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What RSS feed format works best?

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To provide the best experience for your RSS readers, ClubRunner recommends entering your URLs in *Atom 1.0* format.

Differences between the RSS 2.0 and Atom 1.0 syndication languages

There are two major syndication formats that exist today – *RSS 2.0* (Really Simple Syndication) and *Atom 1.0* (Atom Syndication Format). While they achieve the same end result, there are differences.

RSS 2.0 is a frozen specification copyrighted by Harvard and Atom 1.0 is specified in RFC4287. Atom came about as a result of pursuit to fix shortcoming of RSS since RSS was a frozen format. Atom is a more recent spec which is more feature-rich than RSS and much more robust as well.

Atom has considerable benefits over RSS. More and more services online are using Atom as more than just a feed format. Google's GData and Microsoft's Project Astoria are great examples and testimonies of Atom 1.0's strengths as a format. They extend its namespace and harness the capabilities of Atom Publishing Protocol to pass data between their services.

To find out more about the differences between the RSS 2.0 and Atom 1.0 syndication languages, please read the following article: [Rss20AndAtom10Compared](#)

Contact Support

If you experience technical issues using RSS feeds, please contact our support team for assistance at support@clubrunner.ca