

= Chris Carruthers =

Christopher Paul " Chris " Carruthers (born 19 August 1983) is an English semi professional footballer who plays as a defender or a midfielder for Southern League Premier Division club Kettering Town .

Carruthers started his career with the Northampton Town youth system and he made his first team debut in 2001 . He had loans with Hornchurch , Kettering Town and Bristol Rovers , joining the latter permanently in 2005 after making over 80 appearances for Northampton . His three seasons with the club included an appearance in the successful 2007 Football League Two play off Final , which came before his release in 2008 . He signed for Conference Premier team Oxford United and after one season was loaned to Crawley Town . He then joined Oxford 's divisional rivals York City on loan and signed for them permanently in 2010 .

After his release by York , Carruthers joined Conference Premier side Gateshead in 2011 . He was released after one season with Gateshead , joining Hereford United before dropping down to the Southern League Premier Division with Corby Town in 2013 . He was named the Players ' Player of the Year in 2013 ? 14 before joining Brackley Town of the Conference North . He rejoined Corby after their promotion into the National League North in 2015 . He also represented the England national under 20 team and played at the 2003 Toulon Tournament and the 2003 FIFA World Youth Championship . He earned 11 caps for the team .

= = Club career = =

= = = Northampton Town = = =

Carruthers started his career progressing through the Northampton Town youth system . He was named in the first team squad for the 2000 ? 01 season , when Northampton were in the Second Division following their promotion . He made his debut at the age of 17 as a half time substitute in a 2 ? 0 defeat to Port Vale on 26 April 2001 and his first start came in a 3 ? 0 defeat to Walsall on 5 May , finishing the season with three appearances . He signed his first professional contract with the club on 9 April 2002 . He managed to score his first goal for the club with a " spectacular " long range volley on 84 minutes in a 4 ? 1 win against Wycombe Wanderers . This season , 2001 ? 02 , Carruthers was able to make more of an impact , taking part in 14 games and scoring one goal . He received the first yellow card of his career during a 2 ? 2 draw with Cambridge United in the FA Cup second round on 7 December 2002 . During the 2002 ? 03 season , he cemented his place in the first team , playing 38 games .

He played for Northampton in a 3 ? 0 defeat to Premier League team Manchester United in the FA Cup fourth round on 25 January 2004 , in which he conceded a penalty kick after two minutes . He signed a new contract with Northampton in February 2004 , which would expire in the summer of 2006 . He finished the 2003 ? 04 season with 31 appearances . However , in the 2004 ? 05 season , Carruthers fell out of favour at Northampton and he was made available to other clubs on loan . He joined Conference South team Hornchurch on a one month loan on 19 November 2004 , and after making his debut in a 2 ? 1 defeat to Grays Athletic he finished the loan with four appearances . He joined Conference North leaders Kettering Town , his hometown club , on a one month loan on 21 January 2005 . His debut came in a 5 ? 0 defeat to Southport and made one further appearance , completing the loan with two appearances before returning to Northampton .

= = = Bristol Rovers = = =

After returning he only managed to play one game before being loaned out again on 24 March 2005 , this time to League Two team Bristol Rovers , until the end of the season . He made his debut two days later as a substitute on 79 minutes in a 2 ? 1 victory at Notts County . He stated his desire to stay at the club long term in April 2005 , saying " I do need a change , just to get myself going

again really because it has been disappointing not playing . " He made his first start for the club in a 4 ? 0 defeat at Scunthorpe United on 30 April 2005 . The loan expired in May after playing five times and he again expressed his desire to stay at the club . Wycombe Wanderers agreed to sign Carruthers on a two @-@ year contract on a free transfer on 16 June 2005 and Rovers manager Ian Atkins revealed his disappointment at not signing him , saying " He was high on my list . There are not many players who can play left @-@ back , wing @-@ back or as out @-@ and @-@ out wingers " . However , after speaking to Atkins and being guaranteed regular football , he decided to join Rovers instead on 29 June 2005 .

