

Contact

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Top Skills

Command
Team Coordination
Priority Management

Certifications

Chief of Staff Executive Certification

Honors-Awards

Military Cross
Mention in Dispatches
OBE
Distinguished Service Order

Alistair Carns

Courage. Service. Change
United Kingdom

Summary

Al wanted to serve his country from a very early age. Growing up in humble beginnings in Scotland he went to the local comprehensive school and joined the military at 19. Starting out as the lowest rank he worked his way up, to the rank of Colonel. Al was due to become a 1-star Brigadier General on 10 June 2024 before making the hard but important decision to leave the military and pursue a new agenda for change in politics.

Al Carns is a leader. He has led at every rank in almost every major conflict of the last two decades. He served and led in the Northern Arabian Gulf, Northern Ireland, during five tours in Afghanistan and multiple other operations across the globe. He was awarded both a Mention in Dispatches and a Military Cross for bravery.

Later in his career, Al earned a Master in Defence Studies, and from 2017 he served as an adviser to three UK Defence Secretaries. Recently, he served as Chief of Staff to the Commander UK Strike Force where he was responsible for coordinating Aircraft Carriers and Commando Forces; and in 2022 he was awarded an OBE. In Jan 2025 he was awarded the Distinguished Service Order for leadership on Operations.

He has worked alongside some of the best men and women from across all parts of the UK and from all backgrounds. In tough times, with exceptional, talented people from the military, NHS, police and civil service, he has pulled together around a common cause to deliver for the whole of the UK. This is what drives him, and this is what he will continue to do for his constituents and the nation.

Al Carns has a proven track record of leading and delivering for his country. He believes by working together we can achieve more. Throughout his distinguished military career Al has delivered transformation but knows that real change begins at the ballot box. As someone who came from humble beginnings, Al wants

every person and child in Selly Oak and the nation to have the opportunity to thrive. What is essential is a growing economy and public services that work for everyone.

Being a Member of Parliament is an extension of his service. He listens, engages and finds unique solutions to complex problems. His deep attachment to service and the country is what drives him.

Al is separated but remains a devoted father to his daughter and two young sons. He loves the outdoors, tries to stay fit, but his priority, and favourite thing, is being a dedicated, loving, and fun dad.

Experience

UK Ministry of Defence

1 year 6 months

Minister of the Armed Forces

September 2025 - Present (4 months)

Minister for Veterans and People

July 2024 - September 2025 (1 year 3 months)

Minister for Veterans and People

The Labour Party

Member of Parliament

July 2024 - Present (1 year 6 months)

Selly Oak Birmingham

UK Ministry of Defence

16 years 5 months

Colonel

October 2022 - May 2024 (1 year 8 months)

Operations

Higher Command and Staff Course

December 2022 - April 2023 (5 months)

Shrivenham, England, United Kingdom

Chief Of Staff UK Strike Forces

September 2021 - December 2022 (1 year 4 months)

Unit Commanding Officer

August 2019 - August 2021 (2 years 1 month)

Operations various

Commanding Officer

Military Assistant to the Secretary of State for Defence

September 2017 - July 2019 (1 year 11 months)

London, England, United Kingdom

Served as the Military Assistant to three Secretaries of State for Defence. Cohered and coordinated (as part of a team) operational policy and advice for Defence.

Navy and Royal Marine Strategy

September 2016 - September 2017 (1 year 1 month)

London, England, United Kingdom

Lead staff officer responsible for Royal Navy and Royal Marine Strategy

Advanced Command and Staff College

January 2016 - September 2016 (9 months)

Shrivenham, England, United Kingdom

Sub Unit Command

August 2013 - January 2016 (2 years 6 months)

Operations Afghanistan (Various)

Operations and Plans

September 2011 - August 2013 (2 years)

London, England, United Kingdom

Staff officer responsible for policy, planning and coordination of operations.

Intermediate command and staff college

January 2011 - September 2011 (9 months)

Troop Commander

January 2008 - December 2010 (3 years)

Operations Afghanistan x 3 (various)

UK Ministry of Defence

8 years 10 months

Captain 148 Bty FST Commander

May 2005 - November 2007 (2 years 7 months)

Operations Afghanistan

Captain Mountain Leader Course
September 2004 - April 2005 (8 months)

Lieutenant Troop Commander 45 Commando
September 2003 - September 2004 (1 year 1 month)
Operations Northern Ireland

2nd Lieutenant Young Officer Training
September 2002 - September 2003 (1 year 1 month)

Royal Marine
February 1999 - August 2002 (3 years 7 months)
Operations Northern Arabian Gulf
Royal Marine

Education

King's College London
Masters, Defence · (September 2015 - September 2016)