

Five things you need to know today



Monday holiday

Queensferry Lifeboat called out on Sunday afternoon

Pentland Push

Get your dancing shoes on

Enter for VIBES Awards here

Today is for some at least a holiday Monday. [Lothian Buses](#) are running a Saturday service today.

Another call out for Queensferry Lifeboat yesterday afternoon:

*“*** CALLOUT *** 16:38 – Paged to reports of a person in the water at Cramond. Upon arriving onscene it was discovered that the person had actually entered the water in the Gypsy Brae area near Silverknowes, and had managed to swim quite some distance out to sea (we struggled to spot them even with our binoculars!). Getting a location from the other services we were able to guide [RNLI Queensferry Lifeboat](#) onto the casualty, who was swiftly recovered to Granton and into a waiting ambulance.*

A big turnout with presence onscene from [Police Scotland](#) (local and ARV teams), [Scottish Ambulance Service](#) (SORT, motorbike and road teams) and [Scottish Fire and Rescue Service](#), in addition to the volunteers from the RNLI and HM Coastguard.”



Hundreds of people took to the Pentland Hills on Saturday for a major charity fundraising event in aid of St Columba's Hospice.

People taking part in the Push were walking, hiking and running up to a full marathon distance raised funds for the Hospice which provides free-of-charge specialist palliative care to people from Edinburgh and the Lothians.

Participants were able to choose from three routes – 26.2 miles, 20 miles and 14 miles. Those doing the 26.2 mile and 20

mile routes began their challenge at 7am on Saturday morning. The first runner to finish was Steve Archer, who completed the **marathon distance in 4:46:37, beating the previous course record by over 45minutes.**

Teams also completed the three distances, with team members crossing the finish line at varying stages. The first participants from teams to finish the three distances were from SkyCrawlers in 5:50:31 (26.2miles), Franklin Templeton Honey Badgers in 5:40:58 (20miles) and 2Pure in 3:44:09 (14miles).

Time to get fit with a bit of Scottish Country Dancing, and five places around the city to try it out so no excuses!



Edinburgh businesses are being tasked with getting creative to raise money for international water projects as part of the 2015 Vision in Business for the Environment of Scotland (VIBES) Awards.

The environmental award scheme has partnered with WaterAid for a second year and is challenging Edinburgh businesses to raise funds that will help create sustainable water, sanitation and hygiene projects in some of the world's poorest countries.

Last year's entries included a sponsored sail, bungee jumping, numerous sporting activities and a quiz night, and VIBES is once again urging Scottish companies to create waves in order to raise funds for an important cause.

In 2014/15, WaterAid reached 2.1m people with safe water, 3.1m people with sanitation and an estimated 4.1m people with

hygiene promotion. Just £15 can give one person access to safe water and this year VIBES is hoping to raise over £10,000 to support global projects in some of the most disadvantaged areas.

Teams can comprise of individuals, departments within companies or businesses as a whole. Entries are sought from the widest possible range of sectors and from companies both large and small.

Sign up [here](#) by 5pm on 20 November 2015.

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