

Corporal Channing Day from 3 Medical Regiment was killed on Wednesday 24 October 2012 while on patrol in the Nahr-e Saraj district of Helmand Province.

Corporal O'Connor and Corporal Day were participating in a patrol with C Company, 40 Commando to conduct low level training with the Afghan Local Police. While en route to conduct that training, the patrol came under small arms fire near the village of Char Kutsa. As a result of the engagement Corporal O'Connor was fatally injured alongside his colleague and patrol medic, Corporal Day.

Corporal Channing Amanda Day deployed to Afghanistan on 2 October 2012 as a Combat Medical Technician Class One with the United Kingdom Medical Group. She was based at Patrol Base One in the Nahr-e Saraj District of Helmand Province, Afghanistan, where she provided medical support to 40 Commando Royal Marines.

Corporal Channing Day was born in Swindon, Wiltshire on 12 March 1987. She grew up in Newtownards, County Down before joining the Army in 2005. Following basic training she undertook specialist training as a Combat Medical Technician. In June 2007 she successfully passed her Class One Combat Medical Technician course. In January 2012 she was posted to 3 Medical Regiment and joined 63 (Force Support) Squadron, based in Preston, and in the build up to Operation Herrick 17 was selected to support 40 Commando Royal Marines as part of Transition Support Unit Nahr-e Saraj.

Corporal Day was a popular and well respected member of both 3 Medical Regiment, and Transition Support Unit Nahr-e Saraj. A veteran of previous Iraq and Afghanistan deployments, she was looked up to, especially by more junior soldiers in her Squadron, as a mature voice of experience and good advice.

Corporal Day clearly displayed the potential to go far within the Army. Her diligence, her loyalty to friends and comrades and the high opinion in which she was held by all ranks made her a natural medical leader. Her courage, selflessness and commitment in adversity embodied the ethos of the combat medic, and will be long remembered by all those who had the honour to serve with her.

Corporal Day is survived by her parents, Leslie and Rosemary Day, her sisters, Lauren and Laken, and brother Aaron. She was 25 years old.

The family of Corporal Day paid this tribute: "Channing was bubbly, sporty, beautiful and lived her life for the Army. She has died doing what she lived for and in the life that she loved. She will be remembered by all who knew her as a wonderful girl who never stopped smiling and who had an infectious laugh.

"Channing played football for Northern Ireland as well as ice hockey and also gained her qualification as a ski instructor through the Army. She was also the Northern Ireland Gymnastics Pairs Champion. A girl who lived her life to the full without ever giving up on her dreams.

"She was a fabulous daughter, sister, granddaughter, cousin, niece and friend. She will be so sadly missed by all."

Lieutenant Colonel Phillip de Rouffignac, Commanding Officer, 3 Medical Regiment said: "Corporal Channing Day was a star for the future. Although only 25, she had recently been promoted to Corporal, and her current operational experience in Iraq and Afghanistan made her a natural choice for the demanding role she was undertaking in support of 40 Commando Royal Marines. Diligent in every respect of her preparation, she had worked hard all the way through the build-up training and led by example in all that she did.

"Hugely popular with her friends in Preston, Catterick and in Afghanistan, Corporal Channing Day made the most of everything and had lived a lifetime in a short time. An Army footballer, she was a real team player in every sense. Corporal Day will be sorely missed, and the thoughts of all our Regiment are with her family and friends at this difficult time."

Lieutenant Colonel Matt Jackson, Commanding Officer, 40 Commando, Royal Marines, said: "Corporal Channing Day had clearly made a positive impact on Charlie Company Royal Marines and is

spoken about with huge warmth and affection; she was an inspiration and example to all whom she met. Throughout her short time with 40 Commando Royal Marines she endeared herself to all that she worked alongside. Enthusiastic, popular and professional it was clear that she really was one of those rare people who could lighten the mood regardless of the situation. Highly competent she gave Charlie Company the confidence to patrol across a dangerous area knowing that she would be there to care for them if they fell ♦ she was devoted to helping others.

"The loss of such an exceptional talent has come as a tragic blow and our thoughts at this time are with her Squadron in the Royal Army Medical Corps and especially her family to whom we offer our sincere and heartfelt condolences at this exceptionally difficult time."

Major Paul Sandle RAMC, Officer Commanding, Close Support (Task Force Helmand) Medical Squadron, 3 Medical Regiment, said:

"Corporal Channing Day joined Close Support (Task Force Helmand) Medical Squadron from 63 (Force Support) Squadron when 3 Medical Regiment re-structured into its Operation Herrick 17 configuration in early 2012. Channing was a very experienced Combat Medical Technician who had already served operational tours in Iraq and Afghanistan.

