

= Danny Parslow =

Daniel James " Danny " Parslow (born 11 September 1985) is a Welsh professional footballer who plays as a defender for League Two club Cheltenham Town .

Parslow started his career with Cardiff City in their youth system , before signing a professional contract in 2005 . He signed for Conference National club York City a year later after being released by Cardiff . He did not establish himself in the team in the 2006 ? 07 season , but played in their play @-@ off semi @-@ final defeat by Morecambe . He became a regular starter during 2007 ? 08 under the management of Colin Walker , and during 2008 ? 09 assumed the captaincy from Mark Greaves . In this season , he was named Clubman of the Year and led the team to the 2009 FA Trophy Final , in which York were beaten 2 ? 0 by Stevenage Borough . Parslow was replaced as captain by Michael Ingham during 2009 ? 10 , and was an unused substitute in York 's 3 ? 1 defeat by Oxford United in the 2010 Conference Premier play @-@ off Final . He won his second Clubman of the Year award in 2010 ? 11 , having appeared in all of York 's matches that season .

Parslow was a member of the York team that won the 2012 FA Trophy Final and 2012 Conference Premier play @-@ off Final in 2011 ? 12 , with victory in the latter seeing the club promoted into League Two after eight years out of the Football League . He missed only one match in 2012 ? 13 , in which he won the Clubman of the Year award for an unprecedented third time . Parslow was out injured for most of 2013 ? 14 , and was on loan with Conference Premier club Grimsby Town during 2014 ? 15 , playing in their penalty shoot @-@ out defeat in the 2015 Conference Premier play @-@ off Final . He signed for Cheltenham Town of the National League in 2015 , and was part of the tea team that earned promotion into League Two by winning the divisional title in 2015 ? 16 .

= = Club career = =

= = = Cardiff City = = =

Born in Hengoed , Caerphilly , Parslow started his career with Cardiff City 's youth system in 1998 . Having progressed through the club 's centre of excellence he earned a three @-@ year scholarship in May 2002 , which turned into a one @-@ year professional contract on its conclusion . He made an appearance for Cardiff in a 1 ? 0 defeat by Bangor City in the FAW Premier Cup on 25 January 2005 and was included in the first team squad for the 2005 ? 06 season . Parslow went on trial with League One side Swansea City in March 2006 , before returning to Cardiff the following month after nothing materialised . After making no appearances he was released by Cardiff on 22 May 2006 .

= = = York City = = =

Parslow was signed by Conference National team York City on 18 August 2006 following a successful trial . He made his debut as a 67th @-@ minute substitute for James Dudgeon in York 's 3 ? 0 away defeat by Crawley Town on 9 September 2006 . At different points during 2006 ? 07 Parslow lost his place in the team to David McGurk , Jason Goodliffe and János Kovács , but started York 's last seven fixtures , including both legs of the 2 ? 1 aggregate defeat by Morecambe in the play @-@ off semi @-@ final . Having finished 2006 ? 07 with 26 appearances for York , the club exercised their option to extend his contract for 2007 ? 08 in May 2007 .

Parslow missed the start of 2007 ? 08 with an ankle injury , making his first appearance in York 's third match , a 1 ? 1 draw away to Exeter City on 20 August 2007 . He went nearly three months without starting a match when being named in the starting XI as part of a three @-@ man central defence for York 's 2 ? 1 win away to Weymouth on 24 November 2007 in Colin Walker 's first match as caretaker manager . He established himself in the team under Walker , starting all of York 's remaining matches in 2007 ? 08 . Parslow scored his first career goal with the only goal in a 1 ? 0 away win over Rushden & Diamonds in the fourth round of the FA Trophy on 23 February 2008 , which came from a diving header eight yards out in the 16th minute . He made 40 appearances and

scored two goals in 2007 ? 08 , before York exercised their option for Parslow 's contract to be extended for 2008 ? 09 in April 2008 .

He signed a new contract with York in September 2008 that contracted him to the club until the summer of 2010 . He took over the captaincy when club captain Mark Greaves and vice @-@ captain McGurk were out of the team , starting on 27 January 2009 for a 1 ? 1 draw away to Altrincham . Having " led by example " after attaining the captaincy , he was voted by supporters as York 's Clubman of the Year for 2008 ? 09 , being presented the award before their penultimate home match against Eastbourne Borough on 18 April 2009 . He started in the 2009 FA Trophy Final at Wembley Stadium on 9 May 2009 , which York lost 2 ? 0 to Stevenage Borough . Ahead of the Trophy final , he was rested for the final league match away to Lewes on 26 April 2009 ; this was the only match he missed in 2008 ? 09 , which he finished with 57 appearances .

