

= Luke Foster =

Luke James Foster ( born 8 September 1985 ) is an English semi @-@ professional footballer who plays as a defender for National League North club Harrogate Town .

Foster started his career as a trainee with Sheffield Wednesday , signing a professional contract with the club at the age of 18 . He joined Scarborough on work experience in September 2004 , and was also loaned out to Conference North side Alfreton Town in February 2005 until the end of the 2004 ? 05 season . On returning to his parent club , Foster was released , and joined Lincoln City in June 2005 . After failing to cement a first @-@ team place at Lincoln , he was loaned out to York City the following season on a two @-@ month loan , making a handful of appearances for the club .

In January 2007 , Foster was released by Lincoln , and he joined Stalybridge Celtic on a short @-@ term contract , making six appearances for the club . He left Stalybridge a month later , in order to join Oxford United on an initial six @-@ month deal . Foster went on to play over 100 times for Oxford in just under three years at the club , winning two end of season awards in the process . However , he joined Mansfield Town in January 2010 for an undisclosed fee after he was told that his contract would not be extended at Oxford . He was made club captain at Mansfield and played regularly until the end of the 2009 ? 10 season . Despite this , he left the club at the end of the season and joined Stevenage on a two @-@ year contract in May 2010 , helping the club earn promotion to League One in their first ever season in the Football League . After just one season at Stevenage , Foster joined Rotherham United in June 2011 , spending an injury @-@ hit season with the club before being released . He briefly spent time at Matlock Town , before joining Preston North End in December 2012 for a six @-@ month period .

= = Club career = =

= = = Early career = = =

Born in Mexborough , South Yorkshire , Foster began his career as a trainee with the Sheffield Wednesday youth system . He joined Conference National club Scarborough on work experience in September 2004 . Foster made his debut for Scarborough in a 1 ? 0 defeat to Hereford United , coming on as a 76th minute substitute . He started the following match in the club 's 2 ? 1 loss at Carlisle United , and went on to make 10 appearances during his loan spell . Foster returned to his parent club , but failed to make any first @-@ team appearances , and was subsequently loaned out to Conference North outfit Alfreton Town in February 2005 until the end of the season . He made his Alfreton debut in the club 's 3 ? 0 victory against Woking in the FA Trophy . He scored his first goal for the club in a 3 ? 1 loss against Southport , and scored again a week later in Alfreton 's 2 ? 1 defeat against Kettering Town . His third and final goal for Alfreton came in the following game , scoring the first goal in the club 's 3 ? 0 win at Barrow . He played his last game for the club in the final game of the 2004 ? 05 season , in a 3 ? 1 loss at Stafford Rangers . Foster played in 19 games for the club , scoring three goals .

On his return to Sheffield Wednesday in May 2005 , Foster was released and later joined League Two side Lincoln City on a one @-@ year contract ahead of the 2005 ? 06 season . Foster made his debut for Lincoln in the club 's first game of the season , a 2 ? 1 defeat to Notts County . However , he failed to hold down a first @-@ team place and had to wait a month to make another appearance for the club ? coming on as a 73rd @-@ minute substitute in Lincoln 's 2 ? 0 win against Stockport County . However , he was unable to string a series of appearances together throughout the campaign , and made 17 appearances , scoring once in a 5 ? 0 win against Grimsby Town on 25 March 2006 . Despite a lack of first @-@ team appearances , Foster signed an extended one @-@ year contract at the end of the season . However , Foster did not feature again for Lincoln during the 2006 ? 07 campaign and after training with York City , he joined the Conference National team on a one @-@ month emergency loan on 5 October 2006 due to injuries to defenders , making his debut

for the club the following day in a 1 ? 0 win against Aldershot Town . This loan deal was extended for a second month in November , but after Foster suffered an ankle injury during the last week of the loan , he returned to his parent club in December . He made his last appearance for York in the club 's 1 ? 0 loss to League One side Bristol City in the FA Cup first round . He made seven appearances for York during a two @-@ month loan spell with the club .

Foster returned to Lincoln in December , and a month later was told by the club that he was free to find another club after being deemed surplus to requirements at Sincil Bank . Shortly after , in January 2007 , he mutually agreed to cancel his contract with Lincoln , enabling him to join Conference North side Stalybridge Celtic . He made his debut for Stalybridge in the FA Trophy , starting in a 1 ? 1 draw against Kettering Town , scoring an own goal just before half @-@ time . He scored his first goal for the club against one of his former employers , Alfreton , netting the winner in a 2 ? 1 victory . He made six appearances for the club in all competitions , scoring once .

