

Relay Race



At the sports stadium an announcement rang out around the grounds: "The next heat of the relay race will start in five minutes!"

The red team were already poised on the starting line doing their stretches, dressed in their matching shirts and shorts, the coach giving encouraging words of advice and tactics and their supporters waving the banner bearing their team name.

On the side lines the newly appointed blue team captain was trying to persuade members of the crowd to join her team by waving the blue shirts in the air. There was some reluctance to join in. "But what will we have to do?" "I don't think I'm fit enough!" "I haven't got any trainers..."

The orange team were in the changing rooms in their smart running strip unsure as to the next step. "We've got our colour but what's our name?" "Does anyone know the rules of the race?" "Who's going to chose who goes first?" "I've run marathons." "Does anyone know about aerobic

and anaerobic exercise regimes?" "We must make sure everyone has a chance to run or walk whatever their ability is."

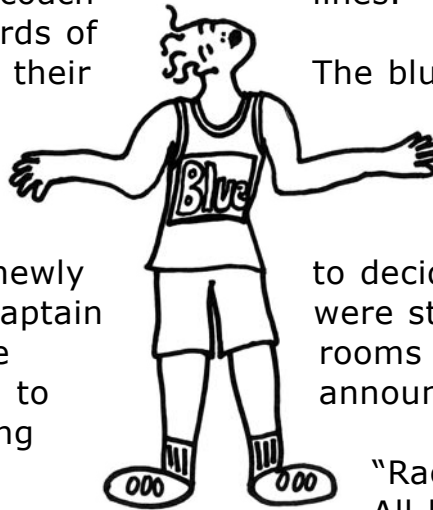
The public address system boomed out, "All teams to the starting line and ... you're off!"

The reds ran on ahead skillfully passing the baton between them, the coach urging them on from the side lines.

The blues gradually trotted off led and encouraged by their captain on the track.

The oranges were unable to decide who should lead off and were still coming out of the changing rooms when there was a further announcement;

"Race completion time 12 minutes. All hurdles must be jumped!"



KEY MESSAGES

- When ChangeUp came along, each area was at a different stage of development. Some were ready for ChangeUp and have progressed faster, some had to initiate bringing people together for the first time... but everyone had the same timescale to create a 10 year plan.