



Mo Farah

! This is an old revision of this page, as edited by KolbertBot (talk | contribs) at 18:31, 13 February 2018 (*Bot: HTTP → HTTPS (v481)*). The present address (URL) is a permanent link to this revision, which may differ significantly from the current revision.

Sir Mohamed Muktar Jama "Mo" Farah, CBE (Somali: *Maxamed Mukhtaar Jaamac Faarax*; born 23 March 1983) is Britain's most successful-ever distance runner.^[9] On the track, he mostly competed over 5000 metres and 10,000 metres, but has run competitively from 1500 metres to the marathon. In 2017 he indicated his intention to switch wholly to road racing following victory at his final track race, the 2017 IAAF Diamond League 5000 metres final. His running style has been described as "bouncy" and tactical,^{[10][11]} which he has attempted to alter for a more efficient and energy-saving stride pattern, especially in the longer distances.^[12] Farah runs distance races tactically, a style which is aided by his quick sprint finish.^[13]

The most successful British track athlete in modern Olympic Games history, he is the 2012 and 2016 Olympic gold medallist in both the 5000 m and 10,000 m, and is the second athlete in modern Olympic Games history, after Lasse Virén, to win both the 5000 m and 10,000 m titles at successive Olympic Games. Farah also completed the 'distance double' at the 2013 and 2015 World Championships in Athletics. He was the second man in history after Kenenisa Bekele, to win long-distance doubles at successive Olympics and World Championships, and the first in history to defend both distance titles in both major global competitions – a feat described as the 'quadruple-double'.^[14] Since finishing 2nd in the 10,000 metres at the 2011 World Championships in Athletics, Farah had an unbroken streak of ten global final wins (the 5000m in 2011, the 10,000m in 2017 and the double in 2012, 2013, 2015 and 2016). The streak was finally ended in Farah's final championship track race, when he finished second to Ethiopia's Muktar Edris in the 2017 5000 metres final. In his final track race, the inaugural 2017 Diamond League Final in Zurich in August 2017, Farah gained his

Sir Mo Farah

CBE



Farah at the 2016 Olympics podium with his two gold medals

Personal information

Birth name	Mohamed Muktar Jama Farah
Nationality	British
Born	23 March 1983 ^[1] <div>Mogadishu, <u>Somalia</u></div>
Monument(s)	<u>Gold Postboxes</u> <u>Isleworth</u> , London; <u>Teddington</u> , London <div><u>Madame Tussauds London</u> wax sculpture in <u>Marylebone</u></div>
Occupation	Runner
Years active	1996–2017

revenge, edging out world champion Edris in Farah's final track race to win his first and only IAAF Diamond League title at 5000 metres.

Born in Mogadishu, Somalia to an Isaaq Somali family from Gabiley, Somaliland, Farah was originally based in London and ran for Newham and Essex Beagles athletics club, training at St Mary's University College, Twickenham from 2001 to 2011. Farah is the European record holder for the 1500 m, 10,000 m, half marathon and two miles, the British record holder for the 5000 m, the European indoor record holder for 5000 m, the British indoor record in the 3000 m and the current indoor world record holder for the two miles.

Farah is the most decorated athlete in British athletics history, with ten global titles, and was the first British athlete to win two gold medals at the same world championships, although Dame Kelly Holmes had achieved the feat at an Olympic Games. His five gold medals at the European Athletics Championships make him the most successful athlete in individual events in the championships' history. He has won the European Athlete of the Year award and the British Athletics Writers Association British Athlete of the Year award more than any other athlete, three times and six times respectively. Farah was appointed Commander of the Order of the British Empire (CBE) in 2013 and was knighted by Queen Elizabeth II in the 2017 New Year Honours for services to athletics.^[15]

Early life and education

Farah was born on 23 March 1983 in Mogadishu, Somalia into a Habr Awal Isaaq family belonging to the Jibril Abokor sub-clan.^{[16][17]} His full name is Mohamed Muktar Jama Farah.^[18] Although Farah's family was originally from Gabiley, Somaliland, they were living in Mogadishu, Somalia as his father was a businessman there.^[16] His family had to flee Mogadishu since they were targeted due to their origin from Somaliland, which had declared independence from Somalia.^[16] After fleeing from to Mogadishu to Gabiley, Somaliland with his family,^[19] Farah then spent his early childhood as a refugee in Djibouti with his twin brother.^[20] He moved to Britain at the age of eight to join his father, speaking barely a word of English.^{[20][21]} His grandfather, Jama, was born in the British protectorate of Somaliland.^[22] His father, Mukhtar Farah, is an

Height	1.75 m (5 ft 8 3⁄4 in) ^[2]
Weight	9 st 6 lb (60 kg) ^[2]
Spouse	Tania Nell
Website	www.mofarah.com (http://www.mofarah.com)
Sport	
Country	 United Kingdom
Sport	Track and Field
Event(s)	1500 m, 3000 m, 5000 m, 10,000 m, Half marathon, Marathon
University team	St Mary's University College Twickenham London
Club	Newham and Essex Beagles, London Nike Oregon Project, Portland
Coached by	Charles Van Commenee ^[3] Alan Storey ^[4] Alan Watkinson ^[5] Ian Stewart (formerly) ^[6]
Achievements and titles	
Personal bests	1500 metres: 3:28.81 AR ^[7] <div>3000 metres: 7:32.62 NR^[7]<div>Indoor 3000 m: 7:33.1i NR^[7]<div>2-mile: 8:07.85 AR^[7]<div>Indoor 2-mile: 8:03.40i WR^[7]<div>5000 metres: 12:53.11 NR^[7]<div>Indoor 5000 m: 13:09.16i AR^[7]<div>10,000 metres: 26:46.57 AR^[7]<div>Half marathon: 59:32 AR^[7]<div>Marathon: 2:08:21^[7]</div></div></div></div></div></div></div></div></div>

IT consultant and a British citizen, who was born in London, England and grew up in Hounslow.^{[23][24][25]} Mohamed's parents had met during a holiday.^[25]

Farah attended Isleworth and Syon School, and Feltham Community College. His athletic talent was first identified by physical education teacher Alan Watkinson.^[26] Farah's ambition was to become a car mechanic or play as a right winger for Arsenal football club.^[27] He later joined the Borough of Hounslow Athletics Club in west London.^{[28][29]}

Junior career

Farah represented Hounslow at cross-country in the London Youth Games.^[30] In 1996, at the age of 13, he entered the English schools cross-country and finished ninth. The following year he won the first of five English school titles.^[26] Recognising his talent, athletics philanthropist Eddie Kulukundis paid the legal fees to complete Farah's naturalisation as a British citizen, allowing Farah to travel to competitions without visa issues.^{[31][32]}

Farah's first major title was at 5000 metres at the European Athletics Junior Championship in 2001,^[33] the same year that he began training at St Mary's University College, Twickenham. That year, Farah became one of the first two athletes in the newly formed Endurance Performance Centre at St Mary's. He lived and trained at the College, and took some modules in an access course before becoming a full-time athlete as his career progressed.

Senior career

2005–2008: First titles and personal bests

In 2005, Farah moved in with Australian Craig Mottram and a group of Kenyan runners that included 10,000 m world number one Micah Kogo. "They sleep, eat, train and rest, that's all they do but as an athlete you have to do all those things. Running with Craig made me feel more positive," Farah said. "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."^[26]

European Championships	5	1	0
European Indoor Championships	2	0	0
European Cross Country Championships	1	3	1
European Team Championships	1	0	0
European U23 Championships	0	3	0
Total	19	9	2
Men's athletics			
Representing  Great Britain			
Olympic Games			
	2012 London	5000 m	
	2012 London	10,000 m	
	2016 Rio de Janeiro	5000 m	
	2016 Rio de Janeiro	10,000 m	
World Championships			
	2011 Daegu	5000 m	
	2013 Moscow	5000 m	
	2013 Moscow	10,000 m	
	2015 Beijing	5000 m	
	2015 Beijing	10,000 m	
	2017 London	10,000 m	
	2011 Daegu	10,000 m	
	2017 London	5000 m	
Diamond League			
	2017 Zurich	5000 m	
World Half Marathon Championships			
	2016 Cardiff	Individual	
European Championships			
	2010 Barcelona	5000 m	
	2010 Barcelona	10,000 m	
	2012 Helsinki	5000 m	
	2014 Zürich	5000 m	
	2014 Zürich	10,000 m	
	2006 Göteborg	5000 m	
European Indoor Championships			
	2009 Torino	3000 m	
	2011 Paris	3000 m	

In July 2006, Farah recorded a time of 13 minutes 9.40 seconds for 5000 m to become Britain's second-fastest runner after Dave Moorcroft. A month later, Farah won the silver medal in the European Championship 5000m in Gothenburg. Coaches Alan Storey and Mark Rowland made sure that Farah remained competitive and a few words from Paula Radcliffe before the 5000 m final inspired Farah. He has stated that: "She said to me, 'Go out and be brave. Just believe in yourself'."^[26] In December 2006, Farah won the 2006 European Cross Country Championships in San Giorgio su Legnano, Italy.^[34]

European Cross Country Championships		
G	<u>2006 San Giorgio su Legnano</u>	Individual
S	<u>2008 Brussels</u>	Individual
S	<u>2009 Dublin</u>	Individual
S	<u>2009 Dublin</u>	Team
B	<u>2008 Brussels</u>	Team
European Team Championships		
G	<u>2009 Leiria</u>	5000 m

Farah represented the UK at 5000 m in the 2007 World Championships in Osaka, Japan. Farah finished sixth in a time of 13:47.54.^{[35][36]}

In May 2008, Farah ran 10,000 m events, which was the fastest UK men's time for almost eight years. However, he was knocked out before the 5000 m final at the 2008 Olympics in Beijing.

2009–2010: British records and European champion

In January 2009, Farah set a new British indoor record in the 3000 metres, breaking John Mayock's record with a time of 7 minutes 40.99 seconds in Glasgow.^[37] A few weeks later, he broke his own record by more than six seconds with a time of 7 minutes 34.47 at the UK Indoor Grand Prix in Birmingham,^[38] a performance which commentator Steve Cram called "the best performance by a male British distance runner for a generation".^[39] Farah attributed his good form to a spell of winter training at altitude in Ethiopia and Kenya.^[40] In March 2009 he took gold in the 3000 m at the European Indoor Championships in Turin, recording a time of 7 minutes 40.17.^[41]

Farah competed at the 2009 World Championships in Athletics: he was in the leading pack early on in the 5000 metres race and eventually finished seventh – the best by a European runner. After the championships, he scored a victory in his first road competition over 10 miles, winning the Great South Run in 46:25 to become the third fastest Briton in spite of strong winds.^[42]

Farah was one of the favourites to upset Serhiy Lebid's dominance at the 2009 European Cross Country Championships.^[43] However, Lebid was never in contention as Farah and Alemayehu Bezabeh were some distance ahead throughout the run. Farah was overtaken by Bezabeh in the latter stages of the race, leaving the Briton with a second consecutive silver medal at the competition.^[44] He did not manage to attend the medal ceremony, however, as he collapsed immediately after the race and needed medical attention.^[45] After a close third place behind Edwin Soi at the BOclassic,^[46] Farah competed in the short course race at the Great Edinburgh Cross Country. He was the favourite to win and surged ahead to build a comfortable lead. However, he appeared tired in the latter stages and finished third behind British runners Ricky Stevenson and Steve Vernon. Farah again required post-race medical attention and subsequent tests revealed he had low levels of iron and magnesium. He was prescribed supplements for the condition and his high altitude training plans in Kenya were unaffected.^[47]



Farah at the 2008 European Cross Country Championships.



