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- *From:* Jeff&Relf <Jeff_Relf@xxxxxxxxx>
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Hi T_Wake, Wikipedia says:

The Flag of England is the St George's Cross.
The legend of Saint George slaying the dragon dates from the 12th century and Saint George became the patron saint of England in the 13th century.

The red cross appeared in the crusades and is one of the earliest known emblems representing England.

The flag is thought to be derived from that of the Knights Templar.
[citation needed]

Another theory as to the origins of the flag is that the flag of Genoa was adopted by England and the City of London in 1190 for their ships entering the Mediterranean to benefit from the protection of the powerful Genoese fleet. [citation needed]
Wikipedia.ORG/wiki/Flag_of_England

The Union flag first appeared under James VI/I. Wikipedia says:

James VI and I (James Stuart) (June 19, 1566 – March 27, 1625) was King of Scots, King of England, and King of Ireland and was the first to style himself King of Great Britain.
Wikipedia.ORG/wiki/James_I_of_England