



Curriculum Vitae: *Wayne Spies*



Personal Information

Name/Surname : Wayne Spies
Club : Nedbank Running Club
Nationality : Australian
Email : waynespiesacc@gmail.com
Contact Details : By Request

Personal Performances:

| <u>Distance</u> | <u>Time</u> | <u>Venue</u> |
|--------------------|-------------|---------------------------------|
| <u>2021</u> | | |
| 42.2km | 2:26:20 | Sunshine Coast Marathon 2021 |
| 21.1km | 1:10:26 | Jetty2Jetty 2021 |
| 60km | 3:52:24 | Great Ocean Road Marathon 2021 |
| 50km | 3:02:52 | Canberra 50km Australian Champs |
| <u>2020</u> | | |
| 21.1km | 1:10:17 | Perth Half Marathon |
| <u>2019</u> | | |
| 42.2km | 2:28:59 | London Marathon 2019 |
| 89 km | 6:21:50 | Comrades Marathon 2019 |
| 42.2Km | 2:28:30 | Sydney Marathon 2019 |