= = = Oxford United = = =

After just a month at Stalybridge , Foster returned to the highest tier in non @-@ League football , joining Oxford United in February 2007 . He made his Oxford debut two weeks after signing for the club , starting in a 1 ? 0 home defeat to Kidderminster Harriers . He played nine times during the club 's 2006 ? 07 campaign , scoring once in a 2 ? 0 win over St Albans City at Clarence Park . At the end of the season , he signed a new one @-@ year contract with Oxford keeping him contracted to the club throughout the 2007 ? 08 season . Foster featured off the bench in the club 's first two fixtures of the season , but only made one further appearance during September 2007 ? with Oxford manager Jim Smith stating that Foster needed to " improve the way he leads his life " in order to " stand a chance " of getting back into the Oxford first @-@ team . After this , Foster witnessed an upturn in form , featuring regularly until the end of the season , although he was given a one match suspension following his sending off against Northwich Victoria in March 2008 . At the end of the 2007 ? 08 season , in which he made 39 appearances , he won Oxford 's Supporters Player of the Year and Players ' Player of the Year awards . As a result of his impressive form , he signed a new two @-@ year contract with the club in July 2008 .

During the 2008 ? 09 season , Foster continued to feature regularly for Oxford , starting in both of the club 's two defeats at the start of the season ? a 3 ? 0 defeat to newly promoted Barrow , followed by a 1 ? 0 loss to Weymouth at the Kassam Stadium . He assisted one of the goals in the following game , a 6 ? 3 win against Eastbourne Borough . However , in Oxford 's next game against Wrexham , Foster was sent off after just 11 minutes for " denying Wrexham 's Shaun Whalley a clear goalscoring opportunity " . As a result , he missed the next two games , returning to first @-@ team action against Ebbsfleet United in late August 2008 , but was again sent off for a foul on Craig Stone . Foster did not feature again in the first @-@ team for another month , when playing in a 3 ? 1 win against Cambridge United . He consequently regained his place in Oxford 's defence , and played regularly until the end of the season . He scored his only goal of the season in a 2 ? 1 victory over Lewes in February 2009 . Foster made 44 appearances for the club during the season , scoring one goal , as Oxford narrowly missed out on a place in the Conference Premier play @-@ offs . The following campaign , Foster was again a regular under manager Chris Wilder , appearing in all of Oxford 's games up until December 2009 . He scored his first goal of the season in Oxford 's 1 ? 1 draw against Barrow on 3 October 2009 . On 28 November 2009 , Foster was sent off in a 1 ? 1 draw against Barrow in the FA Cup , resulting in Barrow being awarded a penalty kick and subsequently scoring . During January 2010 , manager Chris Wilder revealed that Oxford would not be extending Foster 's contract in the summer , stating " we were not going to extend Luke 's contract after the summer . He wanted that option to pursue offers from other clubs and he has done that " .

= = = Mansfield Town = = =

He subsequently entered talks with Cambridge United in January 2010 , although nothing

materialised . Mansfield Town also enquired about signing Foster , although they initially decided against making a bid , citing Foster 's " high wages as the main stumbling block " . However , a week later , Mansfield signed Foster on a one @-@ and @-@ a @-@ half @-@ year contract for an undisclosed fee and he was instantly appointed the club captain . He made his debut in Mansfield 's 4 ? 1 victory over Forest Green Rovers , but was sent off in a 1 ? 0 defeat to York in March , which resulted in him receiving a two @-@ match suspension . He made 16 appearances for Mansfield during the second half of the 2009 ? 10 season . At the end of the season Foster made a comment on his Facebook page , calling the club a " shambles " , but later apologised to both the club and its fans . He was released in May 2010 , with Mansfield boss David Holdsworth saying " it 's a practical decision for both the club and Luke " .

= = = Stevenage = = =

Foster joined newly promoted League Two side Stevenage on a two @-@ year contract on 31 May 2010 . Foster made his Stevenage debut in the club 's first ever Football League fixture , a 2 ? 2 draw against Macclesfield Town , playing the whole game in the centre of defence . After the Macclesfield game , Foster did not appear in the first @-@ team until late September 2010 , coming on as a late substitute in Stevenage 's 1 ? 0 away win at Lincoln City . He then appeared as a 52nd @-@ minute substitute in the club 's victory over Burton Albion , but was sent @-@ off for a foul on Shaun Harrad . Foster scored his first goal for Stevenage in January 2011 , scoring the first goal of the game in Stevenage 's 4 ? 2 home win over Barnet . Foster received his second red card of the 2010 ? 11 season in a game against Northampton Town , receiving the red card for a foul on Nana Ofori @-@ Twumasi , a game that Stevenage went on to lose 2 ? 0 . Stevenage appealed against the sending off , but the appeal was subsequently rejected . This ultimately meant that Foster had played his last game of the 2010 ? 11 season , serving a four @-@ match suspension that ruled him out of Stevenage 's end of season 3 ? 3 draw with Bury , as well as the club 's subsequent play @-@ off campaign . Foster played 23 times for Stevenage in his only season with the club , scoring once , and the team went on to win promotion into League One via the play @-@ offs .

