

REAL RUN Club

Committee Profile



Advisor: Dr Balasekaran

Occupation: Asst. Professor, Physical Education Sports Science, National Institute of Education, Nanyang Technological University

Position Held: American College of Sports Medicine Health/Fitness Director

Sports Background

- Singapore long distance representative – ran in numerous international meets (1983 -1987)
- National Champion and undefeated in the 3,000 m. Steeplechase for 5 years
- Represented the Republic of Singapore and won medals in Marathons, 10,000 m, 5,000 m. & 3,000 m. Steeplechase
- Indiana University of Pennsylvania Track and Cross Country Team, USA(1988 - 91) – competed in various state, regional and national meets in the USA.
- 1990 American Regional Collegiate Cross Country 10km Championships in USA – Qualified for Nationals
- 1990 American National Collegiate Cross Country (NCAA)10km Championships in USA
- Competed in National Schools Cross Country and Track & Field meets (1979 -1982)
- Hockey – combine schools and club level

Area of Expertise

- Post Doctoral in Molecular Genetics
- Doctorate in Physiology
- Masters of Science and Bachelor of Science in Exercise Physiology
- Diploma in Physical Education and Sports Science
- International Amateur Athletic Federation Level One and Level two Coach
- Exercise Physiology; Fitness, Health and Performance in sport and exercise; Research and Development in Human Performance and health.

Interesting Facts

- NS status - Captain in the Singapore Armed Forces, Brigade Officer
- Advisor to HTNS REAL Run Club
- I like the great runner Czech Emil Zatopek's quote to inspire future runners **"We are different, in essence, from other men. If you want to win something, run 100 meters. If you want to experience something, run a marathon."**