Farah celebrating winning the 10,000 m at the 2010 European Athletics Championships

Farah won the 2010 London 10,000 in late May in a time of 27:44, in the process beating 10K world record holder Micah Kogo.^[48] His success continued the following week at the European Cup 10,000 m. There, he improved his track best by nearly 16 seconds, finishing in a time of 27:28.86. Farah won by a margin of over forty seconds ahead of second placed Abdellatif Meftah.^[49] After training in Africa, he returned to Europe for the 2010 European Athletics Championships. He took the 10,000 metres gold medal, overtaking Ayad Lamdassem with two laps to go and finishing the race unpressured in a time of 28:24.99. This was Farah's first major title and also the first European gold medal in the event for Great Britain.^[50] He then went on to win the 5000 m from Jesus España, becoming only the fifth man in the 66-year history of the

European Championships to achieve the 5000 m/10,000 m double, and the first for 20 years, following in the footsteps of the Czech Emil Zátopek in 1950, Zdzisław Krzyszkowiak of Poland in 1958, Finland's Juha Vaatainen in 1971 and Salvatore Antibo, of Italy, in 1990.^{[51][52]}

On 19 August 2010, at a Diamond League meeting in Zürich, Farah ran 5000 m in 12:57.94, breaking David Moorcroft's long-standing British record and becoming the first ever British athlete to run under 13 minutes.^[53]

In December 2010, Farah was named track-and-field athlete of the year by the British Olympic Association.^[54] He closed the year at the BO classic and just missed out on the 10,000 m title, losing to Imane Merga in a sprint finish by 0.2 seconds.^[55]

2011-12: European and British records, and world medals

2011 was a successful year for Farah, beginning on 8 January at the Edinburgh Cross Country, where he defeated the top four finishers of that year's European Championships to take victory in the long race.^[56]

In February 2011, Farah announced that he would be relocating to Portland, Oregon to work with new coach Alberto Salazar, train alongside Galen Rupp, and avoid the attention of the British tabloids.^{[8][57]} On 19 February 2011 in Birmingham, England, Farah broke the European 5000 m indoor record with a time of 13:10.60, at the same time taking ten seconds off the 29-year-old British indoor record of Nick Rose.^[58] On 5 March 2011, he won gold in the 3000 metres at the European Indoor Championships. On 20 March, Farah also won the NYC Half Marathon in a time of 1:00:23, a new British record.^{[59][60]} He and training partner Galen Rupp had originally planned on running a 10,000 m race in New Zealand. However, after the race was cancelled due to the Christchurch earthquake and damage done to the track, they entered the half-marathon in New York.



The post box on London Road, Isleworth, painted in honour of Farah as part of a scheme to celebrate Britain's 2012 Olympic gold medal winners

On 3 June 2011, at a Diamond League meeting in Eugene, Oregon, Farah won the Prefontaine Classic's 10,000 m event in 26:46.57, setting a new British and European record.^[61] On 22 July 2011, at a Diamond League meeting in Monaco, he set a new British national record in the 5000 m with a time of 12:53.11.^[62] Farah edged out American Bernard Lagat to win the race.^[62]

In the 2011 World Championships in Athletics in Daegu, South Korea, Farah made a major breakthrough on the world stage by taking the silver medal in the 10,000 m and then the gold in the 5000 m.^[63] He became the first British man to win a World Championships medal over either distance.^[64] Farah had in fact been more strongly favoured to take the 10,000 m title, but was narrowly beaten in a last lap sprint by Ethiopian Ibrahim Jeilan. In the 5000 m, he overcame Lagat, beating him into second place. Following the race, Dave Moorcroft, former 5000 metres world record holder, hailed Farah as "the greatest male distance runner that Britain has ever seen".^[65]

At the European Championships in June 2012, he won the 5000m. This then made Farah the first athlete to win this European title more than once.^[66]

2012: Double Olympic champion

At the London 2012 Olympics, on 4 August, Farah won the 10,000 m gold in a time of 27:30.42. This was Great Britain's first Olympic gold medal in the 10,000 m, and came after two other gold medals for the country in the same athletics session.^{[67][68]} His training partner, Galen Rupp of the United States, took second place. Both runners are coached by Alberto Salazar. Farah stated that he would observe his Ramadan fast later in the year.^[69] On 11 August 2012, Farah made it a long-distance double, winning the 5000 metres in a time of 13:41.66.^[70] The noise from the crowd in the 5,000 m race was so loud it made the camera shake and distorted the photo-finish image.^[71] He dedicated the two golds to his twin daughters.



Farah on the way to his first Olympic gold medal during the 10,000 m event at the 2012 Summer Olympics

On 23 August 2012, Farah returned to the track at a Diamond League meet in Birmingham, where he capped off a winning season with another victory over a distance of two miles (3.2 km).^[72]

CBE

Following his 2012 successes, Farah was appointed Commander of the Order of the British Empire (CBE) in the 2013 New Year Honours for services to athletics.^{[73][74]} The move was met with anger by many in the general public, including erstwhile Minister of Sports Gerry Sutcliffe, who felt that Farah instead deserved a higher accolade.^{[75][76]} Farah's former physical education teacher Alan Watkinson similarly indicated that he was disappointed that Farah was not knighted and that the decision "discredits the system although it's still a fantastic achievement for Mo and well deserved."^[76] However, deputy Prime Minister Nick Clegg cited Farah's Olympic double gold win in his 2013 New Year's message and 2012 Autumn conference,^{[77][78]} and David Cameron on August 2013 expressed support for a knighthood for Mo Farah.^[79]

2013: 1500 m record and world medals

On 19 July 2013, at the Herculis meeting in Monaco, Farah broke the European 1500 m record with a time of 3:28.81. The feat meant that he was the sixth fastest man ever over the distance, overtaking Steve Cram's 28-year-old British record and Fermín Cacho's 16-year-old European record.^[80] It also made Farah the seventh man, behind Saïd Aouita, Daniel Komen, Ali Saïdi-Sief, Hicham El Guerrouj, Augustine Kiprono Choge and

Bernard Lagat to break both the 3:30 barrier in the 1500 metres and the 13-minute barrier in the 5000 metres, as well as the only athlete in history to run sub 3:30, sub 13-minute and sub 27-minute for 1500 metres, 5000 metres and 10,000 metres respectively. Additionally, he has a sub 1 hour run in the half-marathon.

The following month, Farah won the London Diamond League Anniversary Games' 3000 metres event in a time of seven minutes and 36.85 seconds.^[81] He twice broke the national record in the half-marathon, first on 24 February in New Orleans, then broke his own record on 15 September in the Bupa Great North run.

On 10 August 2013, Farah stayed in front of Ibrahim Jeilan to win the 10,000 m event at the World Championships in Moscow. The victory was his fourth global title.^[82] On 16 August 2013, Farah won the 5,000 m event, in the process becoming double world and Olympic champion.^[83] After this victory, BBC commentator Brendan Foster and Sebastian Coe called Farah 'Britain's greatest ever athlete'.^[84] Farah became only the second man in history to win long-distance titles at successive editions of the Olympics and World Championships, after Kenenisa Bekele's 2008–09 feat.^[85] He was the first British athlete to win two individual gold medals at a World Championships.^{[82][86][87]}



Farah during his gold medal victory in the men's 3,000 metres event at the 2013 London Grand Prix.

In December 2013, Farah was the second favourite sportsperson behind Wimbledon tennis champion Andy Murray to become the BBC Sports Personality of the Year. When he was asked what drove him to keep pushing back the boundaries of athletic accomplishment, he noted sprinter Usain Bolt's record breaking streak as a motivating example of what is possible for all dedicated athletes.^[88]

Farah was a finalist for the 2013 IAAF World Athlete of the year award. In preparation for his marathon debut, he also extended his training schedule to 120 miles a week.^[12]

2014: Double gold in Zürich

Farah began 2014 preparing for the year's London Marathon, his first such run. He described running the event as a longstanding ambition of his, particularly to do so in London.^[89] Farah finished in eighth place in a time of 2:08.21. This was outside Steve Jones' GB record, but set a new English national record.^[90]

Farah was due to compete at the 2014 Commonwealth Games in Glasgow. However, he withdrew due to illness from a stomach ailment and an infection caused from having a tooth removed.^[91] Farah later appeared in Zürich at the 2014 European Athletics Championships. He successfully defended his 5000 m title and won a gold in the 10,000 m, thus completing another major championship double.^[92] This made him the most successful individual in the history of the European Athletics Championships, with five titles to his name.^[93]



Farah on the way to victory in the 5000m men final of the 2014 European Athletics Championships.

