

= James Constable =

James Ashley Constable ( born 4 October 1984 ) is an English professional footballer who plays as a striker for National League club Eastleigh .

Constable started his career with the Cirencester Town youth system , before breaking into the first team during the 2002 ? 03 season . He moved to Chippenham Town in 2003 , before signing for Walsall in the Football League in 2005 . He moved out on loan to Kidderminster Harriers of the Conference National in 2006 , before signing permanently in 2007 . After a year at the club , during which he scored the first club goal at the new Wembley Stadium in the FA Trophy final , he returned to the League with Shrewsbury Town . After spending the 2008 ? 09 season on loan at Oxford United , he signed for the club permanently in 2009 . Constable scored the second goal in Oxford 's 3 ? 1 2010 Conference Premier play @-@ off Final victory over York City in 2010 , which secured Oxford 's promotion into League Two . He was leading goalscorer in each of his six seasons at the club , and when he left after the 2013 ? 14 season he had scored 106 goals , one short of the club record .

He has played for the England C team , who represent England at non @-@ League level , making his debut in 2007 in a 2 ? 0 victory over Finland in the International Challenge Trophy . He scored the goal in a 2 ? 2 draw with Italy in 2008 that took England to the International Challenge Trophy Final , which Constable played in as England were defeated 1 ? 0 by the Belgium under @-@ 21 team in 2009 .

= = Club career = =

= = = Early career = = =

Born in Malmesbury , Wiltshire , Constable grew up in the town as a Tottenham Hotspur supporter . He played for Malmesbury Youth before starting his career with Cirencester Town after progressing through their youth system , playing for the Academy and making several first team appearances as a substitute in the 2002 ? 03 season . He progressed to being a regular in the team and signed for Southern League Premier Division team Chippenham Town in December 2003 . He made his debut in a 3 ? 1 defeat to Tiverton Town on 1 January 2004 , scoring in the following game against Nuneaton Borough with the opening goal in a 1 ? 1 draw . He finished the 2003 ? 04 season with 19 appearances and nine goals for Chippenham . He made 37 appearances and scored 13 goals during the 2004 ? 05 season . He scored for Chippenham with the opening goal in a 1 ? 1 draw against Worcester City in the FA Cup first round in November 2005 . While playing as a semi @-@ professional at Chippenham , he worked in an undergarment lining factory .

= = = Walsall = = =

Football League sides Bristol City , Swansea City , Swindon Town and Walsall all made enquiries for Constable in November 2005 . He eventually signed for League One team Walsall on 21 November 2005 on loan until 1 January 2006 , when he would sign permanently for a fee of £ 4 @, @ 000 on a contract until June 2007 , having made 14 appearances and scored eight goals for Chippenham up to that point during the 2005 ? 06 season . He made his debut as an 82nd @-@ minute substitute in a 1 ? 0 victory over Bournemouth in the Football League Trophy on 22 November . This was followed by his Football League debut four days later after being introduced as an 89th @-@ minute substitute in a 3 ? 1 victory over Rotherham United .

He scored his first goal for Walsall in a 3 ? 2 victory over Wycombe Wanderers in the Trophy on 20 December with a " fine drive " , which drew the teams at 1 ? 1 . Constable scored two goals in seven minutes to help Walsall to a 2 ? 0 victory over Blackpool . His first appearance after signing permanently came in a 3 ? 0 defeat to Bristol City on 2 January 2006 . He scored Walsall 's second equaliser in a 2 ? 2 draw against Swansea City in the Trophy , which was lost 6 ? 5 on a penalty

shoot @-@ out . Chippenham failed in an attempt to re @-@ sign Constable on loan for the remainder of the 2005 ? 06 season in February . He scored his last goal of the 2005 ? 06 season with a shot from Dean Keates ' cross , which was the opening goal in a 1 ? 1 draw with Port Vale in April . He finished the season with five goals in 20 appearances for Walsall .

