

= Alex Lawless =

Alexander Graham " Alex " Lawless (born 26 March 1985) is a Welsh professional footballer who plays as a midfielder and is unattached .

Lawless began his career with the Cardiff City youth system before playing for Welsh Football League team Ton Pentre . He joined FA Premier League team Fulham in 2003 and he was released in 2005 . He spent a season in the Football League with Torquay United , before joining Forest Green Rovers in the Conference National . He spent three seasons with them , winning the club 's players ' player of the season award in the 2007 ? 08 season and playing in the Final of the Conference League Cup . He joined York City in 2009 and played for them in the 2010 Conference Premier play @-@ off Final at Wembley Stadium . He signed for current club Luton Town , initially on loan , in 2010 . After taking part in two unsuccessful play @-@ off campaigns with the club , Lawless was part of the Luton side that won the Conference Premier title and promotion to the Football League in the 2013 ? 14 season .

He has represented Wales at various levels . He earned two caps for the under @-@ 19 team , before making one appearance for the under @-@ 21 team in 2006 . He has made two appearances for the semi @-@ pro team , making his debut against Italy in 2007 and scoring against England C in a 2 ? 1 defeat in 2008 .

= = Club career = =

= = = Early career = = =

Born in Tonypanyd , Rhondda Cynon Taf , Lawless was educated at Tonypanyd Comprehensive School and began his career with the youth system of Cardiff City . After being released by Cardiff he stayed at school and studied for his A @-@ levels . He later played for Welsh Football League Division One team Ton Pentre , making 33 league appearances and scoring 10 goals in the 2002 ? 03 season ; this included two goals in a 9 ? 0 victory over Milford in December 2002 . Following a six @-@ week trial , he signed professional terms with FA Premier League team Fulham on 21 August 2003 .

= = = Torquay United = = =

He was released by Fulham in May 2005 , and he was offered a trial with League Two team Torquay United in July . Lawless signed for the club on a free transfer and manager Leroy Rosenior said " It 's important that the supporters are patient with these youngsters and give them time to learn and develop " . He made his debut on 6 August 2005 in a 0 ? 0 draw at home to Notts County , although he only lasted 26 minutes before being replaced by substitute Tony Bedeau . His return from an injury after nearly a month out came in a 2 ? 1 victory over Shrewsbury Town in September , which was Torquay 's first win of the season . He picked up another injury in November 2005 , and made his return after three months of not playing by starting in a 1 ? 0 victory over Bristol Rovers on 17 December 2005 . He scored an own goal after 86 minutes against Wycombe Wanderers on 26 December 2005 , which resulted in Torquay drawing 2 ? 2 . His final appearance of the 2005 ? 06 season came in a 2 ? 0 defeat to Lincoln City in February 2006 . He was released by Torquay after making 16 appearances .

= = = Forest Green Rovers = = =

Lawless joined Conference National team Forest Green Rovers on non @-@ contract terms on 4 August 2006 . He made his debut in a 1 ? 0 defeat to Dagenham & Redbridge on 12 August 2006 . Lawless scored his first goal for the club with a " spectacular " strike from long @-@ range to give Forest Green the lead against Morecambe on 24 February 2007 , but they went on to lose 3 ? 1 . He

finished the 2006 ? 07 season with 40 appearances and one goal . He scored the only goal for Forest Green in their 1 ? 0 victory over Crawley Town on 10 February 2008 , after scoring in the 73rd minute . After playing for the Wales semi @-@ pro team manager Jim Harvey was worried over Lawless ' fitness , although he was able to play in Forest Green 's following game against Cambridge United . Lawless made 41 appearances and scored three goals for Forest Green as they earned their highest ever finish of eighth in the Conference Premier in the 2007 ? 08 season . He won the players ' player of the season award , being described as the team 's unsung hero .

On the opening day of the 2008 ? 09 season he filled in at right @-@ back due to an injury to Kris Thomas and scored with a 20 yard strike to give Forest Green a 1 ? 1 draw against Kettering Town . He garnered praise from Harvey , who said Lawless had a " super game " . A hip injury forced him to miss a game against Northwich Victoria in September 2008 , before making his return later that month in a 3 ? 0 defeat to Stevenage Borough . During a game against former club Torquay on 23 September 2008 he suffered an ankle injury which forced him to miss three games . He made his return in a 2 ? 2 draw with Cambridge United on 16 October 2008 . He then picked up a hamstring injury and in his return scored with a " fierce " long @-@ range strike to give Forest Green a 1 ? 0 victory over Mansfield Town on 22 November 2008 . Following this game , his hamstring tightened and was ruled out for a month due to a back injury . After making good progress with the injury he returned in a 1 ? 1 draw with Kidderminster Harriers on 26 December 2008 .

