

Mo Farah Fact Sheet

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 when his talent was spotted by his PE teacher. He didn't always want a big career in athletics. Instead, Mo's main dreams were actually to become either a car mechanic or to play for Arsenal football club. In his teens, he joined the Borough of Hounslow Athletics Club. He became a very successful junior athlete and won the European Junior 5000m title in 2001.

Achievements

In 2008, Mo travelled to the Beijing Olympic Games but much to his disappointment, he did not make it to an Olympic final. For the next four years, this made Mo train even harder so he could have another go at achieving his ambition 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, he easily made the finals for both his events - the 5000 and 10,000 metres. In his first final, 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. This meant Mo made Olympic history as the only athlete to ever win the 5000/10,000m double in their own country. Mo famously celebrated his wins with his own dance pose called the 'Mobot'.

Life after the Olympics

Following his 2012 successes, Mo was given a CBE in The Queen's 2013 New Year Honours List. In Teddington, West London (Mo's hometown), a post box was painted gold to commemorate his Olympic victories.

Despite his advancing age, Mo is still a major competitor in international athletics and, as recently as 2015, he repeated his long-distance gold medal double at the Athletics World Championships. He also does a lot of charity work for The Mo Farah Foundation, which helps provide life-saving aid to millions of starving and diseased people in Mo's birthplace of Somalia. Very generously, every time anyone posts a YouTube video copying his 'Mobot' pose, Mo donates £2 to his charity!

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)



Mo Farah Comprehension

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

1. Did Mo dream of athletics success from a young age?

2. What was the name of the athletics club that Mo joined as a junior?

3. Why did Mo have a major disappointment in 2008?

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

5. Why was Mo's double Olympic win so special? How did he celebrate?

6. Choose an adjective to describe Mo Farah's character. Explain your choice.

I think Mo is _____ because..._____

7. Give TWO reasons why you think Mo's charity raises money for Somalia.

8. Explain what Mo Farah has promised to do that proves he is very generous.

Mo Farah Comprehension

Answers

1. Did Mo dream of athletics success from a young age?
No, he actually wanted to become a mechanic or an Arsenal football player.
2. What was the name of the athletics club that Mo joined as a junior?
In his teens, he joined the Borough of Hounslow Athletics Club and became a very successful junior athlete.
3. Why did Mo have a major disappointment in 2008?
He failed to qualify for either the 5000 or 10,000 metre Olympic Finals at the 2008 Olympic Games in Beijing.
4. Name the three GB athletes that won gold medals on 'Super Saturday'.
On Super Saturday, 4th August 2012, Mo Farah, Jessica Ennis and Greg Rutherford all won gold medals for Team GB.
5. Why was Mo's double Olympic win so special? How did he celebrate?
It was special because Mo made Olympic history as the only athlete to ever win the 5000/10,000m double in their own country. Mo famously celebrated his wins with his own dance pose called the 'Mobot'.
6. Choose an adjective to describe Mo Farah's character. Explain your choice.
I think Mo is _____ because...
Pupil's own response.
7. Give TWO reasons why you think Mo's charity raises money for Somalia.
Mo raises money for Somalia because many people there are dying of disease and starvation. He feels compelled to help the people in the country he was born.
8. Explain what Mo Farah has promised to do that proves he is very generous.
Every time anyone posts a You Tube video copying his 'Mobot' pose, Mo donates £2 to his charity.