= = = Kidderminster Harriers = = =

He joined Conference National team Kidderminster Harriers on a two @-@ month loan on 24 November , after having made nine appearances for Walsall up to that point during the 2006 ? 07 season . After arriving at Kidderminster , he made " a mammoth impact " . He made his debut in a 2 ? 1 defeat to Stevenage Borough , and manager Mark Yates praised him , saying " I thought James was excellent , bar taking the couple of chances that fell his way he can be well pleased with himself . " He scored his first goal in the following game , a 3 ? 1 victory over Gravesend & Northfleet , with a " clinical finish " from a Michael Blackwood cross . He scored two goals against Stafford Rangers after he " coolly slotted home " and scored with " ease into the bottom @-@ right corner " , which gave Kidderminster a 2 ? 1 victory on 26 December . His hat @-@ trick in a 4 ? 0 victory against Vauxhall Motors in the first round of the FA Trophy in January 2007 was the first for a Kidderminster player since Bo Henriksen in 2003 . After impressing during the loan , he moved to the club permanently on a two @-@ and @-@ a @-@ half @-@ year contract for an undisclosed fee on 31 January . He scored Kidderminster 's equaliser in a 1 ? 1 draw against St Albans City on 24 March , before being sent off for a " wild " challenge on Ahmed Deen . In the 2007 FA Trophy Final Constable scored the first and second goals for an English club at the new Wembley Stadium , although his efforts were in vain as Kidderminster lost 3 ? 2 to Stevenage Borough . He finished the season as Kidderminster 's top scorer with 16 goals in 32 appearances .

He scored his first goals of the 2007 ? 08 season with a hat @-@ trick in a 4 ? 0 victory over Exeter City on 1 September . After two games without scoring , he scored a second hat @-@ trick for Kidderminster in a 5 ? 4 defeat to Ebbsfleet United . He was substituted at half time in Kidderminster 's 2 ? 1 defeat to Histon in October , after picking up a hamstring injury . He made his return in a 2 ? 0 victory over Ware in the FA Cup in November , scoring the first goal from 18 yards . He was sent off in a 2 ? 0 defeat against Oxford United for elbowing James Clarke , and after having an appeal rejected , he was given a three @-@ match suspension . He made his return in a 2 ? 1 away win over Hinckley United in the Conference League Cup on 22 December .

= = = Shrewsbury Town = = =

Constable transferred to League Two club Shrewsbury Town on 31 January 2008 , transfer deadline day , along with Harriers teammate Scott Bevan , being billed as " the striker to help Shrewsbury Town push for the play @-@ offs . " He made his debut two days later , coming on as a 50th @-@ minute substitute in a 2 ? 1 defeat to Lincoln City . A week later , Constable scored his first goal for Shrewsbury with an equaliser against Brentford on 79 minutes . He made his full debut in the next game on 12 February , scoring twice as his team came back from 3 ? 0 down to draw 3 ? 3 at home to Milton Keynes Dons . He scored one more goal before the end of the season , in a 3 ? 0 victory over Wrexham , which he finished with 14 appearances and four goals . The signings of Grant Holt and Richard Walker during the summer resulted in Constable being moved further down the pecking order at Shrewsbury .

= = = Oxford United = = =

Constable returned to the Conference Premier after signing for Oxford United on a season @-@ long loan for the 2008 ? 09 season on 8 July 2008 . He made his debut in a 3 ? 0 defeat by Barrow on 8 August 2008 , scoring his first goals in a 6 ? 3 victory over Eastbourne Borough a week later , netting twice and providing an assist . He scored both goals in a 2 ? 1 victory over Northwich Victoria in September , which was Oxford 's first away victory of the season . He picked up a groin

strain during a 1 ? 1 draw with Kettering Town , and he was expected to be out of action for two to three weeks . He did not miss any matches through this injury , featuring in a 1 ? 0 defeat to former club Kidderminster . He scored the winning goal in a 2 ? 1 victory over Burton Albion on 18 October 2008 , which he said " was an absolutely massive result " . Manager Chris Wilder said in January 2009 he wanted to extend Constable 's stay the club , claiming he " epitomises what I am trying to build here at the club " . With regard to extending his stay at Oxford , Constable said he was " open to offers " . He gathered further praise from Wilder later in the month and there were calls from Oxford fans for Constable to be signed permanently .

Constable had a run of scoring five goals in as many games from 28 December 2008 to 20 January 2009 , which constituted four home victories for Oxford . Following this , he went seven games without a goal , before scoring two in a 3 ? 3 draw with Forest Green Rovers on 7 March 2009 . Oxford announced he had agreed a permanent deal with the club in April 2009 , although this was denied by Shrewsbury , who stated the transfer was not yet complete . He scored the winning goal for Oxford in a 1 ? 0 victory over Wrexham on 11 April 2009 with a header in the fourth minute of stoppage time , which was described as " one of the most dramatic late goals in Oxford United 's history " . He finished the season with 49 appearances and 26 goals , after which he claimed Oxford 's Supporters ' Player of the Year and the Players ' Player of the Year awards . Constable 's permanent transfer to Oxford eventually took place on 28 April 2009 , signing a three @-@ year contract for an undisclosed fee . After the end of the season , he won the Conference Premier 's Player of the Year and Fans ' Player of the Year awards .