Lawless scored against Championship team Derby County with a " superb finish past Carroll from a tight angle " after evading the opponent defence in an FA Cup third round tie on 3 January 2009 , which put Forest Green 2 ? 0 up , although they went on to lose 4 ? 3 . He missed Forest Green 's FA Trophy tie against Redditch United because of a hamstring injury , as well as the semi @-@ final of the Conference League Cup against Woking . He made his return in a 2 ? 1 defeat to Eastbourne Borough on 17 January 2009 and was substituted in the 64th minute as a precaution . After missing the match against Histon because of a one @-@ match suspension , Lawless contributed with an assist and a goal on his return against Northwich on 18 February 2009 , after heading from a corner kick for John Hardiker to score and himself finishing with a goal from close range . He was forced to miss games against Cambridge United and Kidderminster in April due to a stomach illness , and he made his return in the 2009 Conference League Cup Final , which was lost 3 ? 0 to AFC Telford United on a penalty shoot @-@ out , after a 0 ? 0 extra time draw . His season ended prematurely after he suffered a broken leg against York City following a heavy challenge on 21 April 2009 , with an X @-@ ray confirming his fibula endured a hairline fracture . He completed the season with 39 appearances and six goals and Harvey hoped his budget would allow for Lawless to stay at the club .

= = = York City = = =

Lawless signed for Conference Premier rivals York City on a one @-@ year contract on 17 June 2009 , despite there being two Football League clubs looking to sign him . He made his debut in a 2 ? 1 defeat to Oxford United on 8 August 2009 . After suffering from a virus he was forced to miss a game against Cambridge United in September 2009 , and he recovered ahead of York 's game against Kidderminster . He scored his first goal for York with the only goal in a 1 ? 0 victory over Gateshead on 24 November 2009 . He pulled his hamstring in a 1 ? 0 defeat to Eastbourne on 27 February 2010 and made his return as a 64th @-@ minute substitute in a 4 ? 0 victory at Grays Athletic on 30 March . He played in both legs of York 's play @-@ off semi @-@ final victory over Luton Town , which finished 2 ? 0 on aggregate . He started in the 2010 Conference Premier play @-@ off Final at Wembley Stadium on 16 May , which York lost 3 ? 1 to Oxford . He finished the season with 45 appearances and one goal for York .

Lawless made his first appearance of the 2010 ? 11 season in the opening game , a 2 ? 1 defeat to Kidderminster on 14 August 2010 . He scored his first goal of the season with York 's second in a 3 ? 1 victory at Tamworth on 25 September 2010 .

= = = Luton Town = = =

On 8 November 2010 , Lawless joined York 's Conference Premier rivals Luton Town , initially on loan , with a permanent transfer due to take place in January 2011 . York were reluctant to let him leave , but relented when Luton increased their original offer on three occasions . He made his debut in a 1 ? 0 defeat at Wrexham on 11 November 2010 and , in the following game , Lawless scored his first Luton goal with the winner in a 1 ? 0 victory at Altrincham . Lawless signed for Luton permanently for an undisclosed fee on a one @-@ and @-@ a @-@ half @-@ year contract on 5 January 2011 . His first appearance after signing was as a 74th @-@ minute substitute in a 0 ? 0 draw at Bath City on 8 January 2011 . After the departure of fellow midfielder Andy Drury to Ipswich Town in late January 2011 , Lawless played a much more prominent role in a Luton side that eventually finished the 2010 ? 11 season third in the table . He scored the opening goal , a 35 yard strike described as " superb " , in Luton 's 3 ? 0 play @-@ off semi @-@ final first leg victory away at Wrexham . He then played in the 2 ? 1 home victory in the second leg , and in the 2011 Conference Premier play @-@ off Final against AFC Wimbledon at Wembley he missed the opening penalty kick in the penalty shoot @-@ out , which Luton lost 4 ? 3 .

