



## Sir Mo Farah CBE

**UK's Greatest Ever Long-Distance Runner**

*"Britain's Best Loved Athlete"*

Sir Mo Farah, CBE, is an Olympic Superstar and athletics track-legend. He is one of the most decorated long-distance runners in modern sporting history. He currently is the Olympic Champion for both the 5000m and 10000m track events. Mo has become a media sensation thanks to his charming personality and world famous "Mobot" signature move, used every time he stuns crowds with his amazing speed

### TOPICS:

- Questions & Answers
- Moderated Discussion
- Maximising Success
- Achieving Goals
- Drive & Determination
- Performing Under Pressure

### IN DETAIL:

Mo began running at school in Somalia when his ability was spotted by his teacher. During his senior career, Mo continued his growing success, breaking European and British records on his way to becoming the world's best long-distance track athlete. At the 2012 London Games, he won two incredibly famous and memorable Olympic Gold medals, for the 5000m and 10000m events. In 2016, he took gold in the 10,000 and 5,000 metres at the Rio Olympics before announcing his retirement from track events to become a marathon runner. By 2018, he was a full-time marathon runner and managed to finish third at the London run and gold at the Chicago Marathon. In 2022, Mo starred in the Real Mo Farah documentary on the BBC, in which he revealed his life story of being illegally trafficked to the UK as a child and his true identity as Hussein Abdi Kahan.

### LANGUAGES:

He presents in English.

### WHAT HE OFFERS YOU:

The ability to perform despite huge pressure is a fantastic attribute to have and Mo shares his invaluable advice with audiences during speeches as an Olympic speaker.

### PUBLICATIONS:

- 2024 Higher Expectations
- 2017 Monster Mountain Chase!: Book 1 (Go Mo Go)
- 2016 Twin Ambitions - My Autobiography

### HOW HE PRESENTS:

Mo shares his insightful story as an Olympic speaker of performing at the highest levels of athletics with some anecdotal tales of his regime that makes him the world's very best.