Carruthers scored for the first time in the 2005 ? 06 season with the winning goal in a 1 ? 0 victory at Grimsby Town on 10 December 2005 after scoring from a free kick on 80 minutes . He was a regular at the Memorial Stadium after signing permanently , appearing in 45 matches and scoring once in his first full season at the club . Ahead of the 2006 ? 07 season , Carruthers said " We 've got a good set of players and have proved that ? especially away against some of the top sides . We 're capable of getting results ; we just need to get that consistency " . He played in an FA Cup fourth round game against Championship team Derby County on 27 January 2007 , during which he cleared an Arturo Lupoli header off the line , although Rovers lost the game 1 ? 0 . He played in both legs of Rovers ' play @-@ off semi @-@ final victory over Lincoln City , which finished 7 ? 4 on aggregate . He played in the 2007 Football League Two play @-@ off Final at Wembley Stadium on 26 May 2007 , which Rovers won 3 ? 1 against Shrewsbury Town , thus earning promotion into League One . He finished the season with 54 appearances and he agreed a new one @-@ year contract with the club in July 2007 .

Carruthers came on as a substitute on 76 minutes in a 2 ? 2 draw at Premier League Fulham on 6 January 2008 . By February 2008 , he had been dislodged at left back by Joe Jacobson , although he made a return to the team for a 2 ? 0 victory over Cheltenham Town after Jacobson was unavailable for selection . He made one more appearance before the end of the 2007 ? 08 season , a 1 ? 1 draw with former club Northampton on 12 March 2008 , and he finished the season with 24 appearances . He was released by the club on 14 May 2008 .

== = Oxford United == =

He signed for Conference Premier team Oxford United on 4 July 2008 , with manager Darren Patterson describing him as " another great pro who has bags of experience considering his age " . He was placed on the transfer list in September 2008 , but was removed less than two weeks later . He finished the 2008 ? 09 season with 42 appearances . Manager Chris Wilder said Carruthers was not part of his plans in June 2009 . He joined fellow Conference Premier team Crawley Town on a one @-@ month loan on 28 August 2008 , after having made one appearance for Oxford up to that point during the 2009 ? 10 season . He made his debut as a substitute on 21 minutes in a 1 ? 1 draw with Grays on 29 August 2009 , nearly scoring after 11 minutes of being on the field after forcing a " top class " save from goalkeeper Preston Edwards , and this was followed by his first start in a 3 ? 0 defeat at Luton Town on 1 September . His first goal came with the opener in a 2 ? 0 victory against Histon on 8 September 2009 with an " unstoppable shot into the top right corner " . He finished the loan period with seven appearances and one goal after it expired on 26 September 2009 .

== = York City == =

Carruthers joined Conference Premier club York City on a one @-@ month loan on 28 September 2009 to provide competition for the left @-@ side . He made his debut in a 1 ? 1 draw with Stevenage Borough on 3 October 2009 , after coming on as a 75th @-@ minute substitute . During November 2009 , the loan was extended until 2 January 2010 . Carruthers scored his first York goal with the opening goal in a 2 ? 1 victory over Wrexham on 5 December after heading in a Michael Rankine cross . After the loan spell concluded , he was offered a one @-@ and @-@ a @-@ half @-@ year contract by York and was subsequently released by Oxford . He signed for York

permanently on 6 January 2010 . He scored in his first game after signing , opening the scoring in a 4 ? 1 victory over Hayes & Yeading United on 16 January 2010 , converting from a Richard Brodie cross .

He picked up an ankle injury seven minutes into a 2 ? 1 defeat to Salisbury City on 9 March 2010 , and made his return in a 1 ? 1 draw with Tamworth on 27 March . He played in both legs of York 's play @-@ off semi @-@ final victory over Luton , which finished 2 ? 0 on aggregate , and scored the goal in the 1 ? 0 win in the second leg by converting the ball after goalkeeper Mark Tyler parried Rankine 's free kick . Following the match , he was hit by a coin with the York squad being forced to leave the ground through the back of a stand after having missiles thrown at them by a section of Luton fans . He started in the 2010 Conference Premier play @-@ off Final at Wembley on 16 May , being substituted on 73 minutes , which York lost 3 ? 1 to Carruthers ' former club Oxford . He finished the season with 39 appearances and three goals for York .

