

SPORTS

RUNNING

TAKING IT ALL IN HIS STRIDE

Visually impaired teen athlete from Xizang chases his dream on national stage



Sonam Gyaltsen with his gold medal after finishing first in his 800m race at the National Games for Persons with Disabilities and the National Special Olympic Games. XINHUA



Born with low vision, 19-year-old athlete Sonam Gyaltsen wears sunglasses to help him run safely.



Sonam (right) stretches with a teammate. Right: Sonam in action at the Games.

The December cold is sharp enough to sting the lungs before sunrise in Lhasa. Nineteen-year-old runner Sonam Gyaltsen squinted toward the eastern horizon, put on sunglasses and started his morning training, unaware that the quiet routine would mark the final chapter of one journey and the beginning of another.

At the Nagchu Special Education School, physical education teacher Thubten Kelsang noticed something others overlooked. Despite his limited eyesight, Sonam had long, powerful limbs and a natural sense of rhythm.

"He couldn't see well," Thubten recalled, "but you could tell the track was where he belonged."

Convincing Sonam's family was far more difficult. His father, Tsering Dorje, worried about injuries and doubted whether athletics could ever be a realistic pursuit for a child with such issues.

"My son can't even herd cattle properly," he said at the time. "If a yak runs off, he mistakes it for a truck."

Shaped by his own upbringing in the 1980s, the father doubted whether sports could offer Sonam a real future — at that time, disability sports in Xizang were still in their infancy, focused mainly on basic rehabilitation rather than competition.

It took repeated home visits and quiet persistence from the coach before the family finally agreed to let Sonam try.

4,500 meters and sunlight is both abundant and unforgiving.

"As a child, everyone at school called me 'wuba,'" Sonam said softly, using the Tibetan word for owl. Like an owl, his vision was worse during the day and slightly better at night.

At the Nagchu Special Education School, physical education teacher Thubten Kelsang noticed something others overlooked. Despite his limited eyesight, Sonam had long, powerful limbs and a natural sense of rhythm.

"He couldn't see well," Thubten recalled, "but you could tell the track was where he belonged."

Convincing Sonam's family was far more difficult. His father, Tsering Dorje, worried about injuries and doubted whether athletics could ever be a realistic pursuit for a child with such issues.

"My son can't even herd cattle properly," he said at the time. "If a yak runs off, he mistakes it for a truck."

Shaped by his own upbringing in the 1980s, the father doubted whether sports could offer Sonam a real future — at that time, disability sports in Xizang were still in their infancy, focused mainly on basic rehabilitation rather than competition.

It took repeated home visits and quiet persistence from the coach before the family finally agreed to let Sonam try.

The first months of training were filled with hesitation. Sonam ran with his eyes half-closed, unsure of the space ahead, only feeling secure when his feet struck the ground.

Everything changed, however, when Thubten gave Sonam his first pair of sunglasses.

"With them on, every run felt safe," Sonam said. "That's when I began to trust myself."

Over five years, one pair of sunglasses broke after another. The skin around his eyes, protected by the frames, grew noticeably lighter than the rest of his face, a visible record of countless hours under the plateau sun.

Like many teenagers, Sonam sometimes wavered. Once, after

missing a local horse racing festival, he stopped training for a week.

The setback was immediate and sobering.

"That's when I understood," he said. "If I stop, I fall behind."

"Horses can run fast," Sonam added, thinking of home, "but they may only run on the grasslands. If I keep going, I can run beyond the plateau."

His persistence earned him a place on the Xizang team and, eventually, a ticket to the National Games.

Before Sonam left for Guangdong province, his father traveled from the pastoral areas of Nagchu to Lhasa to see him off. He brought dried yak meat from home and meat buns made by Sonam's mother.

"Be careful. Don't fall," his father repeated. "It doesn't matter what place you get. Just come back safe."

Sonam listened in silence. He admitted he avoids talking too much about his family. "If I say more," he explained, "I'm afraid I won't be able to hold back my tears."

In southern China, far from the thin air of the plateau, Sonam initially struggled. The abundance of oxygen left him constantly drowsy. But once he stepped onto the track, the heaviness disappeared.

When the starting gun fired in the men's 800m

for athletes aged 16 to 21, Sonam surged forward. This time, he ran without sunglasses, guided purely by muscle memory and instinct, and crossed the finish line first in his heat.

Under the southern sun, the boy once nicknamed "wuba" was no longer an owl hiding from daylight. He was now running freely beyond the mountains that once defined his world.

