afghanistan. She assumed Command of HMS PROTECTOR in April 2022.

Maryla is married to Andy, a fellow Naval Officer. They live in Southsea with a hyperactive Welsh Springer Spaniel named Kato. She is a Younger Brother of Trinity House.