On 7 September 2014, Farah competed in the Great North Run, a British half marathon. He won the race with a personal best time of 1:00:00, exactly 1 hour.^[94]

2015: World and European records

On 21 February 2015, Farah broke the indoor two-mile world record at the Birmingham Indoor Grand Prix. He ran an 8:03.4 to break Kenenisa Bekele's record.^[95]

On 22 March 2015, Farah broke the European record for half marathon in Lisbon. He ran a time of 59 minutes, 32 seconds, 20 seconds, surpassing the record set 14 years previously by Spain's Fabián Roncero.^[96]

He repeated his long-distance gold medal double at the 2015 World Championships in Athletics.^[97] His win in the 10,000m made him the oldest World Championship winner in that event, at age 32.^[98]

2016: Double-Double Olympic Golds at Rio

On 26 March, Farah received a bronze medal in the 2016 IAAF World Half Marathon Championships in Cardiff, finishing in 59:59, less than one second ahead of Abayneh Ayele.^{[99][100]} On the 20th of February, Farah won the Glasgow Indoor Grand Prix 3000m event.^[101] On 5 June 2016, Farah broke the 34-year-old British 3000 meter record set by Moorcroft, which was set before he was born by winning the Diamond League in Birmingham, a win he dedicated to the recently deceased boxer Muhammad Ali.^[102] In July 2016 Farah set the concurrent world-leading time in the 5000m in winning the Diamond League in London.^[103] He won the 10,000m at the Diamond League in Eugene, in a time of 26:53.71 which remained the second-fastest time in the world of the year.^[104]

On 13 August, Farah won a gold medal in the 10,000 metres at the Rio Olympics, making it the first time a Briton had won three athletic gold Olympic medals.^[105] After being accidentally clipped on the back of the heel by American Galen Rupp on the 10th lap he fell,^[106] but went on to win gold with the time of 27:05.17. Rupp slowed after Farah's fall to check his condition and finished in 5th place with a time of 27:08.92. In the final lap Farah battled Paul Tanui, who took the lead with 300 metres remaining. Farah edged him out with 100 metres to go. Tanui finished in second place with a time of 27:05.64.^[106]

On 20 August, Farah went on to win a second gold medal in the 5,000 metres at the Rio Olympics. Coming into the 31st Olympiad, Farah was trying to win gold medals in the 10,000 metres and 5,000 metres to double his success from the London Olympics. Farah held off the lead he had set and finished with a time of 13.03.30, making it only the second time someone has retained the 5000m and 10,000m Olympic titles, after Lasse Virén of Finland in 1972 and 1976.^[107] In September 2016, he won the Great North Run for a record third consecutive year.^[108]

In 2016, he was the fastest person from the European continent over two middle distance events and three long-distance events; the 1500 meters, 3000 meters, 5000 meters, 10,000 meters and the half-marathon respectively.^[109] His ninth global title, the 5000m in Rio, made him surpass Kenenisa Bekele as the most

frequent winner of gold in history for major long-distance events. He remained unbeaten in 2016 in the 3000m as well as in six races over the 10,000m and 5,000m distances.^[110] Farah's distance double was voted the second-most memorable TV-moment of the year by British voters according to an ASDA poll.^[111]

2017

Farah announced that he would switch from track events to the marathon after the 2017 World Championships in Athletics.^[112] He won the 10,000m event, and came 2nd in the 5,000m event after Ethiopia's Muktar Edris.^{[113][114]}

Farah won his final two track events, in the Diamond league, in Birmingham and Zurich.^{[115][116]} On 24 August 2017, he won his final 5,000m in the Diamond league, finishing in 13:06.05, in a final sprint against Paul Chelimo and Muktar Edris just behind in 13:06.09.^{[116][117]}

On 10 September 2017, Farah won the Great North Run for a record fourth consecutive time.^[118] He finished in 1:00:06, 6 seconds ahead of Jake Robertson.^[119]

On 31 October, Farah split from Alberto Salazar in order to be coached by Gary Lough, husband and former coach of Paula Radcliffe. Salazar stated that the split was mutual and he would be happy to advise Farah in the future.^[120]

"Mobot"

Farah often marks victories with a celebration dance known as the "Mobot". He adopted the move following a television appearance in May 2012 opposite sports presenter Clare Balding, on the panel game show A League of Their Own. The host James Corden suggested to the panelists that they should think of a new dance to mark Farah's winning celebration, and Balding subsequently came up with the "M" gesture called "Mobot". While demonstrating it for the first time, she indicated that the part of the move intended to represent the "M" in "Mo" was inspired by the dance to "YMCA", a popular song by the Village People. Corden himself then named it as the "Mobot".^[121] A robot was named "Mobot" at a university research exhibition, in honour of Farah's celebration.^[122] Farah has since used the pose as part of a charity to raise funds for his foundation. Virgin Media has promised to donate £2 for every YouTube video that is uploaded with someone doing the mobot.^[123] Farah often uses the sign-off *Shabba* in online postings.^[124]



Mo Farah completing his "Mobot" signature pose at the 2013 London Anniversary Games.

Personal life

Family and interests

Farah has a twin brother, Hassan, who lives in Somaliland. They were separated at eight years old, when Mo, his two younger brothers, and his mother joined their father who had been working and studying in the UK; however, Hassan was unwell and unable to travel, so stayed behind with family in Djibouti. When Farah's father

returned to collect Hassan, the family he was living with had moved and couldn't be found. Farah and his twin ended up being separated for twelve years. Hassan is now a telecoms engineer with a wife and five children. Farah has a third younger brother who was also born after the family's move to London.^[125]

In April 2010, Farah married his longtime girlfriend Tania Nell in Richmond, London. Other athletes at the wedding included Paula Radcliffe, Steve Cram, Hayley Yelling, Jo Pavey, Mustafa Mohamed and Scott Overall, who was an usher.^{[126][127]} Farah has a stepdaughter named Rihanna from this relationship.^[128] He and his wife have twin daughters called Aisha and Amani, born in August 2012.^[129] In 2015, Farah and Nell had a son called Hussein.

Farah is a devout Muslim,^[130] and is an active supporter of the Muslim Writers Awards.^[131] Islam is an important part of his preparation: "I normally pray before a race, I read dua [Islamic prayers or invocations], think about how hard I've worked and just go for it." He notes that "the Qur'an says that you must work hard in whatever you do, so I work hard in training and that's got a lot to do with being successful. [It] doesn't just come overnight, you've got to train for it and believe in yourself; that's the most important thing."^[132] An RISSC publication named Farah as among the 500 most influential Muslims in the world in 2013.^[133]

Farah is also a fan of Arsenal F.C., and has trained with its first team squad.^{[134][135]} He has indicated a desire to become a fitness coach at the Emirates Stadium in Holloway^[136] once he retires so as to improve its conditioning record.^[135] In October 2013, he launched a book titled *Mo Farah, Twin Ambitions: My autobiography* in Canary Wharf, London.^[137]

Farah has a large following on social media. This includes roughly 1.5 million followers on Twitter and 1.1 million on Facebook. In 2013, he was the top-ranked query for a sportsperson on the search engine Microsoft UK Bing who was not a footballer.^[138]

As of January 2014, Farah's main residence is of Portland, Oregon, where he and his family have a home.^[139] However, on *The Jonathan Ross Show* in September 2017, he revealed that he planned to move back to the UK.^[140]

Philanthropy

Farah is additionally involved in various philanthropic initiatives, launching the Mo Farah Foundation after a trip to Somalia in 2011.^[141] The following year, he participated in ITV's *The Cube* and won £250,000 for his foundation, becoming the first and only person ever to win the top prize on the show.^[142] Along with other high-profile athletes, Farah later took part in the 2012 Olympic hunger summit at 10 Downing Street hosted by Prime Minister David Cameron, part of a series of international efforts which have sought to respond to the return of hunger as a high-profile global issue.^[143]

Olympic memorabilia featuring and signed by Farah has also been auctioned off to raise funds for the London Organising Committee of the Olympic and Paralympic Games (LOCOG).^[144] In 2013, he likewise joined legislators and activists in a campaign urging Barclays Bank to repeal its decision to withdraw from the UK remittance market. Farah often used the money transfer operators to send remittances to family, and some of the world's largest organizations



Farah at the 2010 London Youth Games Hall of Fame and Awards Evening.

and charities, including the UN and his own foundation, likewise paid staff and channeled funds through these services.^[145] In March 2013, Farah, singer Robbie Williams, and a number of other celebrities also urged Chancellor George Osborne to clamp down on global corporations that avoid paying taxes in poor countries in which they operate.^[146] He has also expressed support for research into brain tumours.^[147]

On August 7, 2017, Farah became a global ambassador for Marathon Kids. Speaking of his new role, Farah said, "I love running, and it's given me and my family so much. As a dad, I know how important it is for my children to be active, and I'm honoured to have the chance to inspire kids to run with Marathon Kids."^[148]

Endorsements, advertising and sponsorships

Farah has endorsement deals with a number of companies, including PACE Sports Management, Nike, Lucozade, Quorn, Bupa and Virgin Media.^[141] He is expected to earn roughly £10 million in advertising and sponsorships besides making roughly £250,000 – £450,000 during exhibitions, and promoting "Brand Mo" with the management firm Octagen.^{[139][149]} His work with Nike Inc. includes training at the Nike Oregon Project and marketing of clothing and shoes.^{[150][151][152]} In order to better preserve his earnings after taxes, Farah also applied in 2013 to have his main place of residence changed to Portland, where he spends most of the year training.^[139]

In December 2013, Farah signed a marketing deal with Quorn, part of a multimillion-pound campaign aimed at doubling the firm's sales. He led television advertisements for Quorn's vegetarian forms of protein, with the campaign scheduled to last throughout the following year.^[153]

Travel security

In 2012–2013, Farah intimated that he had been stopped a number of times by U.S. Customs officials under suspicion of being a terrorist, which he attributed to confusion between his full name "Mohamed" and a computerized check-in process.^[154] On one occasion after the 2012 Olympics, he said that he had attempted to prove his identity by showing his Olympic gold medals to customs officials, but that this was not accepted.^[155]

After U.S. President Donald Trump signed an executive order temporarily suspending the immigration of Somali-born U.S. permanent residents, Farah made a statement on his Facebook account stating that "I will have to tell my children that Daddy might not be able to come home."^[156] The UK Foreign Office later said that President Trump's ban did not apply to Farah.

Missed drug tests

In 2010 and early 2011, Farah missed two drug tests in a twelve-month period.^{[157][158]} A third missed test would have resulted in an anti-doping rule violation.^[159]

Blood test

In summer 2015, Farah provided a public blood test in an effort to dispel concerns following various events, including pictures posted to Facebook by Hamza Driouch, (who is banned from competing for doping violations) which showed him training with Farah.^[160] Farah was seen running directly in front of Driouch during a training session. Management for Mo Farah suggested, however, that the training session was merely Farah employing local athletes to pace him and that he does not have any control over who joins in the training

session. Hamza Driouch has been officially banned from attending training sessions in any capacity for two years from 31 December 2014.^[161] In June 2015, in a BBC *Panorama* documentary, it was alleged that Farah's coach Alberto Salazar was guilty of doping offences at the Nike Oregon Project. The programme did not accuse Farah of any wrongdoing.^[162] On 6 June 2015 Farah held a press conference in which he expressed his anger that his name was "being dragged through mud". He withdrew from a 1500 metres event at the Birmingham Diamond League race on 7 June, describing himself as "emotionally and physically drained".^[163] Farah said he had been told by Salazar he was not involved in Mary Slaney's career at the time she tested positive for testosterone but this version of Salazar's history has been challenged.^[164]

In February 2017 Farah issued a statement in which he claimed to be a "clean athlete" after a leaked report suggested his American coach, Alberto Salazar, may have broken anti-doping rules to boost the performance of some of his athletes.^[165]

Game shows

Farah is the first person to win the full jackpot on ITV's game show *The Cube*, presented by Phillip Schofield.^[166]

