

# Who invented walking football?

Walking football is believed to have originated in the United Kingdom. The exact individual credited with inventing the sport is unclear, as it was likely a collaborative effort within the senior community seeking a modified version of the traditional game to accommodate their needs.

However, there are a few notable figures who played significant roles in popularising walking football. One such person is John Croot, who founded Walking Football United in 2011, an organisation aimed at promoting the sport and organising tournaments and events.

Additionally, the English Football Association (FA) has been instrumental in developing and supporting walking football, introducing rules and guidelines to ensure its safe and inclusive practice.

Over the years, walking football has gained popularity worldwide, with numerous organisations and clubs offering opportunities for seniors to engage in the sport and enjoy its physical and social benefits.

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