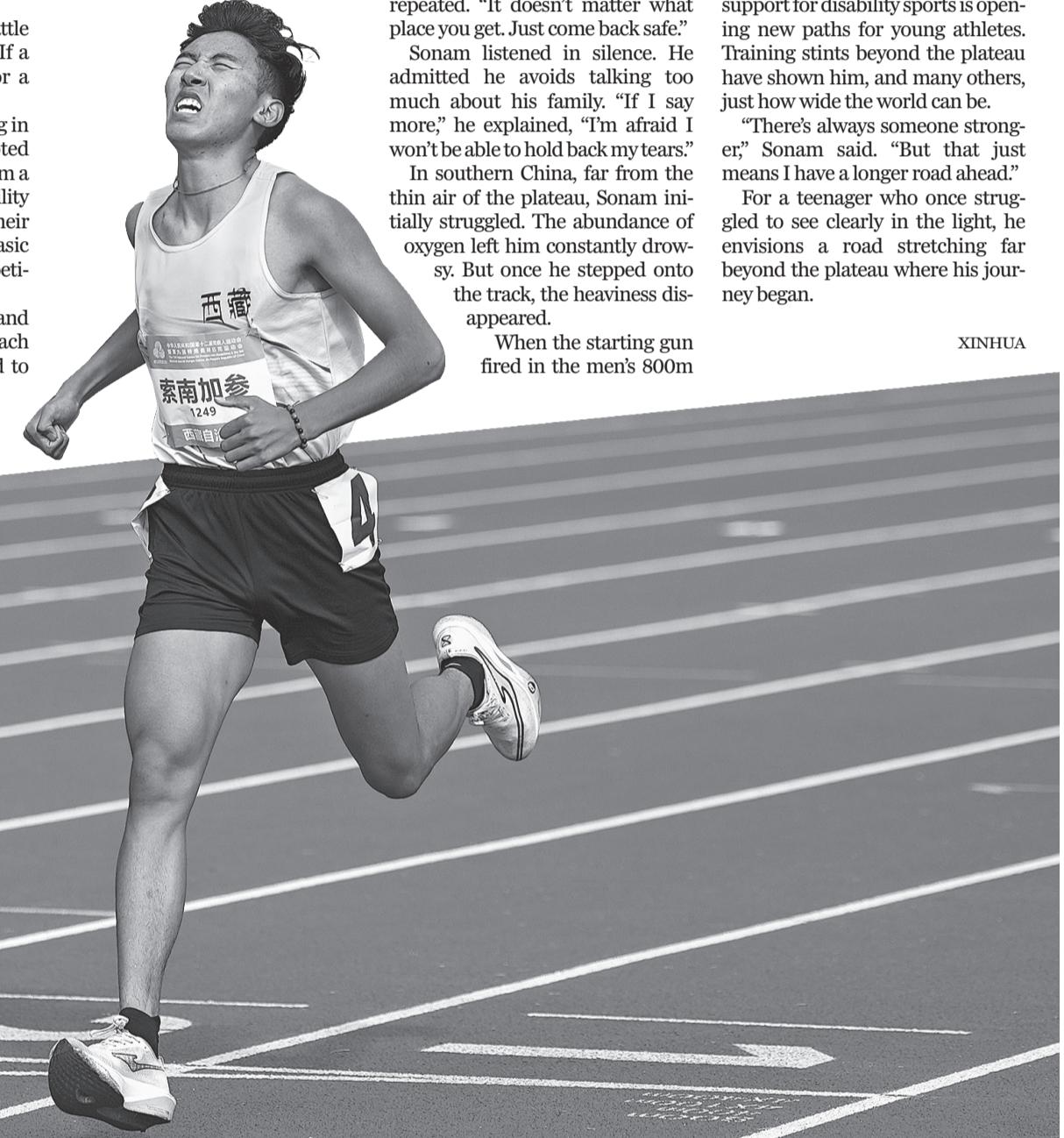
At this year's National Games for Persons with Disabilities and the National Special Olympic Games, the Xizang delegation fielded 73 athletes across nine sports, including athletics, wheelchair basketball and weightlifting.

Sonam was one of them, and his journey reflects a broader transformation in Xizang, where expanding support for disability sports is opening new paths for young athletes. Training stints beyond the plateau have shown him, and many others, just how wide the world can be.

"There's always someone stronger," Sonam said. "But that just means I have a longer road ahead."

For a teenager who once struggled to see clearly in the light, he envisions a road stretching far beyond the plateau where his journey began.