Awards and honours

Athletics

- 2006 British Athletics Writers' Association Award^[167]
- 2010 British Athletics Writers' Association Award^[167]
- 2010 Best Senior Athlete of 2010 (UK Aviva Athletics Awards)^[168]
- 2010 London Youth Games Hall of Fame^[169]
- 2011 British Athletics Writers' Association Award^[131]
- 2011 European Athlete of the Year^{[131][170]}
- 2011 BBC Sports Personality of the Year Award, 3rd place
- 2011 Athletics Weekly International Male Athlete
- 2012 British Athletics Writers' Association Award^[171]
- 2012 European Athlete of the Year^[172]
- 2012 Laureus World Sports Award for Breakthrough of the Year, nominee
- 2012 Athletics Weekly International Male Athlete
- 2013 IAAF World Athlete of the Year, finalist
- 2013 British Athletics Writers' Association Award^[167]
- 2013 Athletics Weekly International Male Athlete^[173]
- 2013 Laureus World Sports Award for Sportsman of the Year, nominee
- 2013 British Olympic Association Olympic athlete of the year^[174]
- 2013 AIPS Europe Sportsmen of the Year – Frank Taylor Trophy
- 2013 Rodale, Inc., Running Times – Runner of the Year^[175]
- 2014 Jesse Owens International Athlete Trophy, nominee^[176]
- 2014 Laureus World Sports Award for Sportsman of the Year, nominee

- 2015 World Record, 2-mile run, Birmingham
- Runners World top 50 influential individuals in running^[177]
- LetsRun.com number 1 in 2015 year end world ranking for long distance runners^[178]
- 2015 fastest men's 10,000-meter runner^[179]
- 2016 BAWA Athlete of the Year^[180]
- 2016 British Athletics Supporters Club athlete of the year^[181]
- 2016 Athletics Weekly International Male Athlete of the Year, ahead of Usain Bolt^[182]
- 2016 Athletics Weekly British Male Athlete of the Year^[182]
- 2017 British Ethnic Diversity Sports Awards^[183]
- 2017 BBC Sports Personality of the Year Award, 1st place

Other

- 2013 Commander of the Most Excellent Order of the British Empire (CBE)^[74]
- 2013 Premier Inn Celebrity Dad of The Year^[184]
- 2013 Best at Sport award at the British Muslim Awards^[185]
- 6th place, Freuds Heroes Index^[186]
- 2014 World's 100 Most Powerful Arabs, *Arabian Business*^[187]
- 2015, clothing firm Rohan's 8th greatest Briton of all time^[188]
- 2015 Evening Standard's top 25 most influential Londoners^[189]
- 2016 Sports Relief highest polled sporting London hero with 27% of the vote^[190]
- 2016, Nickelodeon Kids' Choice Award for Inspirational Athlete.^[191]
- 2016, 5th most powerful Black Briton, on 10th anniversary of Powerlist, African and Caribbean heritage listing^[192]
- 2017, Created a Knight Bachelor for services to Athletics.^[193]

National titles

- British Athletics Championships
 - 5000 metres: 2007, 2011
- British Indoor Athletics Championships
 - 3000 metres: 2007
- British 10K Championships
 - 10K run: 2011, 2012
- British Marathon Championships

- Marathon: 2014

International competitions

Year	Competition	Venue	Position	Event	Notes
1999	<u>World Youth Championships</u>	<u>Bydgoszcz</u> , Poland	6th	3000 m	8:21.25
	<u>European Cross Country Championships</u>	<u>Velenje</u> , Slovenia	5th	Junior individual	23:18
			1st	Junior team	26 pts
2000	<u>World Cross Country Championships</u>	<u>Vilamoura</u> , Portugal	25th	Junior individual	24:37
			12th	Junior team	216 pts
	<u>World Junior Championships</u>	<u>Santiago</u> , Chile	10th	<u>5000 m</u>	14:12.21
	<u>European Cross Country Championships</u>	<u>Malmö</u> , Sweden	7th	Junior individual	19:12
			2nd	Junior team	25 pts
2001	<u>World Cross Country Championships</u>	<u>Oostende</u> , Belgium	59th	Junior individual	28:06
			15th	Junior team	332 pts
	<u>European Junior Championships</u>	<u>Grosseto</u> , Italy	1st	5000 m	14:09.91
	<u>European Cross Country Championships</u>	<u>Thun</u> , Switzerland	2nd	Junior individual	19:38
			1st	Junior team	54 pts
2003	<u>World Cross Country Championships</u>	<u>Lausanne</u> , Switzerland	74th	<u>Short race</u>	12:13
	<u>European U23 Championships</u>	<u>Bydgoszcz</u> , Poland	2nd	<u>5000 m</u>	13:58.88
2005	<u>European Indoor Championships</u>	<u>Madrid</u> , Spain	6th	<u>3000 m</u>	7:54.08
	<u>World Cross Country Championships</u>	<u>Saint-Galmier</u> , France	37th	<u>Senior race</u>	37:50
			17th	Senior team	308 pts
	<u>European Cup</u>	<u>Florence</u> , Italy	2nd	3000 m	8:17.28
	<u>European U23 Championships</u>	<u>Erfurt</u> , Germany	2nd	5000 m	14:10.96
	<u>European Cross Country Championships</u>	<u>Tilburg</u> , Netherlands	21st	Senior race	27:57
			7th	Senior team	129 pts
2006	<u>Commonwealth Games</u>	<u>Melbourne</u> , Australia	9th	5000 m	13:40.53
	<u>World Cross Country Championships</u>	<u>Fukuoka</u> , Japan	40th	<u>Short race</u>	11:27
			14th	Short race team	253 pts
	<u>European Cup</u>	<u>Málaga</u> , Spain	2nd	3000 m	8:27.91
	<u>European Athletics Championships</u>	<u>Gothenburg</u> , Sweden	2nd	<u>5000 m</u>	13:44.79

Year	Competition	Venue	Position	Event	Notes
	<u>European Cross Country Championships</u>	<u>San Giorgio su Legnano, Italy</u>	1st	Senior race	27:56
			4th	Senior team	79 pts
2007	<u>European Indoor Championships</u>	<u>Birmingham, United Kingdom</u>	5th	<u>3000 m</u>	8:03.50
	<u>World Cross Country Championships</u>	<u>Mombasa, Kenya</u>	11th	<u>Senior race</u>	37:31
			8th	Senior team	380 pts
	<u>World Championships</u>	<u>Tokyo, Japan</u>	6th	<u>5000 m</u>	13:47.54
	<u>World Athletics Final</u>	<u>Stuttgart, Germany</u>	3rd	3000 m	7:49.89
2008	<u>World Indoor Championships</u>	<u>Valencia, Spain</u>	6th	<u>3000 m</u>	7:55.08
	<u>European Cup</u>	<u>Annecy, France</u>	1st	5000 m	13:44.07
	<u>Olympic Games</u>	<u>Beijing, China</u>	6th (heats)	<u>5000 m</u>	13:50.95
	<u>European Cross Country Championships</u>	<u>Brussels, Belgium</u>	2nd	Senior race	30:57
			3rd	Senior team	54 pts
2009	<u>European Indoor Championships</u>	<u>Turin, Italy</u>	1st	<u>3000 m</u>	7:40.17 CR
	<u>European Team Championships</u>	<u>Leiria, Portugal</u>	1st	5000 m	13:43.01
	<u>World Championships</u>	<u>Berlin, Germany</u>	7th	<u>5000 m</u>	13:19.69
	<u>European Cross Country Championships</u>	<u>Dublin, Ireland</u>	2nd	Senior race	31:02
			2nd	54 pts	Senior team
2010	<u>World Cross Country Championships</u>	<u>Bydgoszcz, Poland</u>	20th	<u>Senior race</u>	34:09
			14th	Senior team	230 pts
	<u>European Team Championships</u>	<u>Bergen, Norway</u>	1st	5000 m	13:46.93
	<u>European Championships</u>	<u>Barcelona, Spain</u>	1st	<u>5000 m</u>	13:31.18
			1st	<u>10,000 m</u>	28:24.99
2011	<u>European Indoor Championships</u>	<u>Paris, France</u>	1st	<u>3000 m</u>	7:53.00
	<u>World Championships</u>	<u>Daegu, South Korea</u>	1st	<u>5000 m</u>	13:23.36
			2nd	<u>10,000 m</u>	27:14.07
2012	<u>World Indoor Championships</u>	<u>Istanbul, Turkey</u>	4th	<u>3000 m</u>	7:41.79
	<u>European Championships</u>	<u>Helsinki, Finland</u>	1st	<u>5000 m</u>	13:29.91
	<u>Olympic Games</u>	<u>London, United Kingdom</u>	1st	<u>5000 m</u>	13:41.66
			1st	<u>10,000 m</u>	27:30.42
2013	<u>European Team Championships</u>	<u>Gateshead, United Kingdom</u>	1st	5000 m	14:10.00
	<u>World Championships</u>	<u>Moscow, Russia</u>	1st	<u>5000 m</u>	13:26.98
			1st	<u>10,000 m</u>	27:21.71
2014	<u>European Championships</u>	<u>Zürich, Switzerland</u>	1st	<u>5000 m</u>	14:05.82

Year	Competition	Venue	Position	Event	Notes
			1st	<u>10,000 m</u>	28:08.11
2015	<u>World Championships</u>	<u>Beijing, China</u>	1st	<u>5000 m</u>	13:50.38
			1st	<u>10,000 m</u>	27:01.13
2016	<u>World Half Marathon Championships</u>	<u>Cardiff, United Kingdom</u>	3rd	Individual	59:59
	<u>Olympic Games</u>	<u>Rio de Janeiro, Brazil</u>	1st	<u>5000 m</u>	13:03.30
			1st	<u>10,000 m</u>	27:05.17
2017	<u>World Championships</u>	<u>London, United Kingdom</u>	1st	<u>10,000 m</u>	26:49.51
			2nd	<u>5,000 m</u>	13:33.22

Circuit wins

- Diamond League
 - London Grand Prix: 2009 (5000 m), 2011 (3000 m), 2013 (3000 m), 2015 (3000 m)
 - Herculis: 2011 (5000 m)
 - Birmingham: 2011 (5000 m), 2012 (2 miles), 2013 (5000 m), 2014 (2 miles), 2016 (3000 m), 2017 (3000 m)
 - Prefontaine Classic: 2011, 2015, 2016 (10,000 m)
 - Athletissima: 2015 (5000 m)
 - Weltklasse Zürich: 2017 (5000 m)
- Road
 - Great South Run: 2009
 - New York City Half Marathon: 2011
 - Rock 'n' Roll Mardi Gras Half Marathon: 2013
 - Great North Run: 2014, 2015, 2016, 2017
 - Lisbon Half Marathon: 2015
- Cross country
 - Cross de L'Acier: 2006
 - Great Edinburgh International Cross Country: 2011

