

# Mo Farah

**Name:** Mohamed Muktar Jama Farah

**Born:** 23 March 1983 in Mogadishu, Somalia

## Childhood

Although Mo was born in Somalia, he grew up in West London from the age of 8. He began running at school but he didn't always want a big career in athletics. He actually dreamt of being a car mechanic or an Arsenal football player! In his teens, he joined an athletics club when he realised himself that he had a special talent for long-distance running. He became a very successful junior athlete and won the European Junior 5000m title in 2001.

## Achievements

In 2008, Mo went to the Beijing Olympic Games but unfortunately he did not make it to an Olympic final. For the next four years, Mo trained even harder so he could have another go at achieving his dream of becoming an Olympic champion. On the 4th August 2012, Mo's dream came true at the London Olympic Games. In front of his home fans in the Olympic Stadium, Mo won the 10,000 metre gold. On the same night, which people went on to call 'Super Saturday', two other gold medals were won for Great Britain by Jessica Ennis and Greg Rutherford. Just a week later, on the 11th August 2012, Mo also won the 5000 metres event. Mo is the only athlete in Olympic history to ever win the 5000/10,000m double on home soil. Mo famously celebrated his wins with his own dance pose called the 'Mobot'. Four years later, Mo defended his Olympic title in the 2016 Rio Games in which he won gold in both the 10,000 and 5,000 metres again.

## Life after the Olympics

In 2012, Mo was given a CBE, which is a special award from the Queen. In Teddington, West London (Mo's hometown), a post box was painted gold to commemorate his Olympic victories. After competing at the 2017 World Championships (and winning a gold and silver medal), Mo decided to retire and has since switched his attention to marathon running.

Mo still competes in international athletics and recently repeated his gold medal double at the 2015 Athletics World Championships. He also does a lot of charity work for The Mo Farah Foundation, which raises money for starving and diseased people in Mo's birthplace of Somalia. Every time anyone posts a YouTube video copying his 'Mobot' pose, Mo donates £2 to his charity...how very generous! On the 14th November 2017, Mo was given a Knighthood by The Queen in recognition of his services to athletics.

## Amazing Fact!

Mo's secret training weapon is his underwater treadmill which he runs on while wearing scuba-diving equipment. He uses this machine three or four times a week when he's in competition training!



## Olympic Games and Medals

### • 2012 London Games:

2 gold medals (10,000 metres and 5000 metres)

### • 2016 Rio Games:

2 gold medals (10,000 metres and 5,000 metres)

# Questions

Answer the following questions using full sentences that give as much detail as possible.

1. What were Mo's dream jobs when he was a child?

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2. Where and when was Mo born?

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3. What happened to Mo at the 2008 Olympic Games in Beijing?

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4. Name the three GB athletes that won gold medals on 'Super Saturday'.

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5. How did Mo celebrate his double Olympic gold medals at the 2012 London Games?

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6. I would use the adjective '**determined**' to describe Mo Farah's character. Can you finish this sentence with a reason why?

I think Mo is a determined person because...

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7. Why do you think Mo's charity raises money for Somalia?

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8. What strange piece of equipment does Mo have to help him train?

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