

Stewart Downing

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Stewart Downing

Downing training with [Middlesbrough](#) in 2016

Personal information

Full name	Stewart Downing ^[1]
Date of birth	22 July 1984 (age 40) ^[2]
Place of birth	Middlesbrough , England
Height	5 ft 11 in (1.80 m) ^[3]
Position(s)	Left Winger , attacking midfielder

Youth career

–2001	Middlesbrough
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Senior career*

Years	Team	Apps	(Gls)
2001–2009	Middlesbrough	181	(17)
2003	→ Sunderland (loan)	7	(3)
2009–2011	Aston Villa	63	(9)
2011–2013	Liverpool	65	(3)
2013–2015	West Ham United	69	(7)
2015–2019	Middlesbrough	153	(9)
2019–2021	Blackburn Rovers	59	(2)
Total		597	(50)

National team

2001	England U16	2	(0)
2002	England U18	3	(0)
2002–2003	England U19	7	(0)
2004–2005	England U21	8	(0)
2007	England B	1	(2)
2005–2014	England	35	(0)

* Senior club appearances and goals counted for the domestic league only

Stewart Jason Downing (born 22 July 1984) is an [English footballer](#). He started playing for the [Middlesbrough first team](#) in 2001. He went on loan to [Sunderland](#) in 2003, and spent the next six years at Boro. When Boro were relegated, in 2009 he left to join [Aston Villa](#), and spent the next two years there. He had a two-year spell with [Liverpool](#) from 2011, and joined [West Ham United](#) in 2013. He re-joined Boro in 2015, and has played there since.

He began playing for [England](#) in 2005, and played 35 matches with them, but has not played since 2014. It is suggested that he has retired from international football.

Football career

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Start with Boro

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He joined the [Middlesbrough first team](#) in 2001, having played for the Academy. In his first two seasons, he played in five [Premier League](#) matches, and failed to score any goals during that time.

Sunderland loan

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In 2003, he joined [Sunderland](#) on loan, and stayed there till 30 November 2003. He made three goals in seven matches.

Next six years with Boro

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He became a regular at Boro, and spent the next six seasons there. They had some highs and some lows, but were relegated to the [Championship](#) at the end of the 2008/09 season. This made Stew leave Boro.

Start with England team

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In 2005, he began playing for the [England team](#).

Move to Villa

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After Boro's relegation, he joined [Aston Villa](#), in the 2009/10 [Premier League](#). He played there for two seasons.

Joining Liverpool

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He joined [Liverpool](#) in 2011 and stayed there for 2 seasons.

Move to London with West Ham

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In 2013, he joined London club [West Ham United](#), where he spent the next 2 seasons.

Latest with England team

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He has not played for England since 2014.

Back to Boro

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He re-joined Boro in 2015, and has stayed there since.

Career statistics

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Club

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Downing warming up for [Liverpool](#) in 2011

Appearances and goals by club, season and competition

Club	Season	League	FA Cup		League Cup		Other			
		Division	Apps	Goals	Apps	Goals	Apps	Goals		
Middlesbrough	2001–02 ^[4]	Premier League	3	0	0	0	0	0	—	
	2002–03 ^[5]	Premier League	2	0	0	0	1	1	—	
	2003–04 ^[6]	Premier League	20	0	2	0	2	0	—	
	2004–05 ^[7]	Premier League	35	5	2	0	2	0	9 ^[a]	1
	2005–06 ^[8]	Premier League	12	1	5	0	0	0	9 ^[a]	0
	2006–07 ^[9]	Premier League	34	2	8	0	0	0	—	
	2007–08 ^[10]	Premier League	38	9	5	1	2	0	—	