He started the 2009 ? 10 season with a " flood of goals " , scoring six times in his first 11 appearances , with his first goals of the season coming in a 4 ? 3 victory over Histon on 15 August 2009 . In the following game , he scored his first hat @-@ trick for Oxford in a 4 ? 0 victory over Chester City . However , following Chester 's expulsion from the Football Conference in March 2010 , these goals were discounted from the records as their results were expunged . He said in February 2010 that he was considering stepping aside as Oxford 's penalty kick taker after having missed three during the season . Constable suffered an ankle injury in March 2010 , meaning he missed three games , with manager Wilder saying " I wouldn ' t put the long @-@ term health of James in jeopardy " . He made his return in a 0 ? 0 draw with Tamworth on 21 March 2010 . Constable scored for Oxford in a 1 ? 1 draw at Rushden & Diamonds in their play @-@ off semi @-@ final first leg on 29 April 2010 , giving them the lead on 29 minutes with a 12 yard volley before Mark Byrne equalised for Rushden . He scored the second goal in the 2 ? 0 victory over Rushden in the second leg , meaning the tie was won 3 ? 1 on aggregate . He scored Oxford 's second goal as they defeated York City 3 ? 1 in the 2010 Conference Premier play @-@ off Final at Wembley to end their four @-@ year exile from the Football League . At the Football Conference 's Annual Presentation Dinner , he was named in the Conference Premier Team of the Year , having finished the season with 26 goals in 44 games .

Having acted as captain during the previous season following an injury to Adam Murray , he was appointed captain permanently ahead of the 2010 ? 11 season . He played in Oxford 's first Football League game since promotion , a 0 ? 0 draw with Burton on 7 August . His first goals of the season came after he scored two in a 6 ? 1 victory over League One team Bristol Rovers on 10 August . Constable finished the season with 17 goals in 46 appearances .

Oxford accepted an improved offer for Constable from local rivals Swindon Town on 19 January 2012 . Oxford allowed Constable to talk to the club , although he refused the opportunity to discuss the move with Swindon manager Paolo Di Canio .

On 16 November 2013 Constable scored his 100th goal for Oxford in a 3 ? 1 away victory at Mansfield Town .

= = = Eastleigh = = =

Having been one goal short of equalling Oxford 's club record for goals scored of 107 , Constable turned down a new contract with the club to sign for newly promoted Conference Premier team Eastleigh on a two @-@ year deal on 21 May 2014 . He made his debut in a 3 ? 0 away victory over

Nuneaton Town on the opening day of the 2014 ? 15 season on 9 August 2014 .

= = International career = =

Constable was named in the England C team , who represent England at non @-@ League level , in November 2007 , for a 2007 ? 09 International Challenge Trophy game against Finland . He made his debut after starting the game and England won 2 ? 0 . He was called up again in October 2008 for a game against Italy , scoring the goal that sent England to the International Challenge Trophy Final in a 2 ? 2 draw at the Stadio Santa Colomba . Constable was called up to the team for this game against the Belgium under @-@ 21 team , saying " It 's an incredibly proud feeling to be representing my country at this level . " He started the game , which was played at Oxford 's Kassam Stadium , and England lost 1 ? 0 , during which he had a frustrating performance . He earned three caps and scored one goal for England C from 2007 to 2009 .

= = Style of play = =

Constable plays as a striker and is " a big , powerful frontman with bags of pace " . He has been described as being a prolific goalscorer , leading to remarks of him being a " hot @-@ shot " and a " goal machine " . He was described as a " young , hungry player with bags of potential " by Kidderminster manager Mark Yates in 2007 . His strike partnership at Oxford United with Matt Green and Jamie Cook was described as " devastating " in 2009 .

= = Career statistics = =

As of match played 12 April 2016 .

= = Honours = =

Oxford United

Conference Premier play @-@ offs : 2009 ? 10

Individual

Oxford United Player of the Year : 2008 ? 09

Conference Premier Player of the Year : 2008 ? 09

Conference Premier Team of the Year : 2009 ? 10