Personal bests

Category	Event	Time	Date	Place
Outdoor	800 m	1:48.69	5 August 2003	Eton
	1500 m	3:28.81 AR	19 July 2013	Monaco
	One mile	3:56.49	6 August 2005	London
	2000 m	5:06.34	9 March 2006	Melbourne
	3000 m	7:32.62 NR	5 June 2016	Birmingham
	Two miles	8:07.85 AR	24 August 2014	Birmingham
	5000 m	12:53.11 NR	22 July 2011	Monaco
	10,000 m	26:46.57 AR	3 June 2011	Eugene
Indoor	1500 m	3:39.03	28 January 2012	Glasgow
	One mile	3:57.92	4 February 2012	Boston
	3000 m	7:33.1 NR	21 February 2015	Birmingham
	Two miles	8:03.40 WR	21 February 2015	Birmingham
	5000 m	13:09.16 ^[195] AR	18 February 2017	Birmingham
Road	10 km	27:44	31 May 2010	London
	15 km	42:03+ AR	26 March 2016	Cardiff
	10 miles	46:25	25 October 2009	Portsmouth
	20 km	56:27 AR	22 March 2015	Lisbon
	Half marathon	59:22a	13 September 2015	Great North Run
		59:32 AR	22 March 2015	Lisbon
	Marathon	2:08:21	13 April 2014	London Marathon

+ intermediate split in longer race

a = aided road course according to IAAF rule 260.28

Biographical works

Autobiography

- *Twin Ambitions: My Autobiography* (2013, Hodder & Stoughton) [ISBN 9781444779585](#)

Children's fiction

- *Ready Steady Mo!* (with [Kes Gray](#); illustrated by Marta Kissi) (2016, Hodder Children's Books) [ISBN 9781444934076](#)

Biopic

- *Mo Farah: No Easy Mile*; a non-fictional account of Farah's journey to the Olympics^[196]

Other

- Cardiff native Sonny Double 1 released a biographical [grime](#) musical named *Mo Farah* in 2016.^[197]

See also

- [2012 Summer Olympics and Paralympics gold post boxes](#)
- [5000 metres at the Olympics](#)
- [10,000 metres at the Olympics](#)
- [5000 metres at the World Championships in Athletics](#)
- [10,000 metres at the World Championships in Athletics](#)

References

1. "Athletes" (<http://www.iaaf.org/athletes/biographies/letter=0/athcode=179892/index.html>). *IAAF.org*. Retrieved 29 August 2011.
2. Farah, Mo. *Twin Ambitions – My Autobiography* (<https://books.google.com/books?id=3N84AgAAQBAJ&pg=PT250&lpg=PT250&dq=175+cm+mo+farah&source=bl&ots=7mH4fEVL0Z&sig=sAFErcoIHwsjiRD5N6N8deDHkwo&hl=en&sa=X&ved=0ahUKEwjdgckKVjtjLAhWJph4KHQ6IAV4Q6AEIRjAL>). p. 250. Retrieved 19 July 2016 – via Google Books.
3. "Charles Van Commenee" (<https://web.archive.org/web/20151208101153/http://www.gordonpoole.com/talent/charles-van-commenee/>). *The Gordon Poole Agency Ltd*. Archived from the original (<http://www.gordonpoole.com/talent/charles-van-commenee/>) on 8 December 2015. Retrieved 14 December 2015. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)

4. "The world is at Farah's feet as guru helps him go the distance" (<https://www.independent.co.uk/sport/general/athletics/the-world-is-at-farahs-feet-as-guru-helps-him-go-the-distance-1645294.html>). *The Independent*. 15 March 2009. Retrieved 14 December 2015.
5. "Alan Watkinson at The Education Show 2015" (<http://www.education-show.com/Content/Alan-Watkinson-at-The-Education-Show-2015>). *The Education Show*. Retrieved 14 December 2015.
6. Greechan, John (4 June 2016). "Mo Farah should be chasing Olympic gold not world records, says former world champion Ian Stewart" (<http://www.dailymail.co.uk/sport/othersports/article-3625387/Mo-Farah-chasing-Olympic-gold-not-world-records-says-former-world-champion-Ian-Stewart.html>). *Mail Online*. Retrieved 19 July 2016.
7. "Profile of Mo Farah" (<http://www.all-athletics.com/node/35632>). *All-Athletics*.
8. "BBC Sport – Athletics – Mo Farah changes coach to assist Olympic preparation" (<http://news.bbc.co.uk/sport2/hi/athletics/9402196.stm>). *BBC News*. 18 February 2011. Retrieved 16 August 2013.
9. Lindstrom, Sieg. "Sir Mo Farah | British athlete" (<http://www.britannica.com/biography/Mo-Farah>). *Britannica.com*. Retrieved 19 July 2016.
10. Hart, Simon (19 November 2013). "Coup for UK Athletics as Mo Farah coach Alberto Salazar agrees to help Britain's middle and long-distance runners" (<http://www.telegraph.co.uk/sport/othersports/athletics/10460879/Coup-for-UK-Athletics-as-Mo-Farah-coach-Alberto-Salazar-agrees-to-help-Britains-middle-and-long-distance-runners.html>). *The Daily Telegraph*. Retrieved 14 November 2017.
11. Ingle, Sean (17 August 2013). "Mo Farah: 'World championship wins tougher than London 2012'" (<https://www.theguardian.com/sport/2013/aug/17/mo-farah-world-championship-wins>). *The Observer*. Retrieved 13 August 2014.
12. Ingle, Sean (12 December 2013). "Mo Farah changing stride for marathon task" (<http://www.irishtimes.com/sport/golf/mo-farah-changing-stride-for-marathon-task-1.1624702>). *The Irish Times*.
{{cite news}}: Unknown parameter |subscription= ignored (|url-access= suggested) (help)
13. Monti, Dave (10 August 2013). "With Best Tactics and Speed, Britain's Mo Farah Captures World 10,000m Title" (<http://www.letsrun.com/news/2013/08/with-best-tactics-and-speed-britains-mo-farah-captures-world-10000m-title/>). *Let's Run*. Retrieved 4 October 2015.
14. "2016 Summer Olympics Bio – Mo Farah" (http://www.espn.co.uk/figure-skating/summer/2016/athletes/_/athlete/20005). *ESPN*. Retrieved 21 August 2016.
15. "No. 61803" (<https://www.thegazette.co.uk/London/issue/61803/supplement/N2>). *The London Gazette* (Supplement). 31 December 2016. p. N2.
16. "Mo Farah's family cheers him on from Somaliland village" (<https://www.theguardian.com/sport/2012/aug/10/mo-farah-mother-somaliland>). *The Guardian*. Retrieved 13 March 2014.
17. "Mo Farah" (<http://www.espn.co.uk/athletics/sport/player/86258.html>). *ESPN*. Retrieved 2 April 2014.
18. "Ten lessons from Farah's book" (<http://www.athleticsweekly.com/0/admin/blog/ten-lessons-from-farahs-book/>). *Athletics Weekly*. Retrieved 7 June 2015.
19. Mo and me (<https://www.prospectmagazine.co.uk/magazine/mo-farah-and-me>)
20. Fordyce, Tom (5 August 2012). "Ennis, Farah and Rutherford give GB athletics its finest hour" (<https://www.bbc.co.uk/sport/0/olympics/19125682>). *BBC Sport*. Retrieved 5 August 2012.
21. Blunden, Mark (3 August 2012). "Team GB's Mo Farah's inspirational former PE teacher to cheer him at London 2012" (<https://www.independent.co.uk/sport/olympics/athletics/team-gbs-mo-farahs-inspirational-former-pe-teacher-to-cheer-him-at-london-2012-8005373.html>). *The Independent*.
22. Farah, Mo (2013). *Twin Ambitions – My Autobiography*. p. 2.

23. Lusher, Adam (4 August 2012). "London 2012 Olympics: Mo Farah wins gold medal in the 10,000 metres final" (<http://www.telegraph.co.uk/sport/olympics/london-2012/9452253/London-2012-Olympics-Mo-Farah-wins-gold-medal-in-the-10000-metres-final.html>). *The Daily Telegraph*.
24. Cohen, David; Freeman, Simon (6 August 2012). "London 2012 Olympics: How a love that went the distance took Mo Farah to the gold medal" (<https://www.standard.co.uk/olympics/athletics/london-2012-olympics-how-a-love-that-went-the-distance-took-mo-farah-to-the-gold-medal-8009426.html>). *London Evening Standard*. Retrieved 15 October 2013.
25. Fahy, Dylan (13 June 2008). "Brian Viner interviews Mo Farah" (<https://www.independent.co.uk/sport/general/athletics/brian-viner-interviews-mo-farah-846351.html>). *The Independent*. Retrieved 15 August 2012.
26. Fanin, Isaac (26 July 2007). "Farah stars, with support" (http://news.bbc.co.uk/sport1/hi/athletics/get_involved/6908213.stm). *BBC Sport*. Retrieved 23 June 2008.
27. Bailey, Mark (21 December 2013). "Mo Farah: 'My secret skill is making animal noises' " (<https://www.theguardian.com/lifeandstyle/2013/dec/21/mo-farah-this-much-i-know>). *The Observer*. Retrieved 13 August 2014.
28. Milmo, Cahal (29 July 2010). "How Britain's athletics hero escaped the chaos of Somalia" (<https://www.independent.co.uk/news/people/news/mo-farah-how-britains-athletics-hero-escaped-the-chaos-of-somalia-2037996.html>). *The Independent*. London.
29. "Farah's golds should not be devalued by Salazar accusations, says Coe" (<http://en.omriyadat.com/european-athletics/mo-farah-gold-medal-olympics>). *Om Riyadat*. 13 September 2016. Retrieved 13 September 2016.
30. "Hall of Fame" (<http://www.londonyouthgames.org/page.asp?section=23§ionTitle=Hall+of+Fame>). *London Youth Games.org*. Retrieved 16 August 2013.
31. Hart, Simon (11 September 2011). "London 2012 Olympics: Mo Farah's rise to the pinnacle of his sport is a quintessential British success story" (<http://www.telegraph.co.uk/sport/olympics/athletics/8767684/London-2012-Olympics-Mo-Farahs-rise-to-the-pinnacle-of-his-sport-is-a-quintessential-British-success-story.html>). *The Daily Telegraph*. Retrieved 19 July 2015.
32. Farah, Mo (10 October 2013). *Twin Ambitions - My Autobiography* (<https://books.google.com/books?id=W9NgPRdHAjUC&pg=PT81&lpg=PT81&dq=mo+farah+kulukundis&source=bl&ots=yu8Gkgm9O4&sig=1r-OELnoCtcPLKM7wldLmQT5eGc&hl=en&sa=X&ved=0CFQQ6AEwC2oVChMI4fuTxv7lxglVAZgUCH3PcgVO#v=onepage&q=mo%20farah%20kulukundis&f=false>). Hodder & Stoughton. p. 81. ISBN 978-1-4447-7959-2. Retrieved 19 July 2015.
33. "FARAH, Mo: Profile" (https://web.archive.org/web/20110723104705/http://www.pacesportsmanagement.com/athlete_profile.asp?id=42). *PACE Sports Management*. Archived from the original (http://www.pacesportsmanagement.com/athlete_profile.asp?id=42) on 23 July 2011. Retrieved 23 June 2008. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
34. "Farah storms to European success" (<http://news.bbc.co.uk/sport1/hi/athletics/6166845.stm>). *BBC Sport*. 10 December 2006.
35. "5000m Results, Osaka 2007" (<https://web.archive.org/web/20071026134911/http://osaka2007.iaaf.org/results/gender%3DM/discipline%3D5000/combCode%3Dhash/roundCode%3Df/result.html>). *IAAF*. Archived from the original (<http://osaka2007.iaaf.org/results/gender=M/discipline=5000/combCode=hash/roundCode=f/result.html>) on 26 October 2007. Retrieved 21 August 2016. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
36. Holt, Sarah (2 September 2007). "World Championships 2007 Day Nine: As It Happened" (<http://news.bbc.co.uk/sport1/hi/athletics/6974721.stm>). *BBC News*. Retrieved 21 August 2016.
37. "Farah breaks 3000m indoor record" (<http://news.bbc.co.uk/sport1/hi/athletics/7862762.stm>). *BBC Sport*. 31 January 2009. Retrieved 3 February 2009.

