Ray Maxwell Sheedy was born on 6 September 1945 in Melbourne. He completed his secondary education at Mordialloc High School. He attended Melbourne University, graduating with a Bachelor of Law in 1968.

Before entering the Army as a National Serviceman, Ray was employed as a Solicitor with Keith A. Ness & Son, Solicitors. Ray graduated with Class 2/67 and was allocated to the Australian Army Legal Corps and posted to Headquarters, Southern Command as a Temporary Captain Legal Officer, where he completed his National Service.

Ray was a Legacy Member and played cricket with the Bulleen Cricket Club for many years where he was Club Secretary for 4 years and long term committee member before moving to live in Doncaster. He captained the Bulleen 2nd X1 in 1972 and won both the batting and bowling that year, not only for Bulleen but the association as well. For the club his best bowling figures were 6/37 and his highest score was 134.

Ray, a brother to John and Brother-in-Law to Miffy, died unexpectedly on 21 April 2018. His funeral was held at the Federation Chapel, Lilydale Memorial Park, on 30 April 2018.