

REAL RUN Club

Committee Profile



Member: SUPT (NS) Ow Kok Meng

Occupation: Senior Education Officer, Ministry Of Education

Position Held: Head Of Discipline Department Pasir Ris Secondary School

Sports Background

- Combined Schools' Track & Field Captain 1981
- Set Police Junior Record in Police Sports Association Annual Cross-Country in 1984
- First Chinese Singaporean to run below 4 minutes for 1500m in 1984
- Represented Police Sports Association in all local Inter-Club Athletics, Cross-Country and Race Walking competitions in 1982, 1983 and 1984
- National Athlete from 1982 to 1987
- Collaborated with DSP(NS) Mohd Azman Bin Mohd Sidek to conceptualise and published Regular Exercise Active Lifestyle booklet for PNSmen which was launched by Professor Ho Peng Kee, President HomeTeamNS in 1996.
- Co-Chairman of REAL Run from 1997 till to-date

Area of Expertise

- Running and health related activities
- Counselling and helping 'at-risk' youths

Interesting Facts

- Married to Neo Kwee Gim, National Athletics Team Captain at 1983 SEA Games. She held the National Record in the heptathlon event from 1983 to 1988
- 2 teenage children
- Daughter in same school and same level as DSP(NS) Mohd Azman Bin Mohd Sidek's daughter
- Attended OCT course with DSP (NS) Mohd Azman Bin Mohd Sidek and ASP (NS) K Arul at Police Academy in 1982
- Passion for running and healthy lifestyle has brought all of us back to spearhead HTNS towards greater heights