38. "Farah breaks record in Birmingham" (<http://news.bbc.co.uk/sport1/hi/athletics/7881862.stm>). *BBC Sport*. 21 February 2009. Retrieved 22 February 2009.
39. Cram, Steve (24 February 2009). "Funny guy Farah is now seriously fast" (<https://www.theguardian.com/sport/blog/2009/feb/24/athletics-mo-farah-steve-cram>). *The Guardian*.
40. "Mo Farah beats own record on good day for British athletes" (<http://www.telegraph.co.uk/sport/othersports/athletics/4743383/Mo-Farah-sets-new-3000m-record-on-good-day-for-British-athletes.html>). *The Daily Telegraph*. 21 February 2009.
41. "Farah cruises home to 3,000m gold" (<http://news.bbc.co.uk/sport1/hi/athletics/7930271.stm>). *BBC Sport*. 7 March 2009.
42. Martin, Dave (25 October 2009). "Farah scores tremendous victory while Monteiro destroys opposition in Portsmouth" (<http://www.iaaf.org/LRR09/news/newsid=54762.html>). *IAAF*. Retrieved 25 October 2009.
43. Wenig, Jorg (12 December 2009). "Farah: "I am in better shape than a year ago" – Euro Cross Country Championships press conference" (<http://www.iaaf.org/WXC10/news/kind=100/newsid=55107.html>). *IAAF*. Retrieved 13 December 2009.
44. "Bezabeh becomes Spain's first champion, Lebid third" (https://archive.is/20120909183741/http://www.european-athletics.org/index.php?option=com_content&task=view&id=8038&Itemid=2). *European Athletics*. 13 December 2009. Archived from the original (http://www.european-athletics.org/index.php?option=com_content&task=view&id=8038&Itemid=2) on 9 September 2012. Retrieved 13 December 2009. {{cite web}}: Unknown parameter |dead-url= ignored (|url-status= suggested) (help)
45. "Hayley Yelling clinches shock win as Mo Farah collapses" (<http://news.bbc.co.uk/sport1/hi/athletics/8410713.stm>). *BBC Sport*. 13 December 2009. Retrieved 12 January 2010.
46. Sampaolo, Diego (1 January 2010). "Three-peat for Soi in Bolzano" (<http://www.iaaf.org/news/kind=100/newsid=55200.html>). *IAAF*. Retrieved 12 January 2010.
47. "Mo Farah returns to training after medical tests" (<http://news.bbc.co.uk/sport1/hi/athletics/8450770.stm>). *BBC Sport*. 12 January 2010. Retrieved 12 January 2010.
48. "Mo Farah sets new British 10,000m road record" (<http://news.bbc.co.uk/sport1/hi/athletics/8714577.stm>). *BBC Sport*. 31 May 2010. Retrieved 6 June 2010.
49. Ramsak, Bob (6 June 2010). "Farah and Monteiro take European Cup 10,000m victories" (<http://www.iaaf.org/news/kind=100/newsid=56952.html>). *IAAF*. Retrieved 6 June 2010.
50. "European Athletics 2010: Brit Farah wins 10,000 m gold" (<http://news.bbc.co.uk/sport1/hi/athletics/8859274.stm>). *BBC Sport*. 27 July 2010. Retrieved 31 July 2010.
51. "European Athletics Championships 2010: Mo Farah wins 5,000 m gold for Britain" (<http://www.telegraph.co.uk/sport/othersports/athletics/7920602/European-Athletics-Championships-2010-Mo-Farah-wins-5000m-gold-for-Britain.html>). *The Daily Telegraph*. 31 July 2010. Retrieved 31 July 2010.
52. "European Athletics 2010: Farah seals distance double" (<http://news.bbc.co.uk/sport1/hi/athletics/8874520.stm>). *BBC Sport*. 31 July 2010. Retrieved 31 July 2010.
53. "Diamond League: Mo Farah the first Briton to run sub-13 minutes" (<http://www.telegraph.co.uk/sport/othersports/athletics/7955166/Diamond-League-Mo-Farah-the-first-Briton-to-run-sub-13-seconds.html>). *The Daily Telegraph*. London. 19 August 2010. Retrieved 16 August 2013.
54. "Farah, Adlington and Williams among Olympic awards" (http://news.bbc.co.uk/sport2/hi/olympic_games/9309720.stm). *BBC Sport*. 21 December 2010. Retrieved 21 December 2010.
55. Sampaolo, Diego (1 January 2011). "Merga and Cheruiyot take dramatic victories in Bolzano" (<http://www.iaaf.org/news/kind=100/newsid=58988.html>). *IAAF*. Retrieved 1 January 2011.
56. Wenig, Jorg (8 January 2011). "Kipchoge and Masai prevail in snowy Edinburgh" (<http://www.iaaf.org/CROS11/news/newsid=59023.html>). *IAAF*. Retrieved 9 January 2011.

57. "Mo Farah Becomes British Olympic Hero, Wins 5,000 and 10,000-Meter Double" (<http://bleacherreport.com/articles/1293948-british-olympic-hero-mo-farah-epitome-of-clutch-in-winning-5000-and-10000>). *Bleacher Report Sport*. 12 August 2012. Retrieved 21 June 2014.
58. Kessel, Anna (20 February 2011). "Mo Farah hits the heights as new methods pay off in Birmingham" (<https://www.theguardian.com/sport/2011/feb/20/mo-farah-athletic-grand-prix>). *The Guardian*. London.
59. "Farah wins New York half-marathon" (<http://www.espn.co.uk/athletics/sport/story/80657.html>). *ESPN.co.uk*. Retrieved 20 March 2011.
60. "Farah smashes UK record to win New York Half" (<https://web.archive.org/web/20110828065815/http://www.athleticsweekly.com/news/farah-smashes-uk-record-to-win-new-york-half/>). *Athletics Weekly*. 20 March 2011. Archived from the original (<http://www.athleticsweekly.com/news/farah-smashes-uk-record-to-win-new-york-half/>) on 28 August 2011. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
61. Mulkeen, Jon (4 June 2011). "Farah smashes European 10,000 m record, Mosop breaks distance world records" (<https://web.archive.org/web/20110607035725/http://www.athleticsweekly.com/news/farah-smashes-european-10000m-record-mosop-breaks-distance-world-records>). *Athletics Weekly*. Archived from the original (<http://www.athleticsweekly.com/news/farah-smashes-european-10000m-record-mosop-breaks-distance-world-records/>) on 7 June 2011. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
62. "Mo Farah 1st in 5k and new British Record 12:53.11 Monaco Diamond League 2011" (<https://web.archive.org/web/20120327061148/http://www.flotrack.org/coverage/238944-Monaco-Diamond-League-Herculis-Meeting-International-dAthletisme-2011/video/501535-Mo-Farah-1st-in-5k-and-new-British-Record-125311-Monaco-Diamond-League-2011>). *Flotrack*. 22 July 2011. Archived from the original (<http://www.flotrack.org/coverage/238944-Monaco-Diamond-League-Herculis-Meeting-International-dAthletisme-2011/video/501535-Mo-Farah-1st-in-5k-and-new-British-Record-125311-Monaco-Diamond-League-2011>) on 27 March 2012. Retrieved 13 August 2012. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
63. "Daegu 2011: Farah storms to famous 5,000m gold at World Championships" (<https://web.archive.org/web/20120608055608/http://www.morethanthegames.co.uk/athletics/0415407-daegu-2011-farah-storms-famous-5000m-gold-world-championships>). *More than the Games*. 4 September 2011. Archived from the original (<http://www.morethanthegames.co.uk/athletics/0415407-daegu-2011-farah-storms-famous-5000m-gold-world-championships>) on 8 June 2012. Retrieved 13 August 2012. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
64. Orvice, Vikki (31 August 2011). "Mo Farah to blister through 5,000 metres" (<http://www.thesun.co.uk/sol/homepage/sport/olympics/3785603/Mo-Farah-to-blister-through-5000-metres.html>). *The Sun*. London.
65. Channel 4 Athletics commentary, Daegu Championships
66. Glenday, Craig. *Guinness World Records 2014*. 2013 Guinness World Records Limited. ISBN 978-1908843-15-9.
67. Fordyce, Tom (4 August 2012). "Mo Farah wins Olympic 10,000m gold for Great Britain" (<https://www.bbc.co.uk/sport/0/olympics/18912148>). *BBC Sport*. Retrieved 13 August 2012.
68. Layden, Tim (11 August 2012). "In a Games filled with memorable moments, few resonate like Bolt" (http://sportsillustrated.cnn.com/2012/olympics/2012/writers/tim_layden/08/11/usain-bolt-mo-farah-2012-olympics-track-and-field/index.html). *Sports Illustrated*. Retrieved 13 August 2012.
69. Borden, Sam (1 August 2012). "Observance of Ramadan Poses Challenges to Muslim Athletes" (<https://www.nytimes.com/2012/08/01/sports/olympics/ramadan-poses-challenges-for-muslims-at-the-olympics.html>). *The New York Times*.
70. Fordyce, Tom. "Mo Farah wins men's 5,000m to claim second Olympic gold" (<https://www.bbc.co.uk/sport/0/olympics/18912882>). *BBC Sport*. Retrieved 13 August 2012.

