

Mo Farah Great Britain

Double Gold for Great Britain



*Photo by Pretty Sporty/
Cheryl Treworgv*

Mohammed (Mo) Farah was born in Mogadishu, Somalia. Mo moved to London, England, when he was 8 years old to live with his father. He struggled with the English language and had difficulties fitting in with classmates in school, where he played soccer. Mo eventually started running and winning English school titles.

In 2005, Mo moved in with a group of Kenyan runners with a heavy focus on training and was forced to pick up his training program to keep up. He represented Great Britain and finished sixth in the 5000-meter at the World Championships. He ran in his first Olympics in 2008 at Beijing and failed to make the 5000-meter final.

His road to stardom continued when he finished seventh in the 2009 World Championships. Mo faltered late in several races and discovered he had low levels of iron and magnesium. Supplements remedied the situation and Mo would become the first athlete from Great Britain to run under 13:00 for the 5000 meters and set a new national record.

Despite his improvement, which had moved him into the upper echelon of distance runners, Mo had a burning desire to be the best. In 2011, he relocated to Portland, Oregon, to work with coach Alberto Salazar. Working out with training mate Galen Rupp, Mo continue to improve with a breakthrough race in winning the gold medal in the 2011 World Championship 5000 meters and the silver at 10,000 meters.

On August 4, 2012, with the Great Britain crowd roaring for their fellow countryman, Mo delivered on the last lap of the 10,000 meters, running away to win Great Britain's first Olympic gold medal in the 10,000 meters. To add to the exciting moment, Mo's training partner, Galen Rupp, finished in second place. A week later, Mo also captured the Olympic 5000 meters gold. Mo Farah, in his quest to be the best, has become a powerful emblem of London's diversity as a double Olympic champion.

Questions for Thought:

1. Mo made a dramatic training change in moving to the United States. What courageous moves might you have to make in your lifetime?
2. Mo gradually improved to be the best. How can you be more patient to gradually improve?
3. Mo and his training partner Galen Rupp make each other better. In what ways do you make other people better and how do they make you better?