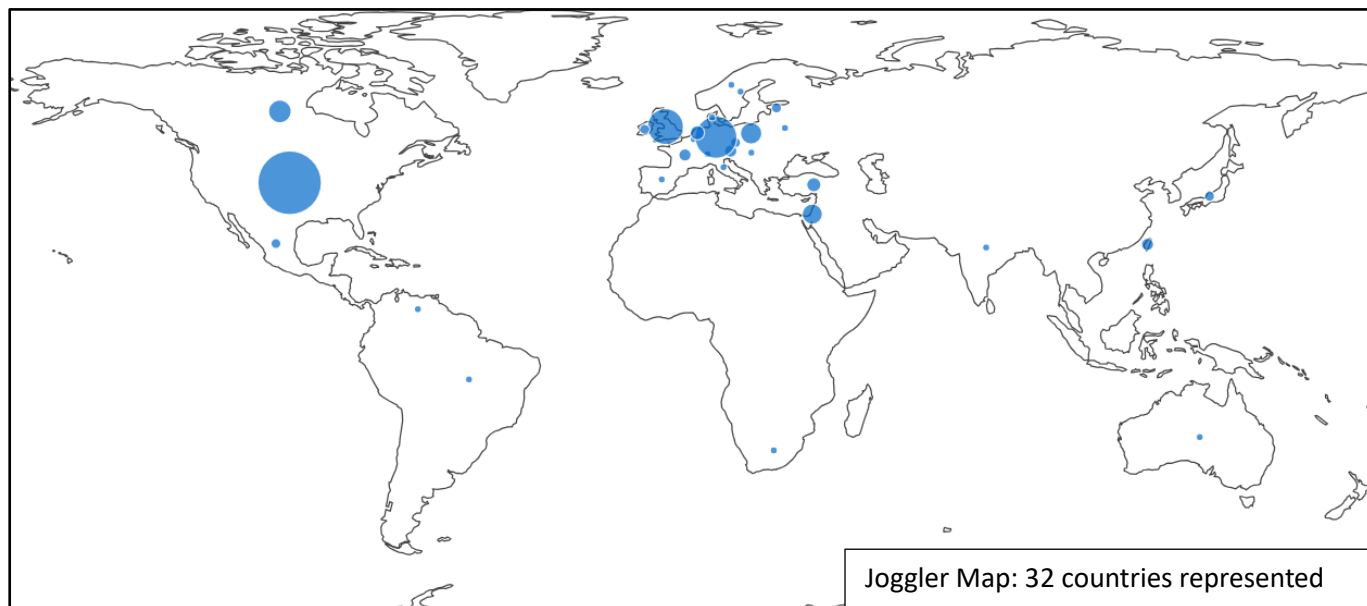


Jogglers Jottings – August 2024

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.

But first, It is with great sadness, that [Riley McLincha](#) is no longer with us. Riley started juggling in the late 80's and was the inventor of 'drubbling' (running while bounce juggling 3 basketballs). Our thoughts are with Riley's family and friends.



Recent Jogging Highlights:

- In the United States, the IJA juggling championships featured the running of the Mclincha 3b 100m drubble and the Giduz 1500m. It was an action-packed morning with 24 jogglers competing over events from 60m to 800m. One note-worthy event was the 5b 200m, with 8 competitors and was won by **Mark Fiore** and **Delaney Bayles (both USA)**. A couple of days later 8 jogglers went in the 5km with **Sterling Franklin (USA)** taking the win with in 20:04.
- Speaking of mass participation juggling, **Karly Swaim (USA)** coordinated a weekend of juggling activities in New Jersey, with 13 jogglers completing the 2 mile superhero sprint. The group hope to meet again next Spring.
- At the British Juggling Convention (BJC) **Thom Herzmark (UK)** delivered a workshop to introduce juggling to jugglers. Thom was kind enough to share the workshop plan: with a focus on incorporating patterns and variations beyond the cascade, it's a good way to level-up your juggling skill.
- Other media produced this quarter included the [interactive 'World of Juggling' article](#), by British journalist Sally Dixon. In this piece, Sally interviewed 6 jogglers to hear their stories and hopes for the sport.
- We welcomed **Tristan Heinicke (USA)** and some of his track mates to the sport. Based in Seattle, Tristan made his juggling debut with a 2:15 3b 800m to go fourth on the all-time list. It will be exciting to see if they can get a juggling relay team together now their track season is coming to a close. You can follow their progress in the [joggler strava group](#).

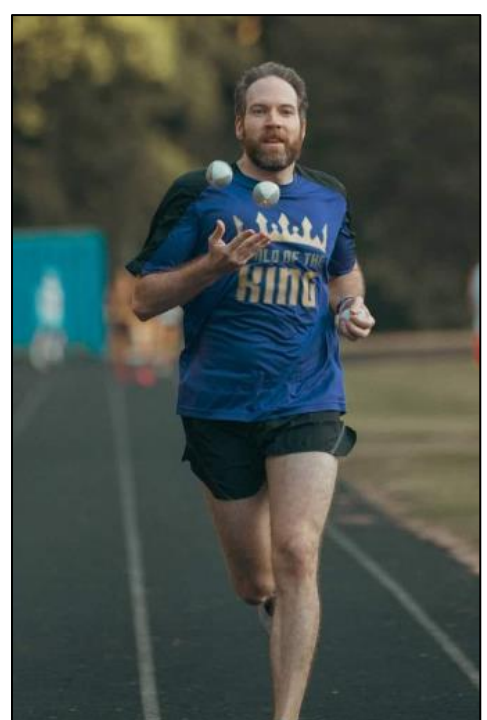
- Another juggler active on strava is **Stefan Nygard (SWE)**, with his near-daily 5 ball juggling training. Featuring intervals and workouts at or above Matt Feldman's 5b 5km record pace, we anticipate a challenge to this on a track sometime soon.
- He's not the only juggler active in the 5 ball scene this year. **Scott Jenkins (UK)** has completed three 5b parkruns, perplexing other runners with his shuffle-like stride. He reports that there are still too many drops to count, but he looks forward to bringing down his times (current pb is 41:27).
- Juggling history was made at the Edinburgh marathon in May. For the first time, 3 jugglers ran sub 4 hour marathons. **Chris Edwin (3:14)**, **James McDiarmid (3:27)**, and **Jenkins (3:41)** braved the rain to get around with only 8 drops between them.
- Over a shorter 10km distance, there was a 5-nation juggling battle, with **Edwin, Samuel Dean (USA), Ketan Abhonkar (IND), Kacper Suchora (POL)** and **Jean-Marc Doiron (CAN)** all posting quick times this Spring. Doiron went fastest with a 37:45 clocking.
- In the ultra-juggling scene, Edwin juggled 64 miles (103km) in a 12 hour 'dusk til dawn' event. He took the overall win, and juggled all through the night with only a head torch to keep track of the cascade pattern. He was joined by **Tim Butler (UK)**, who completed his 98th juggling marathon, and used glow in the dark juggling balls to wow the crowds!
- And finally, the strongest performance of the season (using the points calculated from the IAAF tables) was **Summer Cooper (USA)** who posted a dropless 22:48 3b 5km to go 4th on the all-time list.



Ketan Abhonkar (India)



Above: The 13 Superhero Sprint Jugglers (New Jersey, USA)



Above (Clockwise from Top Left): Summer Cooper (5km, Indiana), Tristan Heinicke (800m Time Trial), Sterling Franklin (IJA), 'Tiger' Time Butler, Scott Jenkins and Chris Edwin (12 hour Dusk til Dawn)

I'll write again later this 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, 8th August 2024