During the half @-@ time break of Luton 's 3 ? 0 defeat away at his former club York on 24 September 2011 , Lawless broke his hand after punching a wall out of frustration , resulting in him being ruled out for around a month and being handed a fine by his club . He played in Luton 's 2012 Conference Premier play @-@ off Final 2 ? 1 defeat at Wembley , coincidentally against York , on 20 May 2012 . Lawless signed a one @-@ year contract extension in July 2012 , despite poor performances during the 2011 ? 12 season making him a target for fans .

Manager Paul Buckle praised Lawless for his " quality ... hard work and ... discipline " following his 100th appearance for the club in December 2012 . He scored the winning goal with a volley into the bottom corner in Luton 's 1 ? 0 victory over Championship side Wolverhampton Wanderers in the FA Cup third round on 5 January 2013 , and was voted as the competition 's Player of the Round . Lawless finished the season with 48 appearances and five goals . His performances saw him voted by both Luton supporters and his teammates as the club 's Player of the Season for the 2012 ? 13 season ; a marked turnaround from the previous year . He signed a new two @-@ year contract with Luton in May 2013 after having talks with two unnamed League One clubs .

Lawless was sidelined with a groin injury at the beginning of the 2013 ? 14 season , and did not make his first start until 17 September in a 3 ? 0 victory against Dartford , in which he scored one goal and set up another . This victory provided the springboard for Luton to embark on a 27 @-@ game unbeaten run in the league , in which Lawless was heavily involved , scoring five further times and contributing ten assists . After playing in 32 games and scoring six goals , including many games in an unfamiliar position as a left midfielder , he missed the final part of the season due to injury . On 15 April 2014 , with three games to spare , Luton won the Conference Premier title and were promoted to League Two ; this was Lawless ' first title and promotion as a player .

Lawless struggled with multiple injuries during the 2014 ? 15 season , making 15 league appearances (only six of which were starts) and scoring three goals . Despite this limited playing time , Lawless triggered a contract extension during the season to keep him at the club until the end of the 2015 ? 16 season .

On 10 May 2016 , it was announced that Lawless would not have his contract renewed after making 203 appearances and scoring 22 goals for Luton since joining the club in 2010 . He left the club upon the expiry of his contract .

= = International career = =

Lawless earned two caps for the Wales under @-@ 19 team and he made his only under @-@ 21 appearance in a 1 ? 0 defeat against Northern Ireland on 28 February 2006 , eventually being substituted for Marc Williams on 84 minutes . He made his debut for the Wales semi @-@ pro team in their 4 ? 2 defeat to Italy on 14 November 2007 . He was part of the semi @-@ pro team to play against England C in February 2008 , and he scored in their 2 ? 1 defeat with a shot from 20 yards . He was named in the team to play Finland in November , although he was forced to miss the game

because of an injury .

= = Style of play = =

Lawless is able to play as a right or left midfielder , a central midfielder and a right @-@ back . While being equally comfortable playing at any of these positions , he prefers to play in a midfield role . He has also played in the hole and has given a composed performance as a second striker . His play as a right midfielder is " skilful " and he has been described as being " comfortable on the ball , a good passer , mobile and with an eye for goal " . Stevenage Borough manager Graham Westley described him as a player " who impresses me with his consistency " . After signing for York , manager Martin Foyle said " He is a great all rounder , a technically good footballer and has a very professional attitude towards the game . " His partnership with Neil Barrett in the central midfield for York drew praise from teammate Richard Brodie , who said " The midfield two worked really well together and picked up the second balls . Alex Lawless was flawless and he should be playing in the Football League " .

= = Personal life = =

After joining York City in 2009 , Lawless moved into a house with teammates Neil Barrett , James Meredith , Richard Pacquette and Danny Parslow . He has an interest in art , which he studied as a GCSE , saying " I wouldn't mind trying to make a living from it one day but my main priority is football " . He is a Manchester United supporter and attention to his interest in art was first drawn after producing a painting of manager Alex Ferguson .

= = Career statistics = =

As of match played 7 May 2016 .

= = Honours = =

= = = Club = = =

Luton Town
Conference Premier : 2013 ? 14

= = = Individual = = =

Luton Town Player of the Season : 2012 ? 13