

REAL RUN Club

Committee Profile



Secretary: ASP (NS) K Arul

Occupation: General Education Officer, Ministry of Education

Position Held: PE Teacher, St. Joseph's Institution

Sports Background

- Combined Schools Soccer Player in 1981
- Hockey player in the Inter-Varsity Games during 1984-1985
- A founding member of the Regular Exercise, Active Lifestyle Working Committee from 1999 till to-date

Area of Expertise

- Obtained Diploma in Physical Education from Institute of Education in 1986
- Attained Bachelor of Science (Physical Education) Hons from Loughborough University UK 1991 – 1993

Interesting Facts

- Attended OCT Course with DSP (NS) Mohd Azman bin Mohd Sidek and SUPT (NS) Ow Kok Meng at Police Academy in 1982
- Mohd Azman and Ow Kok Meng were instrumental in me developing a passion for long distance running. This passion for running has brought the three of us together in organizing and promoting running amongst police reservists and the public at large.