

---

## Mr So Wa-wai, BBS, MH

---

### Honorary Fellow

Mr Council Chairman, Mr President, distinguished guests:

Thank you very much for inviting me to deliver this address on behalf of the Honorary Fellows today.

I had not been in the spotlight since I retired in 2016 due to my back injury. However, the film about the story of my mother and me, as well as the fervour surrounding the Tokyo Olympics and Paralympics, have refreshed people's memory of my past performance on the track.

I hope every one of you can take some inspiration from the film.

As a man with disabilities who loves running, it has always been my belief that hard work can make a difference and that it pays off.

I hope my story, together with the difficulties I encountered, can bring encouragement and positive energy to all of you. I also hope that people in Hong Kong will pay more attention in their daily lives to athletes and other people with disabilities.

On this important occasion today, I would like to thank all those who have helped me at different stages of my life, both in the past and at present.

Running has always been my source of joy. I would especially like to thank my mother for her care and encouragement, and my coaches for their support and companionship, during my 21-year life as an athlete. My special thanks go to the Hong Kong Paralympic Committee, the Hong Kong Sports Association for the Physically Disabled, and Mr Andy Lau Tak-wah.

Without you, I would not be who I am today!

I have never thought of myself becoming a coach or a teacher. And so, I am delighted to join the family of The Education University of Hong Kong in another capacity.

Thank you very much!