Carruthers made his first appearance of the 2010 ? 11 season in the opening game , a 2 ? 1 defeat to Kidderminster Harriers on 14 August 2010 , in which he was substituted in the 65th minute . He suffered a knee injury in a 3 ? 0 victory over Altrincham on 28 August 2010 and it was believed this would keep him out of the team for a month . Carruthers made his return to the team as an 81st @-@ minute substitute in a 2 ? 0 victory at Kidderminster in the FA Cup fourth qualifying round on 23 October 2010 . His first start since August came in a 3 ? 0 victory over League Two club Rotherham United in an FA Cup first round replay on 17 November 2010 . He scored his first goal of the season in the 87th minute of a 2 ? 1 defeat at Darlington on 23 April 2011 . His season finished with 29 appearances and one goal and was released by York on 23 June 2011 after being told he could find another club .

== = Gateshead == =

On 27 July 2011 , Carruthers joined Conference Premier side Gateshead on a one @-@ year contract . He made his Gateshead debut on 13 August 2011 in a 3 ? 2 away win Kidderminster . Carruthers was released by Gateshead on 30 April 2012 .

== = Hereford United == =

He went on trial with newly relegated Conference Premier side Hereford United in July 2012 , who were managed by his former York manager Martin Foyle . During a pre @-@ season friendly against Evesham United Carruthers clashed heads with teammate Greg Tindle and required seven stitches , with the match being abandoned . He signed for the club on 20 July 2012 .

== = Later career == =

Carruthers signed for newly relegated Southern League Premier Division club Corby Town on 21 June 2013 . He scored five goals in 50 appearances for Corby in the 2013 ? 14 season , while they finished in 11th place in the Southern League Premier Division table . He was the club captain that season and won the Players ' Player of the Year award .

Carruthers signed for Conference North club Brackley Town on a one @-@ year contract on 7 July 2014 . Carruthers made 27 appearances in 2014 ? 15 for a Brackley team that ranked 18th in the Conference North table . He re @-@ signed for Corby Town on 9 June 2015 following their promotion into the National League North . Having made 14 appearances for Corby , he was allowed to leave to seek regular football , and joined Southern League Premier Division team Kettering on dual registration on 13 November 2015 .

== = International career == =

He represented the England national under @-@ 20 team over a period of two years , first being called into the squad for a game against Switzerland in November 2002 . Carruthers made his debut

in this game , starting in a 2 ? 0 defeat at home on 12 December 2002 . He played at the 2003 Toulon Tournament , marking Cristiano Ronaldo when the team played Portugal , with Carruthers saying in retrospect " I did okay against him though . " He started in all four of England 's game in the tournament , which they were knocked out of following a 1 ? 0 defeat to Japan . He was named in the squad for a friendly against the Czech Republic on 9 October 2003 and he entered the game as a half @-@ time substitute before being forced to leave after around 60 minutes due to an injury . He was selected in the squad for the 2003 FIFA World Youth Championship and he played in two of England 's three games at the tournament . He earned 11 caps for the team .

= = Style of play = =

Carruthers is left @-@ footed and is versatile , being able to play as a left @-@ back , left wing @-@ back and left midfielder , although he has stated his strongest position is at left @-@ back . He has also played in a more attacking role as a left winger . He predominantly played as a left @-@ back for Northampton and Bristol Rovers , but on his arrival at York he was converted to playing in left midfield .

= = Personal life = =

Carruthers was born in Kettering , Northamptonshire and attended Raunds Manor School from 1994 to 1999 . He has been the owner of Carruthers Property Services since April 2010 and the co @-@ owner of Players Taxback Ltd since September 2012 . He has worked in various roles for Travis Perkins since October 2013 .

= = Career statistics = =

As of match played 23 April 2016 .

= = Honours = =

Bristol Rovers

Football League Two play @-@ offs : 2006 ? 07