71. Hart, Simon (25 August 2012). "Olympics hero Mo Farah aiming to break Steve Ovett's 34-year-old British record at Aviva Birmingham Grand Prix" (<http://www.telegraph.co.uk/sport/othersports/athletics/9499185/Olympics-hero-Mo-Farah-aiming-to-break-Steve-Ovetts-34-year-old-British-record-at-Aviva-Birmingham-Grand-Prix.html>). *The Daily Telegraph*. London.
72. "Mo Farah celebrates two-mile Diamond League victory" (<https://www.bbc.co.uk/sport/0/athletics/19368887>). *BBC Sport*. 26 August 2012. Retrieved 16 August 2013.
73. "No. 60367" (<https://www.thegazette.co.uk/London/issue/60367/supplement/24>). *The London Gazette* (Supplement). 29 December 2012. p. 24.
74. "2013 New Year's Honours" (<http://www.cabinetoffice.gov.uk/sites/default/files/resources/NY2013-honours-London-2012.pdf>) (PDF). Retrieved 29 December 2012.
75. "'Mistake' not to award Mo Farah a knighthood" (<http://www.itv.com/news/update/2012-12-29/mistake-to-not-award-mo-farah-a-knighthood/>). *ITV*. 29 December 2012. Retrieved 2 January 2013.
76. Moss, Vincent (10 August 2013). "Mo-ment of madness: Fury over Farah's New Year Honours snub while bank watchdog is knighted" (<http://www.mirror.co.uk/news/uk-news/fury-over-mo-farah-s-new-1510704>). *The Mirror*. Retrieved 2 January 2013.
77. "Nick Clegg's rally speech at Liberal Democrat Autumn Conference" (http://wayback.archive-it.org/all/20130103045328/http://www.nickclegg.com/nccom_news_details.aspx?title=Nick_Clegg's_rally_speech_at_Liberal_Democrat_Autumn_Conference&pPK=ccad70de-e202-43a8-8778-27555c5e6503). *Nickclegg.com*. 22 September 2012. Archived from the original (http://www.nickclegg.com/nccom_news_details.aspx?title=Nick_Clegg%E2%80%99s_rally_speech_at_Liberal_Democrat_Autumn_Conference&pPK=ccad70de-e202-43a8-8778-27555c5e6503) on 3 January 2013. Retrieved 16 August 2013. {{cite web}}: Unknown parameter |dead-url= ignored (|url-status= suggested) (help)
78. "Nick Clegg's New Year Message 2013" (https://archive.is/20130423205535/http://www.libdems.org.uk/latest_news_detail.aspx?title=Nick_Clegg's_New_Year_Message_2013&pPK=ca90b839-93d0-4468-a0e9-b0024b784efd). *Libdems.org.uk*. 28 December 2012. Archived from the original (http://www.libdems.org.uk/latest_news_detail.aspx?title=Nick_Clegg%27s_New_Year_Message_2013&pPK=ca90b839-93d0-4468-a0e9-b0024b784efd) on 23 April 2013. Retrieved 16 August 2013. {{cite web}}: Unknown parameter |dead-url= ignored (|url-status= suggested) (help)
79. Culzac, Natasha (18 August 2013). "Mo Farah: David Cameron backs calls to give Olympic gold medallist a knighthood" (<http://metro.co.uk/2013/08/18/david-cameron-warmly-welcomes-knighthood-for-olympic-great-mo-farah-3928328/>). *Metro News*. Retrieved 13 August 2014.
80. Lewis, Aimee (19 July 2013). "Mo Farah breaks Steve Cram's 28-year British 1500m record" (<http://www.bbc.co.uk/sport/0/athletics/23385989>). *BBC Sport*. Retrieved 16 August 2013.
81. "Diamond League: Sally Pearson wins in London as Mo Farah wins 3000m at Anniversary Games" (<http://www.abc.net.au/news/2013-07-28/pearson-wins-as-farah-delights-london-again/4848268>). *ABC News*. 28 July 2013. Retrieved 29 July 2013.
82. Morrison, Jonathan (10 August 2013). "Mo Farah wins 10,000 metres and fourth world title" (<http://www.thetimes.co.uk/tto/sport/athletics/article3839547.ece>). *The Times*. Retrieved 10 August 2013.
83. Steinberg, Jacob (16 August 2013). "Mo Farah wins 5,000m gold to become double World and double Olympic champion" (<https://www.theguardian.com/sport/2013/aug/16/mo-farah-world-athletics-championships-5000m-live>). *The Guardian*. Retrieved 16 August 2013.
84. "Farah takes the distance double to rise amongst the greats" (<http://www.iaaf.org/news/feature/54>). *IAAF.org*. 17 August 2013. Retrieved 13 August 2014.
85. Lewis, Aimee (16 September 2013). "Mo Farah wins 5,000m gold at World Athletics 2013" (<https://www.bbc.co.uk/sport/0/athletics/23722814>). *BBC Sport*. Retrieved 16 September 2013.
86. Black, Dan (8 January 2014). "There's a catalogue of sport to look forward to in 2014!" (<http://www.pendletoday.co.uk/news/columnists/there-s-a-catalogue-of-sport-to-look-forward-to-in-2014-1-6354371>). *Pendle Today*. Retrieved 13 August 2014.

87. "Farah seals historic gold for Britain" (<http://uk.eurosport.yahoo.com/28072010/58/farah-seals-historic-gold-britain.html>). *Yahoo! Eurosport*. Retrieved 29 August 2011.
88. Spink, Alex (11 December 2013). "BBC Sports Personality of the Year: Mo Farah not expecting to win despite historic 2013" (<http://www.mirror.co.uk/sport/other-sports/athletics/bbc-sports-personality-year-mo-2915905#.UtpWuDDFKIU>). *The Mirror*. Retrieved 13 August 2014.
89. Aspin, Guy (15 January 2014). "Mo Farah: London Marathon a huge test" (<http://www.scotsman.com/sport/more-sport/athletics/mo-farah-london-marathon-a-huge-test-1-3268663>). *The Scotsman*. Retrieved 13 August 2014.
90. "Mo Farah finishes eighth on full London Marathon debut" (<https://www.bbc.co.uk/sport/0/athletics/27009201>). *BBC Sport*. 13 April 2014. Retrieved 14 April 2014.
91. "Mo Farah was airlifted to hospital after bathroom collapse" (<https://www.bbc.co.uk/sport/0/athletics/28748841>). *BBC Sport*. 12 August 2014. Retrieved 19 August 2014.
92. Casert, Raf (17 August 2014). "Mo Farah wins 5k to clinch long distance double at European Championships" (<http://www.ctvnews.ca/sports/mo-farah-wins-5k-to-clinch-long-distance-double-at-european-championships-1.1963393>). *CTV News*. Associated Press. Retrieved 19 August 2014.
93. "European championships: Mo Farah wins 5000m and record fifth gold" (<https://www.bbc.co.uk/sport/0/athletics/28828217>). *BBC Sport*. 17 August 2014. Retrieved 17 August 2014.
94. "Great North Run 2014: Mo Farah claims first victory" (<https://www.bbc.co.uk/sport/0/athletics/29074934>). *BBC Sport*. 7 September 2014. Retrieved 7 September 2014.
95. "Mo Farah breaks indoor two-mile world record in Birmingham" (<https://www.bbc.com/sport/0/athletics/31569286>). *BBC Sport*. Retrieved 22 February 2015.
96. "Mo Farah breaks European half marathon record in Lisbon win" (<https://www.bbc.co.uk/sport/0/athletics/32008651>). *BBC Sport*. 22 March 2015. Retrieved 7 June 2015.
97. Ingle, Sean (27 December 2013). "Memorable moments 2013: Mo Farah seals double-double at Moscow worlds" (<https://www.theguardian.com/sport/2013/dec/27/memorable-moments-2013-mo-farah-double-worlds>). *The Guardian*. Retrieved 13 August 2014.
98. "American Galen Rupp Finishes 5th in 27:08.91 – 4th fastest American 10,000 in History" (<http://www.letsrun.com/news/2015/08/six-in-a-row-for-mo-kenyan-team-tactics-not-enough-to-stop-the-invincible-mo-farah-in-mens-10000/>). *LetsRun.com*. 22 August 2015.
99. "In victory and defeat, Kamworor and Farah now shift focus to Rio rematch" (<http://www.iaaf.org/competitions/iaaf-world-half-marathon-championships/iaafcardiff-university-world-half-marathon-ch-5614/news/feature/men/half-marathon>). *IAAF.org*. 28 March 2016. Retrieved 16 August 2016.
100. Young, Dennis (26 March 2016). "Kenyan Duo Clobber Mo Farah As Kamworor Repeats at World Half" (<http://www.flotrack.org/article/40577-kenyan-duo-clobber-mo-farah-as-kamworor-repeats-at-world-half>). *Flotrack.org*. Retrieved 16 August 2016.
101. "3000 Metres Result | Glasgow Indoor Grand Prix" (<https://www.iaaf.org/results/iaaf-world-indoor-tour/2016/glasgow-indoor-grand-prix-5853/men/3000-metres/final/result#resultheader>). *IAAF.org*. 20 February 2016. Retrieved 16 August 2016.
102. "Mo Farah breaks 34-year-old British 3,000m record and dedicates victory to 'hero' Muhammad Ali" (<https://www.standard.co.uk/sport/mo-farah-breaks-34-year-old-british-3000m-record-and-dedicates-victory-to-hero-muhammad-ali-a3264121.html>). *London Evening Standard*. Press Association. 5 June 2016. Retrieved 19 July 2016.
103. "Road to the Olympic Games" (<http://olympics.cbc.ca/news/article/diamond-league-farah-proves-ready-for-rio.html>). *CBC Sports*. Retrieved 16 August 2016.
104. "A closer look at the 2016 World Athlete of the Year men's finalists" (<https://www.iaaf.org/news/iaaf-news/2016-world-athlete-of-the-year-mens-finalists>). *IAAF.org*. Retrieved 16 August 2016.