Parslow and McGurk were appointed as club captains for 2009 ? 10 , although Parslow would continue to wear the armband in matches . He signed a new contract with York in January 2010 to tie him to the club until the summer of 2012 . He played in the team as a centre @-@ back and right @-@ back before losing his place to Ben Purkiss after picking up a foot injury in York 's 2 ? 1 away defeat to Forest Green Rovers on 6 March 2010 , with the captain 's armband being handed to Michael Ingham . He made his return in York 's 1 ? 0 away defeat by Stevenage in the last league match of 2009 ? 10 on 24 April 2010 , but was dropped to the bench for the play @-@ off semi @-@ final 1 ? 0 victory at home to Luton Town . Parslow appeared as a 90 @-@ minute substitute in the second leg 1 ? 0 away win , with the tie ending 2 ? 0 on aggregate . However , he was an unused substitute for the 3 ? 1 defeat by Oxford United at Wembley Stadium in the 2010 Conference Premier play @-@ off Final . He made 41 appearances for York in 2009 ? 10 .

Parslow had been playing mostly at right @-@ back in 2010 ? 11 before losing his place to Liam Darville in January 2011 , but retained his place in the team by playing at centre @-@ back in York 's 4 ? 0 victory over league leaders AFC Wimbledon on 1 February 2011 with McGurk suspended . Parslow scored his only goal of 2010 ? 11 in this match after scoring the opening goal with a header from a free kick taken by Ashley Chambers . Having played at right @-@ back the following match , he returned to playing at centre @-@ back after McGurk 's injury in York 's 0 ? 0 draw away to Altrincham on 22 February 2011 . Parslow formed a central defensive partnership with Chris Smith , and manager Gary Mills praised him by calling him " outstanding " . He had played in all of York 's matches in 2010 ? 11 before suffering a head injury following a clash of heads with Matthew Barnes @-@ Homer in a 1 ? 0 home win against Luton on 19 April 2011 , which led to him missing the remainder of the campaign . Following the end of 2010 ? 11 , during which he made 47 appearances and scored one goal , he was named York 's Clubman of the Year for a second time .

Parslow started 2011 ? 12 out of the team , with McGurk and Smith preferred in central defence . He appeared twice at right @-@ back in the first two months of the season when Lanre Oyebanjo was absent , before falling behind Jon Challinor and Jamal Fyfield for a place in defence . Parslow was used mostly as a substitute from then before a run starting in central defence in late December 2011 , before losing his place after the signing of Chris Doig in February 2012 . He was restored to the starting line @-@ up in early March 2012 due to other defenders being unavailable , before Doig once again took his place in the team . He returned to the starting line @-@ up in early April 2012 due to Smith 's absence and started 10 of York 's last 11 fixtures of the season . Parslow won the 2012 FA Trophy Final with York at Wembley Stadium on 12 May 2012 , in which the side beat Newport County 2 ? 0 . Eight days later , he played in the 2 ? 1 victory over Luton in the 2012 Conference Premier play @-@ off Final at Wembley Stadium , seeing the club return into the Football League after an eight @-@ year absence with promotion into League Two . He completed 2011 ? 12 with 38 appearances for York , after which he signed a new one @-@ year contract with an option to extend in June 2012 .

Parslow started York 's first competitive fixture since promotion away to League One Doncaster Rovers in the first round of the League Cup in the opening match of 2012 ? 13 on 11 August 2012 , which the side lost 4 ? 2 in a penalty shoot @-@ out following a 1 ? 1 draw after extra time . He then played in York 's first League Two fixture , a 3 ? 1 home defeat by Wycombe Wanderers on 18 August 2012 . His only goal of 2012 ? 13 was the opener in York 's first victory of the season , a 3 ?

1 away win at Barnet on 25 August 2012 , with a 20 yard volley into the bottom left corner . Parslow played at right @-@ back , left @-@ back and defensive midfield throughout the season , and played in the latter position in the end of season run @-@ in to form part of a midfield trio also including Tom Platt and Adam Reed that helped York avoid relegation . He became the first York player to be named Clubman of the Year on three occasions , having been presented the award before York 's final home match of the season against Southend United on 20 April 2013 . Parslow missed only one match for York in 2012 ? 13 , making 50 appearances and scoring one goal , and signed a new two @-@ year contract with the club in May 2013 .

Parslow started 2013 ? 14 in and out of the team , but when returning to the starting line @-@ up for a 2 ? 1 home defeat to Mansfield Town on 14 September 2013 was handed the captain 's armband in the absence of Smith . He established himself in the centre of defence alongside McGurk , and retained the armband when Smith was recalled into the team . However , he sustained knee ligament damage when colliding into advertising hoardings as he sliced an attempted clearance during York 's 2 ? 1 defeat away to Southend on 23 November 2013 . The injury ruled him out for the rest of the season , in which he had made 16 appearances . In his absence , York reached the play @-@ offs with a seventh @-@ place finish in League Two , although they were beaten 1 ? 0 on aggregate by Fleetwood Town in the semi @-@ final .

