

Mo Farah Fact Sheet

Mo Farah (Mohamed Muktar Jama Farah) was born on the 23rd March 1983 in Mogadishu, Somalia. He is a British distance runner, competing mostly on the track in the 5,000 and 10,000 metres but he has also been known to run from 1500 metres up to marathon distance.



Major success

since 2012



5000m European Championship

5000m Olympics

10,000m Olympics



5000m World Championship

10,000 World Championship



5000m European Championship

10,000m European Championship



5000m World Championship

10,000 World Championship



5000m Olympics

10,000m Olympics

Early life

Mo Farah was born in Somalia in Africa. He spent the early years of his childhood in Djibouti with his twin brother before moving to Britain to join his father at the age of eight. His father, Mukhtar Farah, is an IT consultant and a British citizen who was born in London and grew up in Hounslow. Mo's parents met each other whilst they were on holiday.

Mo attended Isleworth and Syon School and Feltham Community College. His ambition was to become a car mechanic or play as a right winger for Arsenal. Later on, he joined the Borough of Hounslow Athletics Club in west London.

Early career

Mo Farah represented Hounslow at cross-country in the London Youth Games. At the age of 14, he won the first of five English school titles. His first major title was 5000 metres at the European Athletics Junior Championship in 2001.

In 2005, Farah moved in with Australian Craig Mottram and a group of Kenyans. Farah was quoted as saying, "If I ever want to be as good as these athletes I've got to work harder. I don't just want to be British number one, I want to be up there with the best."

The following year, Mo clocked the second fastest time ever by a British runner in the 5000m and followed this up by winning a silver medal in the European Championships.

In 2008, he was knocked out in the preliminaries for the Olympic 5,000m, failing to make the final as a result.

Mo the invincible?

Mo Farah's breakthrough came in 2011 when, at the World Championships, he won silver in the 10,000m and gold in the 5000m, becoming the first British man to do this. This gave Mo the confidence that he could compete with the best in the world. Since then, he has gone on to win in every major final he has competed in, giving Mo an air of invincibility. His nine global titles have made him the most successful British athlete in history. Mo plans to leave the track after the 2017 World Championships in London.