

## History of Orienteering

The 'father' of orienteering is generally accepted to be Major Ernst Killander - a Swedish youth leader. About 1918 he decided to try using the environment of the Swedish countryside - vast areas of forest - to encourage young people to take up running. To add interest he issued maps to the competitors and set them a course to complete. The sport quickly spread and in 1922 the first District Championships were held. The next development came in 1930 when the quality and variety of maps improved along with the navigational aspect of the sport. The first Swedish National Championships were held in 1937. European countries also showed an interest in the sport and following the world war international events began. In 1961 The International Orienteering Federation was formed in Copenhagen. In 1962 the first European Championships were held in Norway. By 1964 the IOF had eleven nations as members. By 1966 the European Championships had been upgraded to world status.