Commodore Jonathan Lett joined the Royal Navy as a Surface Warfare Officer in 1989 and qualified as a Principal Warfare Officer (Underwater) in 2001. He was awarded an MA in War Studies from King's College London whilst undertaking the UK Advanced Command and Staff Course in 2009.

His career at sea has predominantly been in Offshore Patrol Vessels and Type 23 Frigates, undertaking patrols and operations in UK Waters, the North and South Atlantic, Indian Ocean, Mediterranean, Pacific and Gulf.

In headquarters' roles he has served as a Staff Officer with the UK Maritime Battlestaff in Portsmouth, with the UK Maritime Component Commander (UKMCC) Bahrain and afloat with NATO's Standing Maritime Group 2 (SNMG2). He has conducted 2 tours in the US having previously served as COS to the Senior British Military Advisor (SBMA) to US CENTCOM in 2015 and as the UKLO to US SOUTHCOM from 2017-2020.

Commodore Lett has had the privilege of 4 command tours. Sea commands have included HMS MERSEY in UK waters, HMS CLYDE in the South Atlantic, Pacific and Sub-Antarctic, and HMS MONTROSE in the Indian Ocean, North Atlantic, South Atlantic, Pacific and Sub-Antarctic.

On promotion to 1\* in 2020 he was appointed to be Commander British Forces South Atlantic Islands (CBFSAI), the Operational Commander leading UK joint forces deployed to Ascension Island and the Falkland Islands in the South Atlantic Ocean.

He joined US INDOPACOM on exchange in August 2023 as the J5 Deputy Director for Policy with responsibility for Security Cooperation, South Asia and South East Asia.