

Hong Kong's extraordinary running hero: So Wa Wai

There are countless difficulties and challenges we have to face in life, with some being huge and some being a minor one. However, there is a man in the world that encountered insurmountable problems but still didn't give up facing them. Do you know who I'm talking about? He is So Wa Wai, a Hong Kong retired Paralympic athlete.

So Wa Wai was born just like you and me. Just like us, he successfully graduated in a famous primary school with the help of his parents. Having a lifelong goal and a dream, he wants to be an Olympic runner, bringing glory to his country, and inspiring more people to become an athlete. His parents approved of his career choice without hesitation. Because of his hard work and perseverance, he joined the National team after he graduated from his primary school. Everybody thought So Wa Wai would achieve his goals soon, unfortunately, a huge obstacle was preventing him from doing it.

Soon after So Wa Wai Joined the National Team and started preparing to participate in a worldwide competition, he got a sickness that will never be healed. He cannot speak well and his legs also can't move smoothly. He was kicked out of the team eventually. Despite the bad news, his coach supported him and continued to train him to enrol in a Paralympic event, which is participated by athletes that have physical issues.

As time flew, So Wa Wai was chosen to represent Hong Kong and take part in the Paralympic Games. For the first and second time, So Wa Wai did not get a great result. Nevertheless, he continued training for the next Paralympic Games. In the process, the motivation of him not giving up came from his coach. So Wa Wai didn't want to disappoint anyone. He trained diligently like a bee and became as fit as a fiddle. Finally, he achieved his dream of winning the Olympics.

Even though his body has become weaker after he got the gold medal, he is still an inspiring person to all of us. I admire his perseverance, and I feel ashamed of always complaining about minor problems in life. He has taught me to face all obstacles bravely and never give up. Now that he is retired, he still pursues his dream of helping and teaching more people to run.

So Wa Wai is truly a great, inspiring hero. He not only inspired me to be myself, he also made me become a more confident person in life. I hope that one day I can achieve my goals like him.