

REAL RUN Club

Committee Profile



Chairman: MAJ (NS) Syed Abdul Malik Aljunied

Occupation: Senior Education Officer, Ministry of Education

Position Held: Head of Department, Physical Education & Co-Curricular Activities

Previous Occupation / Positions Held

- Raffles Institution: Head of Department, Co-Curricular Programme (1999-2002)
- Singapore Amateur Athletic Association: Manager, Coaching & Development (1996-1997)
- Outward Bound Singapore: Course Manager (1993-1996)
- Ministry of Education: Teacher (1990-1993)

Sports Background

- Athletics: National Coach, Sprints & Hurdles (1995 to 1999)
- Represented Singapore in Athletics (1983 to 1986)
- National 400m Hurdles Champion from 1985 to 1986
- National Junior Record Holder for 400m Hurdles (1986-53.6s) and National Under-17 Age Group Record (1985-54.66s)
- Asian Track & Field Junior Championships 1985-Silver Medal for 4 x 400m relay and Bronze Medal for 400m Hurdles
- ASEAN Schools Track & Field Championships 1985- Bronze Medal for 400m Hurdles
- Hong Kong Track & Field Open 1984- Won Gold medals for 400m Hurdles & 4 x 400m relay
- Rugby: Member of National Under-23 Champion Team 1988
- Participated competitively in Rugby, Water-polo, Soccer and Cross-Country at school level

Area of Expertise

- Bachelor of Science (Honours) in Sport & Exercise Science
- National Coaching Accreditation Programme (Canada)- Level III
- International Association of Athletics Federations- Coaching Course Level II
- International Olympic Committee Coaching Course
- Singapore Life Saving Society Silver Cross, Bronze Cross and Bronze Medallion (Open Water rescue)
- Wilderness First Aid accreditation (Intermediate)
- Academic Area of interest- Exercise Physiology and Exercise & Health Promotion

Others Interesting Facts

- NS Status: Major, Company Commander in a Rescue Battalion
- Participated in SCDF's Operation Lion Heart, Overseas Search & Rescue Mission in 2005 (Pakistan Earthquake)
- Home Team NS Executive Member (Secretary) and Chairman of HTNS REAL Run Club