

Joggliers Jottings – September 2025

Hello Joggliers past, present, and future

Welcome to the latest edition of Joggliers Jottings, where we present a round-up of juggling activity from these past 3 months. It's been a busy summer, so let's get into it! Remember that you can submit your juggling race results through the [Juggling Results Archive](#).

Recent Juggling Highlights:

EJC

- Record numbers of jugglers turned out to participate in juggling races, workshops, and social joggles at the European Juggling Convention (EJC) in Arnhem in the Netherlands. There were lots of experienced jugglers to support and teach any jugglers trying the sport for the first time, and plenty of enthusiasm to keep practicing back home.
- 111 jugglers took part in the 5km road race on Monday morning at 10am, believed to be the largest field of jugglers ever assembled. The out-and-back route took in much of the convention site, so that there was lots of support from other jugglers getting ready for the day. **Scott Jenkins (UK)** was the 1st finisher, in a time of 18:16, and **Megan McDougall (Australia)** was the fastest female in 28:25. **Boris de Schipper (Netherlands)** finished 1st junior in 23:12.



Above: start of the 5km Juggling Event at the EJC, Arnhem, Netherlands. Photo by Filip Bogusławski

- Later in the week, the 1st European Juggling Championships was held on the Papendal track. The facility doubles as the Dutch Olympic training centre, and earlier in the day, Femke Bol, and Neils Laros were spotted making their final preparation for the World Athletics

Championships in Tokyo. Joggling has taken place at previous editions of the EJC, and this event built on their success.

- 54 jugglers raced across 6 heats of the 3 ball (3b) 100m. With 11 lanes across the track, it was quite a sight! Sprint phenom **Mark Fiore (USA)** claimed victory in 13.53, with **Dom Lodge (UK)** setting a new European record of 13.92 to take silver. It was a German 1-2 in the Women's 3b 100m, with **Christina-Anna Senser** (20.98) and **Silvia Osiek** (21.08) within a tenth of a second! **Jean Guy Beaudry (Canada)** was the fastest masters (aged 40 and over) joggler and **Shimon Levikov (Germany)** the fastest junior (aged 15 and under).
- It's a very different sensation juggling with clubs and the rotation presents a greater technical challenge. **Karel Schuller (Netherlands)** rose to the challenge, setting a new World Record of 16.98 in the 3 club 100m.
- In the 5b 100m, **Lea Schmuck and Luca Pferdmenges (both Germany)** took the honours, with Luca delivering dropless performances in both the heat and final. Special mention to **Fiore** who posted an incredible 14.98 in his heat (only 2 men have recorded faster in history), only to drop in the final at the 80m mark.
- 6 jugglers competed in the 7b 100m, with **Kevin Niittyviita (Finland)** coming out on top with a time of 1:01.72, with a final dash to surge ahead of **Erik Toll (Sweden)** on the line.



Above: Toss Up with all competitors at the 1st European Joggling Championships.

- The highlight of the meet were the 3b 4 x 100m relays, in which 12 teams took part. The first runner in the team starts with 3 balls, and one ball is handed off as the relay baton to each new runner (who starts with 2 balls already). These make for thrilling changeovers. A British team of **Lodge, Felix Surbe, Alistair Richards, and Jenkins** took the win in 1:03.23, whilst in the female category, a German national record of 1:37.79 was set by **Yvonne Burchartz, Lousia Frankenhauser, Senser, and Schmuck**.
- After the relays, by popular demand, the meet was even extended for nearly 40 jugglers to compete in the 3b 400m. **Stijn Westerbeek (Netherlands)** set a personal best of 1:03.54 to

take silver behind **Jenkins** (1:00.29). Among the female jugglers, **Anezka Houhova (Czech Republic)** stormed to victory in 1:33.54.

- A results ceremony for the championship was held later that evening in the main EJC village. Medallists celebrated on the podium in front of the big screen and others vowed to keep practicing and improve their times for next year!
- A huge thank you to **Albert Lucas (USA)** for all of his efforts as race director of the 1st European Juggling Championships. We were all inspired by his can-do attitude, incredible work ethic, and unwavering passion for the sport.



Above: Meet director Albert Lucas watches on after starting a heat of the 3b 100m

IJA

- Thanks to **Sterling Franklin (USA)** for organising the IJA juggling championships again this year in Evansville, Indiana. Jugglers participated in a track meet, along with either 5,10, or 15km road races.
- **Nathan Nard** clocked 19:49 to become 40th juggler to record a sub-20 minute performance in the 3b 5km. **Ingrid Vukusic** was the fastest female in 27:41. In the 3b 10km, **Easton Smith** took the win (43:41) , and **Katie Burgess** (1:28:05) was the first finisher over the 15km distance.
- On the track, **Vukusic** also won the 3b 400m (1:32.21), whilst in the 5b 100m, **Kayla Malmgren** clocked 50.36 to move into 3rd fastest female on the all-time list.
- Stepping up to the 5b 400m, **Mark Fiore (USA)** recorded a 1:33. Only World record holder **Matt Feldman (USA)** has gone quicker.
- **Sam Dean (USA)** was dominant in the 3b mile, with a PB of 4:57 (2 weeks later he went even faster with a 4:48!)

Other Results

- Australian joggler '**Tic Tac Joe**' completed the City2Surf 14km juggling event in Sydney in 1:23.
- **Karly Swaim (USA)** became the first recorded female to joggle a mile with 4 balls. Following up on her achievement, Karly shared her juggling story on the Uplifters podcast ([listen here](#)). Karly also visited Edinburgh, where 3 jugglers met up for the local parkrun. **Stuart Humphries (UK)** also met Scott at the same parkrun earlier in the summer – visiting jugglers always welcome!
- **Alison Bolton (UK)** has taken up juggling recently and is vlogging about her learning journey ([follow along here](#)) as she works towards a sponsored 10km joggle. 13 weeks in, and excellent progress so far!



Above L: Karly delighted post-4b-Mile. **Above R:** Ketan celebrates Indian independence day

- **Chris Edwin (UK)**, back juggling post-injury posted 3b 5km (17:19) and 10km (35:49) times to set new European records in these events. Chris is targeting a Half marathon in November, aiming to better his PB of 1:20:27 from 2022.
- Not to be outdone, **Sam Dean (USA)** has also made great leaps forward this season, dipping under the hour for the 3b 10 mile (59:25) and posting a 3b 5km PB of 17:09. No doubt the Edwin/Dean rivalry will continue in the coming months and into next year!
- **Ketan Abhonkar (India)** joggled in the Indian independence day 10km run, using tricolour balls (white, orange, and green) to represent the national flag.

And that's it for another Jugglers Jottings. I'll write again at the end of 2025 with more juggling news. In the meantime, you can keep up to date with the juggling community on [Facebook](#) and [Strava](#). Until then, happy joggling!

Scott Jenkins

Edinburgh, Scotland, September 2025