"Channing had recently been promoted to the rank of Corporal and was enjoying the opportunity to lead the junior medics of 3/5 Troop who were working alongside 40 Commando Royal Marines as part of Transition Support Unit Nahr-e Seraj. Channing's strong character, good nature and unique sense of humour were invaluable in contributing to the efforts of the Squadron. She was never one to shy away from a challenge, and would fully immerse herself in the task at hand, fully embracing the role of a close support medic.

"Channing was a dedicated and selfless medic who put the needs of others before her own. She will be greatly missed and our sympathy goes out to her family and friends."

Lieutenant Charlie Tibbitts RAMC, 3/5 Troop Commander, Close Support (Task Force Helmand) Medical Squadron, 3 Medical Regiment, said:

"Corporal Channing Day joined 3 Medical Regiment early in 2012 and immediately made an impact with her outgoing personality, her professionalism and dedication to her job. Aside from being a thoroughly professional soldier, Channing was a highly popular member of the Squadron who was always happiest with her friends whether out in town or on the training area.

"When informed that she would be deploying to Afghanistan for the second time in as many years, Channing looked forward to the chance to deploy forward in a close support role with 40 Commando Royal Marines. She was not the sort of person to take a back seat and was always keen to go out on patrol and engage with the Company she was attached to. As well as being a keen and professional soldier, Channing was an excellent medic who was dedicated to attending to the needs of others and always put her patient's needs and those of others before her own.

"Back in barracks Channing was at the heart of all social activities and her presence had the ability to immediately lift the spirits of those around her.

"Channing's passing will be hard on her Squadron and amongst the wider Royal Army Medical Corps community as well as those that she has served alongside both in Afghanistan and Iraq. It is by remembering her warm and friendly nature and her determination to do the best for those she served alongside that her memory will be best honoured."

Warrant Officer Class 2 (Squadron Sergeant Major) Barry Lewin RAMC, Squadron Sergeant Major, Close Support (Task Force Helmand) Medical Squadron, 3 Medical Regiment, said:

"Corporal Channing Day deployed with the Close Support Medical Squadron from her Troop based in Preston, and immersed herself in pre-deployment training. She deployed on Operation Herrick 17 in support of the 40 Commando, Royal Marines in the Close Support Role and fully embedded herself within Transition Support Unit Nahr-e Seraj.

"Being a

Class One Combat Medical Technician, Channing was responsible for the delivery of both Primary and Pre Hospital Care to those that she supported, a job at which she excelled. Both her military and medical skills were without question excellent, and being a very capable Junior Non-Commissioned Officer she was able to take to this task with great ease. As a medic, her patients and casualties always came first.

"She was a very much loved member of her troop. As a chatty and bubbly individual she always had a smile on her face, and was always on hand for the younger members of her Troop if they needed guidance or advice.

"Her death is a great loss to her deployed squadron, parent squadron, the Regiment and the wider Royal Army Medical Corps. Our thoughts are with those she loved and left behind."

Sergeant Karl Hinton RAMC, Troop SNCO Combat Medical Technician, Force Support Medical Squadron, 3 Medical Regiment, said:

"Channing Day was taken away from us today, God bless her, a quirky Northern Irish girl who loved to play mother hen to the younger medics. Channing was a great medic and deeply cared about the lads' welfare and well-being no matter who she was attached to. She was a perfect example of the ethos of the Royal Army Medical Corps. Channing will be greatly missed and I had the honour of being her Troop Sergeant. In my eyes she is a true hero, giving her own life to help injured comrades; I will never forget her nor will any of her colleagues. My heart goes out to her family especially her Mum who she had a special bond with. Channing Day, a true legend, we will never forget."

Corporal Kelly Pope RAMC, Combat Medical Technician, Force Support Medical Squadron, 3 Medical Regiment, said:

"Channing, for once I am lost for words, the loss that we are all feeling is unbearable, I am proud to have served with you my fellow Corporal, my friend, my confidante. 'IN ARDUIS FIDELIS'."

Lance Corporal Grace McLeod RAMC, Combat Medical Technician, Force Support Medical Squadron, 3 Medical Regiment, said:

"Channing... words cannot begin to describe how we are feeling right now. Our condolences go out to your nearest and dearest; we have lost a dear friend and colleague and what I would call a family member. Going to have to find a new gym and cinema buddy now, and I miss our little nights in my room drinking my famous cups of tea! We are having a massive party when we get back to the UK but gutted it's in such devastating circumstances. I am missing you so much right now and I love you to pieces. Rest in peace, Gorgeous, Grace."

Private Bethany Gilford RAMC, Combat Medical Technician, Force Support Medical Squadron, 3 Medical Regiment, said:

"Meeting you, Channing, has set the bar for any friendship I will ever have; you will always be a true and perfect friend. I know that I can vouch for anyone who has ever had the honour of meeting you that you have touched all of our hearts deeply. You warmed everyone with your presence and always had a smile which could only be returned warmly. Never forgotten and always in my heart. All my love, Bethany."