Parslow returned to fitness ahead of 2014 ? 15 , but having failed to regain his place in the team signed for Conference Premier team Grimsby Town on a one @-@ month loan on 18 September 2014 . He debuted two days later in their 1 ? 0 away win over Kidderminster , and made seven appearances for Grimsby before the loan expired on 20 October 2014 . Having been an unused substitute for three matches after returning to York , Parslow rejoined Grimsby on loan until 4 January 2015 on 7 November 2014 , and made his second debut for the club a day later in a 3 ? 1 home defeat to Oxford in the FA Cup first round . The loan was extended until the end of the season during January 2015 . He came on as a 74th @-@ minute substitute for Gregor Robertson in the 2015 Conference Premier play @-@ off Final against Bristol Rovers at Wembley on 17 May 2015 ; following a 1 ? 1 draw after extra time , Grimsby lost 5 ? 3 in a penalty shoot @-@ out . Parslow had made 23 appearances in his second loan spell at Grimsby , and after returning to York was released after nine years at the club .

= = = Cheltenham Town = = =

After a successful trial , Parslow signed for newly relegated National League club Cheltenham Town on a one @-@ year contract on 29 July 2015 . He made his debut when starting a 1 ? 1 away draw with Lincoln City on 8 August 2015 , Cheltenham 's first match of 2015 ? 16 , and established himself at centre @-@ back , forming a partnership with Aaron Downes . Parslow scored his first goal for Cheltenham on 31 August 2015 , with a volley in the 59th minute of a 2 ? 1 home victory over Wrexham . He stood in as Cheltenham 's vice @-@ captain after a season @-@ ending injury to the captain Downes in January 2016 , . after which he was partnered at centre @-@ back with a number of players , including Cameron Burgess and Asa Hall . According to Oli Fell of the Gloucestershire Echo , it was after Downes ' injury that Parslow " really came into his own and stepped up " , and surmised that Parslow was " perhaps the most crucial component of the side all season " . He finished 2015 ? 16 with 50 appearances and two goals , and appeared in nearly every minute of Cheltenham 's 46 league matches . Cheltenham won promotion back into League Two at the first attempt , winning the National League title with 101 points . Parslow was named the Players ' Player of the Year , and signed a new contract with the club in May 2016 .

= = International career = =

Parslow was capped once by Wales at under @-@ 17 level , appearing as a second @-@ half substitute in a 1 ? 0 defeat by Germany on 13 February 2002 . He made his under @-@ 19 debut after starting a 2 ? 1 defeat by Portugal on 22 September 2003 . He played two more matches for the under @-@ 19s to finish his career at that level with three caps . Parslow later represented the

under @-@ 21 team and made his debut in a 0 ? 0 draw with Latvia in August 2004 . He was part of the team that lost 2 ? 0 away against England on 8 October 2004 . Parslow was capped four times by Wales at under @-@ 21 level .

He was called up by the Wales semi @-@ pro team for the Four Nations Tournament in May 2007 . Parslow 's debut came as a 59th @-@ minute substitute for Gethin Jones in their opening match , a 1 ? 0 win over the hosts Scotland on 22 May 2007 . He started the 1 ? 1 draw with the Republic of Ireland on 25 May 2007 , and was a 79th @-@ minute substitute for Jones in the championship decider against England , which finished in a 3 ? 0 defeat on 27 May . Parslow captained the semi @-@ pro team for the first time in their 2 ? 1 away defeat to England in the 2007 ? 09 International Challenge Trophy on 20 February 2008 . He retained the armband for the 2008 Four Nations Tournament , starting all of Wales three matches as they finished in second place in the four @-@ team group . His career with the semi @-@ pro team finished with eight caps .

= = Style of play = =

Parslow primarily plays as a centre @-@ back , and has stated he is most comfortable playing this position . A utility player , his intelligence and commitment allow him to play a number of positions , including right @-@ back , left @-@ back and defensive midfield .

= = Personal life = =

Parslow completed a five @-@ year degree in sports science at Manchester Metropolitan University in July 2012 . He married Emma during June 2014 .

= = Career statistics = =

As of match played 30 April 2016 .

= = Honours = =

York City

Conference Premier play @-@ offs : 2011 ? 12

FA Trophy : 2011 ? 12

Cheltenham Town

National League : 2015 ? 16

Individual

York City Clubman of the Year : 2008 ? 09 , 2010 ? 11 , 2012 ? 13