XINHUA



NOTICE ON APPLICATION FOR NEW ISSUE OF LIQUOR LICENCE

Seafood Corner

Notice is hereby given that WONG, Yiu Pan of SHOP G16, G/F., SINCERE WESTERN HOUSE, 67 CADOGAN STREET, WESTERN DISTRICT, HONG KONG is applying to the Liquor Licensing Board for new issue of Liquor Licence in respect of Seafood Corner situated at SHOP G16, G/F., SINCERE WESTERN HOUSE, 67 CADOGAN STREET, WESTERN DISTRICT, HONG KONG. Any person having any objection to this application should send a signed written objection, stating the grounds therefor, to the Secretary, Liquor Licensing Board, 8th Floor, Lockhart Road Municipal Services Building, 225 Hennessy Road, Wanchai, Hong Kong within 14 days from the date of this notice.

Date: 17 December, 2025

THE COMPANIES ORDINANCE (CHAPTER 622)

NOTICE OF REDUCTION OF SHARE CAPITAL

Pursuant to Section 218

Art Ent. HK Limited

NOTICE IS HEREBY GIVEN that Art Ent. HK Limited (the "Company") has approved a reduction of share capital in the amount of HK\$999,999,999 by a special resolution dated the 8th day of December 2025 (the "Special Resolution").

The Special Resolution as well as the Solvency Statement (Form NSC17) in relation to the reduction of share capital are available for inspection during office hours at the Company's registered office at 22/F, LKF 29, 29 Wyndham Street, Central, Hong Kong.

Any member of the Company who did not consent to or vote in favour of the Special Resolution or any creditor of the Company may, at any time within 5 weeks after the date of the Special Resolution, apply to the Court under Section 220 of the Companies Ordinance for cancellation of the Special Resolution.

Dated this 17th day of December 2025.

Art Ent. HK Limited
22/F, LKF 29,
29 Wyndham Street,
Central, Hong Kong

NOTICE ON APPLICATION FOR NEW ISSUE OF LIQUOR LICENCE

No.1 Dim Sum

Notice is hereby given that TSONG, Sing Jun of Shops A & B on Ground Floor, Hua Chiao Commercial Centre, 678 Nathan Road, Mong Kok, Kowloon is applying to the Liquor Licensing Board for new issue of Liquor Licence in respect of No.1 Dim Sum situated at Shops A & B on Ground Floor, Hua Chiao Commercial Centre, 678 Nathan Road, Mong Kok, Kowloon. Any person having any objection to this application should send a signed written objection, stating the grounds therefor, to the Secretary, Liquor Licensing Board, 8th Floor, Lockhart Road Municipal Services Building, 333 Ki Lung Street, Sham Shui Po, Kowloon within 14 days from the date of this notice.

Date : 17th December, 2025

NOTICE ON APPLICATION FOR NEW ISSUE OF LIQUOR LICENCE

BAR TINCTURE

Notice is hereby given that CHENG, Chun Man of 23/F, FOCO, 48 COCHRANE STREET, CENTRAL, HONG KONG is applying to the Liquor Licensing Board for new issue of Liquor Licence in respect of BAR TINCTURE situated at 23/F, FOCO, 48 COCHRANE STREET, CENTRAL, HONG KONG. Any person having any objection to this application should send a signed written objection, stating the grounds therefor, to the Secretary, Liquor Licensing Board, 8th Floor, Lockhart Road Municipal Services Building, 225 Hennessy Road, Wanchai, Hong Kong within 14 days from the date of this notice.

Date: 17 December, 2025

NOTICE OF APPLICATION FOR PLANNING APPLICATION

Notice is hereby given to the owner(s) of Lot Nos. 201 and 202 in D.D. 110, Yuen Long, New Territories that I intend to apply for planning permission under section 16 of the Town Planning Ordinance for 'Proposed Temporary Shop and Services (Vehicle Showroom)' for a Period of 5 Years on portion of the above lots.

TSOI Tak Lee

17 December 2025

CHINESE VIEWS ON GLOBAL NEWS
CHINA DAILY GLOBAL EDITION

Your key to China news and business

CHINADAILY.COM

China Daily Hong Kong Edition
Subscription Hotline: (852) 3465 5413
Advertising Hotline: (852) 3465 5426

申請酒牌續期公告

一葉小廚

現特通告：周沛祥其地址為新界沙田小瀝源路68號廣源邨廣源商場3座1樓12號鋪，現向酒牌局申請位於新界沙田小瀝源路68號廣源邨廣源商場3座1樓12號鋪一葉小廚的酒牌續期。凡反對是項申請者，請於此公告刊登之日起十四天內，將已簽署及申明理由之反對書，寄交新界大埔鄉事會街8號大埔綜合大樓4字樓酒牌局秘書處。

