



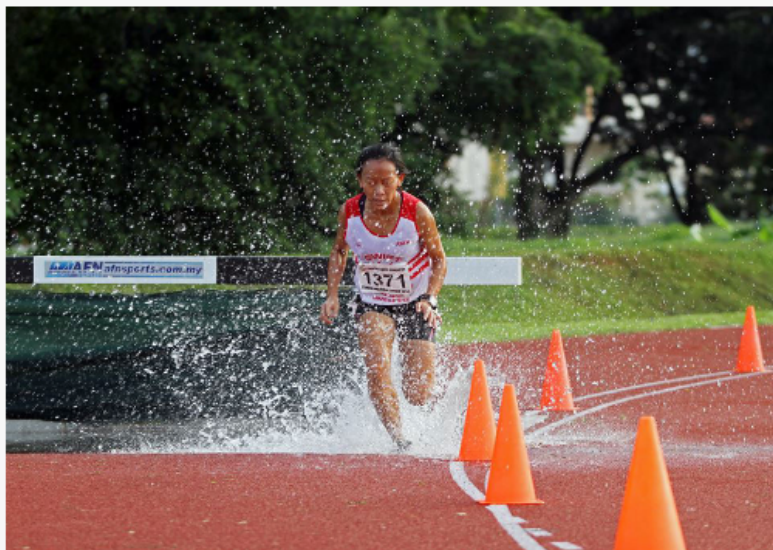
Ng Yu Jun, Eliza recent 3000 metres steeplechase effort of 12:56.30 minutes at the 2014 SAA Track & Field Series 5 has been officially recognised as a new national record.

The obstacle race is a new women event under IAAF races, its maiden debut at the Olympics was officially held at the 2008 Beijing Games.



SAA at the recent MC meeting has ratified and inducted a new record for the women 3000 metres steeplechase, in its effort to acknowledge our athletes and to promote the event locally.

The 26-year-old is a regular feature in the local middle distance running scene. Her progression in the 800 metres and 1500 metres over the years has been steady.



Only late last year after having build-up a good aerobic base and speed, Eliza attempted a 3000 metres steeplechase race and achieved a personal best. Congrats. Below is a short interview of her.

[SAA latest record ratification, click here.](#)

Photo credit for Ng Yu Jun, Eliza photos – Yuan Zhi of [XYZ Photos](#).

Stats

Women 3000m steeplechase race all-time best

12:56.30 – Ng Yu Jun, Eliza (S'pore 21 Dec 2014)
13:29.43 – Yvonne Lin Cui Wen (Hanoi, 1 Jul 2010)

Women 3000m steeplechase progression over the years

2014 – 12:56.30 by Ng Yu Jun, Eliza (S'pore 21 Dec 2014)
2013 – No women ran during this year
2012 – No women ran during this year
2011 – No women ran during this year
2010 – 13:29.43 by Yvonne Lin Cui Wen (Hanoi, 1 Jul 2010)

Interview

Full name: Ng Yu Jun Eliza

Height: 153cm

Weight: 44kg

Occupation: Teacher

Coach: Dr. Govindasamy Balasekaran since young (Dr. Balasekaran is also SAA's current Honorary Assistant Secretary)

School(s):

- Paya Lebar Methodist Girls' Primary/Secondary School
- St. Andrew's Junior College
- NTU(NIE)

Personal Best(s):

- **800m:** 2:26.43mins
- **1500:** 5:03.39mins
- **3000m:** 11:22.67mins
- **3000m SC:** 12:56.30mins
- **5km:** 19.30mins
- **10km:** 41.12 mins
- **21km:** 1:44.12 hr

Date of Birth: 03 Feb 1989

Running the 3,000m steeplechase at Series 5, going into the competition, was it your plan & goal to run faster than Yvonne Lin's 13:29.43min timing

“

Running 3000m steeplechase is a new event category and also a new event to me and I wanted to run and be like Dr.G Balasekaran who to me is the best steeplechase and long distance runner ever as I admire him for his international and local races he ran, also for his intelligence and character on and off the track.

Will you now specialise in the 3,000m steeplechase, trying to lower the mark?

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I specialise in all long distance events from 800m, 1500m, 3000m, 3000m SC, 5000m, 10000m, 21km and marathon just like my coach, Dr. G. Balasekaran

What's your long term goal (athletics)

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My long term goal is to do well in all long distance events like Dr. G Balasekaran and emulate his success in both running and academics

Tell us about your 12:56.30min race. What was your race plan. You had targeted timing pacing p/lap? The experience and such.

“

I ran the race thinking of how Dr. G Balasekaran ran and wanted to be like him. I ran as hard as what he does since he excels in everything he has set his sight on. This is just the beginning and I will run faster in all the events and hope to break all the long distance records to bring glory to Singapore and achieve the same success and emulate his values and character.