



CURRICULUM VITAE: **Wayne Spies**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Wayne Spies
COUNTRY: Australia
CLUB: Nedbank Running Club
D.O.B:

PERSONAL BEST PERFORMANCES

Distance	Time	Venue	Date
Half Marathon	1:10:23	Perth (AUS)	2020
Marathon	2:25:47	Gold Coast (AUS)	2022
50km	2:59:54	Port Elizabeth (RSA)	2022
Comrades	5:42:01	Pietermaritzburg	2023

Personal Performances 2025

Two Oceans Marathon (RSA) 56km, 3:42:15

Personal Performances 2024

Cadbury Marathon Festival, Hobart, AUS, 2:31:46, 1st

Sydney Marathon, 2:29:37

Comrades Marathon - Up Run (RSA) 89km, 5:59:11

Personal Performances 2023

Hyderabad Ultra Marathon - 50km open race (IND), 3:03:42, 21st

Comrades Marathon - Down Run (RSA) 87km, 5:42:01, 26th

Personal Performances 2022

Cadbury Marathon, Hobart, 2:31:09, 1st

Village Roadshow Theme Parks Gold Coast Marathon, 2:25:47, 15th

Nedbank Runified 50km, 2:59:54

Personal Performances 2019

Roads to Rhodes Marathon, Rhodes GRE, 2:29:53, 1st

MTN Kampala Marathon, Kampala, 2:22:00, 11th

