Karen Carney MBE

Former Arsenal, Chelsea, Birmingham City and England star Karen Carney is an analyst and pundit who works across both BT Sport and the BBC's live football coverage.

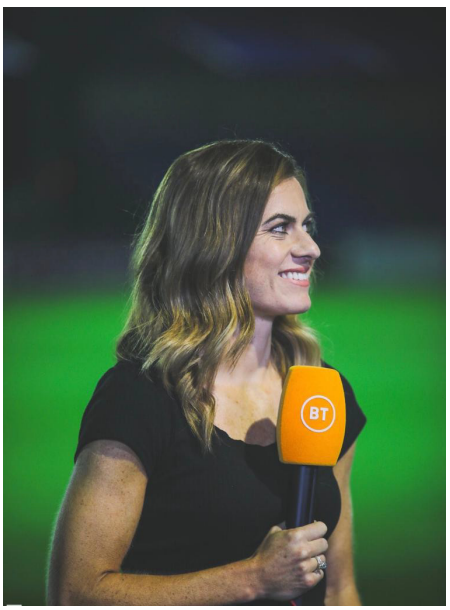
Karen burst on the scene at Birmingham City before moving to Arsenal in 2006 where she experienced great success in her first season – winning the UEFA Women's Cup and all three domestic trophies.

After a stint overseas with Chicago Red Stars, she returned to Birmingham with great distinction and she became the first woman to be inducted into the Blues' Hall of Fame in March 2015.

In December 2015 she left Birmingham for the second time in her career for Chelsea where she plied her trade for four seasons before hanging up her boots at the end of the 2019 season.

Karen was capped 144 times for England, including at the 2005, 2009, 2013 and 2017 European Championships and the World Cup in 2007, 2011, 2015 and 2019.

She also represented Great Britain team at the 2012 Summer Olympics.



Karen's journey has not always been an easy one - she has spoken openly in the past about struggling with depression, and she has also had to deal with death threats from online trolls.

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