Highlights include:

* **Club Champs**: a reduction in the number of races from 2019's 19 (best 10 to score) to 15 (best 8 to score) which we hope will make it **more accessible**, especially for those with lots of non-running commitments.
  + **parkrun month**. The whole of January will be **parkrun month**, whereby you can run any parkrun and any number of parkruns. Times will be ranked weekly and finalised at the end of the month. We feel is this is a good way to start the year with a bang, and the intrepid among you can even run two on New Year's Day, so you have potentially 6 parkrun times to log! Here's info on the New Year's day doubling up: <http://tailrun.uk/nyd/2020/>
  + note that you can’t play your joker on the parkrun month, and there will still be only 1 point added for the entire ‘series’, not per parkrun
  + inclusion of the **Witney Challenges** for the first time
  + inclusion of our local **Wytham Woods 10k**
  + quite a bit of **off-road** and **multi-terrain** running, but also a good number of road races, with a mix of short and long runs,
  + for the first time, we've included one of the **Oxford Self Transcendence Sri Chinmoy Peace Mile Races**. These are great, short, late spring runs on a Monday evening in Cutteslowe Park.
  + six of the events overlap with the **Oxfordshire Grand Prix,** so we continue to support other friendly local clubs by taking part in their events, whilst also encouraging any club members / teams who wish to compete in the Grand Prix series scored competition across the season. A bit more info on the Grand Prix below:
    - The **Oxfordshire Grand Prix** is a series of 15 races through the yearwhich was originally designed so that each of the Oxfordshire clubs hosts a race, and that usually provides their main source of income for the year. We're obviously keen to support these clubs, and so this year we will be supporting Banbury Harriers, Kidlington RC (Motavation), Cherwell Runners (Hornton 6), Headington RR, Witney RR and Woodstock Harriers by including their GP races in our calendar. **So let's support our broader running community in this way**
* **A NEW, 'most-improved' Motavation League**. This will be scored in the same way as the XC Champs, recognising the most-improved runners as compared with 2019, with your best 4 of 5 Kidlington RC Motavation Series efforts to score, based on percentage improvement on your average pace. **This means that ANYONE can win it, with the right effort !!**
* **Poker Awards**: these are a fun new development, which will broadly-speaking **recognise** participation, especially for  those runners who may look to complete up to around five events in the year in total. **More info to follow on that in January ... but also see the attachment to this email for a bit more info**

Some races have dates still to be confirmed, such as the two Witney Challenges, and the Breakfast Run. Also the Woodstock 12 are awaiting confirmation on their date as Blenheim Palace has a number of conflicting events. So keep an eye out on your emails and announcements at club on Wednesdays. We'll endeavour to secure the dates under our control as soon as we are able.

**All in all, we hope that this fresh approach to our club running will feel like a warm and open invitation to all club members to take part, and that there really is 'something for everyone'.**