日期：2025年12月17日

NOTICE ON APPLICATION FOR RENEWAL OF LIQUOR LICENCE

The Leaf Kitchen

Notice is hereby given that CHOW PUI CHEUNG of SHOP NO.12, 1/F, COMMERCIAL BLOCK 3, KWONG YUEN SHOPPING CENTRE, KWONG YUEN ESTATE, 68 SIU LEK YUEN ROAD, SHA TIN, NEW TERRITORIES is applying to the Liquor Licensing Board for renewal of the Liquor Licence in respect of The Leaf Kitchen situated at SHOP NO.12, 1/F, COMMERCIAL BLOCK 3, KWONG YUEN SHOPPING CENTRE, KWONG YUEN ESTATE, 68 SIU LEK YUEN ROAD, SHA TIN, NEW TERRITORIES. Any person having any objection to this application should send a signed written objection, stating the grounds therefor, to the Secretary, Liquor Licensing Board, 4th Floor, Tai Po Complex, No. 8, Heung Sze Wui Street, Tai Po, New Territories within 14 days from the date of this notice.

Date: 17 December, 2025

申請酒牌轉讓公告

鮑美日本料理

現特通告：馮永漢其地址為香港中環威靈頓街51號地庫，現向酒牌局申請位於香港中環威靈頓街51號地庫鮑美日本料理的酒牌轉讓給黃瑞卿其地址為香港中環威靈頓街51號地庫。凡反對是項申請者，請於此公告刊登之日起十四天內，將已簽署及申明理由之反對書，寄交香港灣仔軒尼詩道225號駱克道市政大廈8字樓酒牌局秘書處。

日期：2025年12月17日

NOTICE ON APPLICATION FOR TRANSFER OF LIQUOR LICENCE

鮑美日本料理

Notice is hereby given that FUNG Wing Hon of Basement, 51 Wellington Street, Central, Hong Kong is applying to the Liquor Licensing Board for transfer of the Liquor Licence in respect of GOLD THAI HENG situated at Shop C-D, G/F, Kuk Fung Building, 50-50A Catchick Street, Kennedy Town, H.K. to BUAKAEW SUTHATHIP of Shop C-D, G/F, Kuk Fung Building, 50-50A Catchick Street, Kennedy Town, H.K. and the following amendment(s):

"Change the shop sign to RUNG RUANG THAI RESTAURANT"

Any person having any objection to this application should send a signed written objection, stating the grounds therefor, to the Secretary, Liquor Licensing Board, 8th Floor, Lockhart Road Municipal Services Building, 225 Hennessy Road, Wanchai, Hong Kong within 14 days from the date of this notice.

Date: 17 December, 2025

申請酒牌轉讓、續期及修訂公告

RUNG RUANG THAI RESTAURANT

現特通告：PHOTASEE Sammiang 其地址為香港堅尼地城吉席街50-50A號吉豐大廈地下C-D號舖，現向酒牌局申請位於香港堅尼地城吉席街50-50A號吉豐大廈地下C-D號舖 GOLD THAI HENG 的酒牌轉讓給BUAKAEW SUTHATHIP 其地址為香港堅尼地城吉席街50-50A號吉豐大廈地下C-D號舖及續期及作出以下修訂：

"店號名稱更改為 RUNG RUANG THAI RESTAURANT"

凡反對是項申請者，請於此公告刊登之日起十四天內，將已簽署及申明理由之反對書，寄交香港灣仔軒尼詩道225號駱克道市政大廈8字樓酒牌局秘書處。

日期：2025年12月17日

NOTICE ON APPLICATION FOR TRANSFER, RENEWAL AND AMENDMENT(S) OF LIQUOR LICENCE

RUNG RUANG THAI RESTAURANT

Notice is hereby given that FUNG Wing Hon of Basement, 51 Wellington Street, Central, Hong Kong is applying to the Liquor Licensing Board for transfer and renewal of the Liquor Licence in respect of GOLD THAI HENG situated at Shop C-D, G/F, Kuk Fung Building, 50-50A Catchick Street, Kennedy Town, H.K. and the following amendment(s):

"Change the shop sign to RUNG RUANG THAI RESTAURANT"

Any person having any objection to this application should send a signed written objection, stating the grounds therefor, to the Secretary, Liquor Licensing Board, 8th Floor, Lockhart Road Municipal Services Building, 225 Hennessy Road, Wanchai, Hong Kong within 14 days from the date of this notice.

Date: 17 December, 2025

CHINADAILY Hong Kong Edition

Subscription: 852-3465 5413

Advertising: 852-3465 5426