	2008–09 ^[11]	Premier League	37	0	5	2	1	0	—	
		Total	181	17	27	3	8	1	18	1
Sunderland (loan)	2003–04 ^[6]	First Division	7	3	—		—		—	
Aston Villa	2009–10 ^[12]	Premier League	25	2	6	0	4	1	0	0
	2010–11 ^[13]	Premier League	38	7	3	0	2	1	1 ^[b]	0
		Total	63	9	9	0	6	2	1	0
Liverpool	2011–12 ^[14]	Premier League	36	0	6	2	4	0	—	
	2012–13 ^[15]	Premier League	29	3	2	0	2	0	12 ^[b]	2
		Total	65	3	8	2	6	0	12	2
West Ham United	2013–14 ^[16]	Premier League	32	1	1	0	4	0	—	
	2014–15 ^[17]	Premier League	37	6	4	0	1	0	—	
		Total	69	7	5	0	5	0	—	
Middlesbrough	2015–16 ^[18]	Championship	45	3	0	0	4	0	—	
	2016–17 ^[19]	Premier League	30	1	3	1	1	0	—	
	2017–18 ^[20]	Championship	40	3	2	0	3	0	2 ^[c]	0
	2018–19 ^[21]	Championship	38	2	1	0	1	0	—	
		Total	153	9	6	1	9	0	2	0
Blackburn Rovers	2019–20 ^[22]	Championship	41	2	1	0	1	1	—	
	2020–21 ^[23]	Championship	18	0	1	0	0	0	—	
		Total	59	2	2	0	1	1	—	
Career total			597	50	57	6	35	4	33	3

a. ↑ [1.0 1.1](#) Appearances in [UEFA Cup](#)

b. ↑ [2.0 2.1](#) Appearance(s) in [UEFA Europa League](#)

c. ↑ Appearances in [Championship play-offs](#)

International

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As of match played 18 November 2014^[24]

Appearances and goals by national team and year							
National team	Year	Competitive		Friendly		Total	
		Apps	Goals	Apps	Goals	Apps	Goals
England	2005	0	0	1	0	1	0
	2006	6 ^[a]	0	2	0	8	0
	2007	5 ^[b]	0	2	0	7	0
	2008	1 ^[c]	0	4	0	5	0
	2009	0	0	2	0	2	0
	2011	5 ^[d]	0	4	0	9	0
	2012	0	0	2	0	2	0
	2014	0	0	1	0	1	0
Total		17	0	18	0	35	0

- a. [↑] 3 appearances in the [2006 FIFA World Cup](#) and 3 appearances in the [UEFA Euro 2008 qualifying](#)
- b. [↑] Appearances in the [UEFA Euro 2008 qualifying](#)
- c. [↑] Appearances in the [2010 FIFA World Cup qualification](#)
- d. [↑] Appearances in the [UEFA Euro 2012 qualifying](#)

Honours

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Middlesbrough

- [Football League Cup](#): [2003–04](#)^[25]
- [UEFA Cup](#) runner-up: [2005–06](#)^[26]
- [Football League Championship](#) runner-up: [2015–16](#)^[27]

Aston Villa

- [Football League Cup](#) runner-up: [2009–10](#)^[28]

Liverpool

- [Football League Cup](#): [2011–12](#)^[29]
- [FA Cup](#) runner-up: [2011–12](#)^[30]

Individual

- [North-East FWA Player of the Year: 2005](#)^[31]
- [Alan Hardaker Trophy: 2012](#)^[32]
- [Aston Villa Player of the Season: 2010–11](#)^[33]
- [Middlesbrough Player of the Year: 2004–05](#)^[34]
- Middlesbrough Young Player of the Year: [2003–04](#)^[35]

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England squad - 2006 FIFA World Cup

- [v](#)
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- [e](#)

- 1 [Robinson](#)
- 2 [Neville](#)

[England](#)

3 [A. Cole](#)
4 [Gerrard](#)
5 [Ferdinand](#)
6 [Terry](#)
7 [Beckham](#)
8 [Lampard](#)
9 [Rooney](#)
10 [Owen](#)
11 [J. Cole](#)
12 [Campbell](#)
13 [James](#)
14 [Bridge](#)
15 [Carragher](#)
16 [Hargreaves](#)
17 [Jenas](#)
18 [Carrick](#)
19 [Lennon](#)
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21 [Crouch](#)
22 [Carson](#)
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