

Jogglers Jottings – November 2024

Hello Jogglers past, present, and future

Welcome to the latest edition of Jogglers Jottings, where we present a round-up of juggling activity from these past 3 months.

Also new for 2024, you can [now vote for your juggler of the year](#).

Recent Juggling Highlights:

- [There is a new 5b 5km record!](#) Stefan Nygard (Sweden) [juggled the distance in 26:30](#), bettering Matt Feldman's mark from 2011 by some 36 seconds. Nygard, who dropped only 8 times, had to navigate another track user. With several of his laps under 2 minutes, don't be surprised if he improves this mark further next year!
- Also on the track, Karly Swaim (USA) set a new 3b mile PB in September, breaking into the top 10, with an 8:10 clocking. It's been a busy year for the American, having raced 15 times up to the Half marathon distance.
- In the UK, a team of 5 jogglers competed in the Loch Ness relay. Within 24 hours, the team completed a record 266km of juggling on an off-road course navigating hills, tree roots and a pebble beach.



- Also over 24 hours, but juggling solo, Michal Kapral (Canada) completed a record 115.2km at the Sugarbush Shenanigans ultra. Kapral was targeting the 100 mile distance, but soon realised why it hadn't been done before; once Tim Butler's 70 miles had been surpassed, Kapral called it a day!
- The 2nd British Juggler track meet up was held in Leeds. Highlights were Scott Jenkins' 18:41 3b 5km PB, and some discussion about the application of polyrhythms for 5b juggling. Ask Dom Lodge for more detail! The next meet up will likely be held in Edinburgh in the Spring.
- Brady Xue (USA) juggled a 20:05 PB in the 3b 5km event on the road. Only 35 jogglers have ever juggled a sub-20, and I'm sure Brady will soon join this club too!
- Sam Dean (USA) set 3b PB's for 5km (17:41), 10km (36:22), and the half marathon (1:22:37). It's been a breakthrough year for Dean, with a packed race season from everything from 800m to the marathon. One to watch!

- Another speedy jogger this Autumn was Jean-Marc Doiron. The Canadian moved into 3rd place on the rankings at the Rimouski half marathon (1:17:49), and put in another challenge to the marathon record. Whilst Jean-Marc went through half way in 1:23, but faded beyond 30km to finish in 3:13. Unfinished business here!?
- There's been a spate of joggling marathons this season. David Tate (USA) juggled his debut marathon, with an incredible 0 drops! Rik Konings (NED) juggled his 4th in the Eindhoven marathon, and James McDiarmid (UK) juggled a dropless 3:19 to [move him into the top 10](#).



- 1 joggling marathon is hard enough – Tim Butler (UK) has now [juggled 100](#) of them! Tim's challenge began in 2008, and since then he has [fundraised for the Wildcats Conservation Alliance](#) – in the UK joggling scene, he's known as 'Tiger Tim', and is great fun to juggle with.
- Martin Dalsgard (Sweden) completed his first joggling event. Earlier this year, Martin initiated a 'beginner thread' in the facebook group, and having absorbed the various tips from other jugglers into his training, juggled the 3.5 mile trail route. Even more impressive, it was a headtorch-lit night race!
- Another first for joggling - Ketan Abhonkar (India) became the first joggling pace-maker, setting the 60 minute tempo at the Sinhagad 10km. This certainly inspired other runners to break the hour! Ketan also set a half marathon PB (2:13, 4 drops) in Delhi.

And that's it for another Jogglers Jottings. I'll write again next year with more joggling news. In the meantime, you can keep up to date with the joggling community on [Facebook](#) and [Strava](#).

Until then, happy joggling

Scott Jenkins

Edinburgh, Scotland, November 2024