= = = Rotherham United = = =

Foster signed for League Two side Rotherham United on 20 June 2011 . He signed a one @-@ year contract with the club , with an option of a second year . Foster made his debut for the club in a 3 ? 0 home victory against Gillingham on 27 August 2011 , coming on as an 84th @-@ minute substitute with Rotherham already holding a three @-@ goal advantage . After making no further first @-@ team appearances the following month , Foster was made available for loan by manager Andy Scott . Scott stated Foster lacked both desire and fitness since signing for the club ? " If you want to be match fit , you get yourself match fit . You can work in training , you can stay behind , you have days off , you can get yourself fit . Luke has not been in the side and that tells you everything you need to know " . However , no loan move materialised , and Foster made his second appearance for Rotherham in a 3 ? 3 away draw at Morecambe on 25 October 2011 . He appeared as a 27th @-@ minute substitute in the club 's following match four days later , a 1 ? 1 draw against Northampton Town , and subsequently made his first start in a 2 ? 0 home victory over Aldershot Town on 5 November ? Rotherham 's first win in 10 matches . In December 2011 , Rotherham manager Andy Scott revealed that Foster would miss the rest of the 2011 ? 12 season as a result of a cruciate ligament damage sustained in a match against Hereford United on 10 December 2011 . He was released by Rotherham in May 2012 , having made six appearances for the club .

= = = Matlock Town = = =

Ahead of the 2012 ? 13 season , Foster went on trial with League One side Sheffield United . He played in the club 's opening pre @-@ season fixture , coming on as a 62nd @-@ minute substitute in a 1 ? 1 draw with Ilkeston . No move materialised , and Foster signed non @-@ contract terms

with Northern Premier League Premier Division side Matlock Town to build match fitness ahead of a return to the professional game . He made his Matlock debut just a day after signing , on 18 August , playing the whole match as Matlock opened the season with a 5 ? 0 home loss to Nantwich Town . Foster made ten appearances in all competitions for the club , leaving in October 2012 .

= = = Preston North End = = =

After a month without a club , Foster went on trial at League One club Preston North End in November 2012 , managed by former Stevenage manager Graham Westley . The trial proved successful , and he signed on non @-@ contract terms with the club on 18 December 2012 . He made his debut on the same day in a 3 ? 3 draw against Bury in the Football League Trophy , with Preston progressing following a penalty shoot @-@ out . After impressing in his first four matches for the club , Foster signed a permanent contract , keeping him at Preston for the remainder of the 2012 ? 13 season . In the club 's next match , on 10 January 2013 , a televised 3 ? 2 defeat to Coventry City at the Ricoh Arena in the Football League Trophy , Foster scored his only goal for Preston , briefly restoring parity in the match as Coventry scored two injury @-@ time goals to win the match . Foster made eight appearances in all competitions during his time with the club , and at the end of the season , new Preston manager Simon Grayson told him that his contract would not be renewed when it expired in June 2013 .

= = = Return to Lincoln City = = =

On 1 August 2013 , Foster agreed to rejoin Conference Premier side Lincoln City on a one @-@ year @-@ contract .

= = = Later career = = =

Foster signed for Lincoln 's Conference Premier rivals Southport on 18 June 2014 . On 24 February 2016 , he joined National League North club Harrogate Town on a contract until the end of 2015 ? 16 , in order to move closer to his home in Barnsley .

= = International career = =

Foster was named on standby for the England C team in November 2007 for a game against Finland C , but did not receive a call @-@ up . He was called up again to represent England C in a game against Bosnia and Herzegovina in Sarajevo in September 2008 . Foster played the whole match as England C lost 6 ? 2 to Bosnia , assisting Luke Moore 's goal .

= = Personal life = =

Foster grew up in South Yorkshire . He has described himself as a " family man " , but admits to making bad lifestyle choices in his " younger years " . He has one son , whom his partner gave birth to in January 2010 .

= = Career statistics = =

As of match played 20 February 2016 .