

ADVENTLAUF 2019

This December nine members of Horsham Joggers and Mel's Milers made a short visit as guests of the running club at our twin town of Lage in northern Germany.

The TG Lage club had put together a fun programme for our weekend visit, including ten pin bowling with mixed German/English teams. There were two visits to Christmas markets. One was at a museum of farm buildings, all of which were illuminated in Christmas lighting creating a magical atmosphere and opportunities to buy artisan produced Christmas gifts. There was plenty of opportunity to enjoy traditional coffee and cake and of course liberal servings of Gluhwein.

All the Horsham runners were accommodated in the homes of TG Lage member families where we were made most welcome. It was a good opportunity to learn about life in Germany and discuss our shared experience of running.

The Adventlauf race takes place on Sunday morning with several hundred runners and walkers taking part in either 5km or 10km races. Many runners enter into the spirit of the season and run in Christmas costumes and the atmosphere is generally very festive. Post event the ladies of TG Lage provided a delicious spread of cakes and drinks.

Colin Shaw of Mel's Milers came first in his class for the 10 km race with Olive Hobbs, Ray Ageros and Sue Gallagher of Horsham Joggers all placed in their events.

The next series of races in Lage will take place in the beautiful Teutoburger Forest on 9th May 2020. Any Horsham Joggers wishing to take part will be assured of an excellent running experience and very warm hospitality.