105. Etchells, Daniel (15 October 2016). "Farah and Beitia crowned European athletes of the year" (<http://www.insidethegames.biz/articles/1042688/farah-and-beitia-crowned-european-athletes-of-the-year>). *Insidethegames.biz*. Retrieved 16 August 2016.
106. "Mo Farah Falls but Hardly Misses a Step in 10,000-Meter Victory" (https://www.nytimes.com/2016/08/14/sports/olympics/mo-farah-men-10k-result.html?_r=0). *The New York Times*. 13 August 2016. Retrieved 14 August 2016.
107. "Magical Mo Farah bags another Olympic gold and earns his place in history" (<https://www.theguardian.com/sport/2016/aug/20/mo-farah-gold-medal-5000m-double-double-history>). *The Guardian*. 22 August 2016. Retrieved 22 August 2016.
108. "Great North Run 2016: Mo Farah wins third time in a row" (<https://www.bbc.co.uk/news/uk-england-tyne-37328765>). *BBC News*. Retrieved 16 August 2016.
109. "European Athletics Convention: Golden Tracks awards ceremony" (<http://www.insidethegames.biz/index.php/articles/1042685/european-athletics-convention-golden-tracks-awards-ceremony>). *Insidethegames.biz*. 15 October 2016. Retrieved 16 August 2016.
110. "Bolt, Thompson among IAAF Athlete of the Year finalists" (<http://jamaica-gleaner.com/article/news/20161109/bolt-thompson-among-iaaf-athlete-year-finalists>). *Jamaica Gleaner*. 9 November 2016. Retrieved 16 August 2016.
111. Blott, Unity (22 November 2016). "Biggest TV moments of 2016 revealed including Andy Murray winning Wimbledon" (<http://www.dailymail.co.uk/femail/article-3960040/The-biggest-TV-moments-2016-revealed.html>). *Daily Mail*. Retrieved 16 August 2016.
112. "Mo Farah set for final track appearance in Zurich after World Championships" (<https://www.bbc.com/sport/athletics/40756958>). *BBC Sport*. 28 July 2017.
113. "World Championships 2017: Mo Farah defends his 10,000m title in London" (<https://www.bbc.co.uk/sport/athletics/40833730>). *BBC Sport*. 4 August 2017. Retrieved 14 November 2017.
114. "World Championships 2017: Mo Farah misses out on fifth consecutive distance double" (<https://www.bbc.co.uk/sport/athletics/40913661>). *BBC Sport*. 12 August 2017. Retrieved 14 November 2017.
115. "Mo Farah wins final race in Britain at Birmingham Diamond League meeting" (<https://www.bbc.co.uk/sport/athletics/40993606>). *BBC Sport*. 20 August 2017. Retrieved 14 November 2017.
116. "Mo Farah wins his final track race in Zurich Diamond League event" (<https://www.bbc.co.uk/sport/athletics/41041891>). *BBC Sport*. 24 August 2017. Retrieved 14 November 2017.
117. "Full Results 2017 Weltklasse Zurich Diamond League" (<http://www.letsrun.com/news/2017/08/full-results-2017-weltklasse-zurich-diamond-league>). *LetsRun.com*. 24 August 2017. Retrieved 14 November 2017.
118. "Great North Run: Mo Farah wins record fourth successive title" (<https://www.bbc.co.uk/sport/athletics/41218466>). *BBC Sport*. 10 September 2017. Retrieved 14 November 2017.
119. "2017 Great North Run Results" (<http://www.letsrun.com/news/2017/09/2017-great-north-run-results/>). *LetsRun.com*. 11 September 2017. Retrieved 14 November 2017.
120. "Mo Farah splits from coach Alberto Salazar and will return to Britain" (<https://www.bbc.co.uk/sport/athletics/41811637>). *BBC Sport*. 31 October 2017. Retrieved 14 November 2017.
121. "Mo Farah's Mobot dance invented by Clare Balding" (<http://www.telegraph.co.uk/sport/olympics/news/9470549/Mo-Farahs-Mobot-dance-invented-by-Clare-Balding.html>). *The Telegraph*. London. 12 August 2012. Retrieved 13 August 2012.

122. "Meet the real 'Mobot' – track champ who's simply electric" (<https://web.archive.org/web/20121205010546/http://www.thisisplymouth.co.uk/Meet-real-Mobot-ndash-track-champ-s-simply/story-16909443-detail/story.html>). *This is Plymouth.co.uk*. 15 September 2012. Archived from the original (<http://www.thisisplymouth.co.uk/Meet-real-Mobot-ndash-track-champ-s-simply/story-16909443-detail/story.html>) on 5 December 2012. Retrieved 16 August 2013. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
123. Miles, Stuart (26 November 2012). "Could Mo Farah's Do the Mobot be the new Gangnam Style? Internet sensation in the making" (<https://www.pocket-lint.com/news/48541/do-the-mobot-internet-sensation>). *Pocket-lint.com*. Retrieved 16 August 2013.
124. "Olympic hero Mo Farah has confirmed he will take part in this year's Commonwealth Games in Glasgow" (<http://www.dailyrecord.co.uk/news/scottish-news/olympic-hero-mo-farah-confirmed-3532797>). *Daily Record*. 12 May 2014. Retrieved 16 August 2016.
125. Farah, Mo (6 October 2013). "Mo Farah: I missed my twin brother Hassan so much during our 12-year separation" (<http://www.telegraph.co.uk/sport/othersports/athletics/10359526/Mo-Farah-I-missed-my-twin-brother-Hassan-so-much-during-our-12-year-separation.html>). *The Daily Telegraph*.
126. aliced (4 April 2010). "Mo Farah's wedding" (<http://www.all-athletics.com/en-us/2010-04-04/mo-farahs-wedding>). *All-Athletics.com*. Retrieved 29 August 2011.
127. Kessell, Anna (11 August 2012). "London 2012: Marathon runner Scott Overall inspired by Mo Farah" (<https://www.theguardian.com/sport/2012/aug/11/london-2012-scott-overall-mo-farah?newfeed=true>). *The Guardian*. Retrieved 14 August 2012.
128. Orstein, David (22 December 2011). "BBC Sports Personality of the Year 2011 as it happened" (http://news.bbc.co.uk/sport1/hi/tv_and_radio/sports_personality_of_the_year/9665667.stm). *BBC News*. Retrieved 15 July 2012.
129. "Olympic hero Mo Farah father of twin girls" (<https://www.bbc.co.uk/news/uk-19379381>). *BBC News*. 25 August 2012. Retrieved 28 August 2012.
130. Lusher, Adam (4 August 2012). "London 2012 Olympics: Mo Farah wins gold medal in the 10,000 metres final" (<http://www.telegraph.co.uk/sport/olympics/london-2012/9452253/London-2012-Olympics-Mo-Farah-wins-gold-medal-in-the-10000-metres-final.html>). *The Daily Telegraph*. London.
131. "Sports stars Mo Farah and Amir Khan join list of supporters" (<https://web.archive.org/web/20120701231404/http://muslimwritersawards.org.uk/news-and-events/news/sports-stars-mo-farah-and-amir-khan-join-list-supporters>). *Muslim Writers Awards*. Archived from the original (<http://muslimwritersawards.org.uk/news-and-events/news/sports-stars-mo-farah-and-amir-khan-join-list-supporters>) on 1 July 2012. Retrieved 17 July 2012. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
132. Milmo, Cahil (10 August 2012). "Mo Farah seeks a peaceful haven as he prepares for second date with Olympic destiny" (<https://www.independent.co.uk/sport/olympics/news/mo-farah-seeks-a-peaceful-haven-as-he-prepares-for-second-date-with-olympic-destiny-8031603.html>). *The Independent*. London. Retrieved 10 August 2013.
133. "Influencing Muslims: The 500 Most Influential Muslims" (<http://www.prnewswire.co.uk/news-releases/influencing-muslims-the-500-most-influential-muslims-234033281.html>). *PR Newswire*. Retrieved 4 December 2013.
134. "TV Online: Mo Farah at Emirates Stadium" (<https://web.archive.org/web/20100904175628/http://www.arsenal.com/news/news-archive/tv-online-mo-farah-at-emirates-stadium>). *Arsenal FC Official website*. London. 1 September 2010. Archived from the original (<http://www.arsenal.com/news/news-archive/tv-online-mo-farah-at-emirates-stadium>) on 4 September 2010. {{cite news}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
135. "Mo Farah calls on Arsene Wenger to sign him up as Arsenal fitness coach" (<http://metro.co.uk/2012/09/04/mo-farah-calls-on-arsene-wenger-to-sign-him-up-as-arsenal-fitness-coach-564720/>). *Metro*. 4 September 2012. Retrieved 14 December 2015.

136. Shrestha, Sarad (27 September 2016). "UK Olympic hero Mo Farah eyes Arsenal fitness job" (<http://www.tribalffootball.com/articles/uk-olympic-hero-mo-farah-eyes-arsenal-fitness-job-4148447>). *Tribal Football*. Retrieved 16 August 2017.
137. Farah, Mo (7 October 2013). "Mo Farah: This is my moment, my race – I will not be beaten at the London Olympic Games" (<http://www.telegraph.co.uk/sport/othersports/athletics/10361764/Mo-Farah-This-is-my-moment-my-race-I-will-not-be-beaten-at-the-London-Olympic-Games.html>). *The Daily Telegraph*. Retrieved 13 October 2013.
138. "Justin Bieber is Bing's most searched for person of 2013" (<http://www.independent.ie/entertainment/justin-bieber-is-bings-most-searched-for-person-of-2013-29801984.html>). *Irish Independent*. 2 December 2013. Retrieved 14 December 2015.
139. "Olympic hero Mo Farah applies to be tax exile in bid to save millions" (<http://www.dailyrecord.co.uk/news/uk-world-news/olympic-hero-mo-farah-applies-3014093>). *Daily Record*. 12 January 2014. Retrieved 12 January 2014.
140. "The Jonathan Ross Show" (<https://web.archive.org/web/20170904012631/https://www.itv.com/hub/the-jonathan-ross-show/2a1166a0133>). *ITV.com*. Archived from the original (<https://www.itv.com/hub/the-jonathan-ross-show/2a1166a0133>) on 4 September 2017. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
141. Osborne, Simon (4 August 2012). "Mo Farah: Young man in a hurry" (<https://www.independent.co.uk/sport/olympics/athletics/mo-farah-young-man-in-a-hurry-8007127.html>). *The Independent*. London. Retrieved 16 August 2012.
142. "Mo Farah has become the first person to beat The Cube!" (<http://www.officialphillipschofield.com/news/2012/02/01/mo-farah-has-become-the-first-person-to-beat-the-cube/5981>). *Official Phillip Schofield.com*. 1 February 2012.
143. Heaven, Douglas (14 August 2012). "Olympic stars unite to promote global hunger summit" (<http://www.newscientist.com/article/dn22172-olympic-stars-unite-to-promote-global-hunger-summit.html>). *New Scientist*. Retrieved 16 August 2012.
144. "Mo Farah stamp sold at London 2012 auction" (<https://www.bbc.co.uk/news/uk-england-coventry-warwickshire-22332061>). *BBC*. 28 April 2013. Retrieved 1 August 2013.
145. Muir, Hugh (26 July 2013). "Mo Farah pleads with Barclays not to end remittances to Somalia" (<https://www.theguardian.com/sport/2013/jul/26/mo-farah-barclays-remittance-market>). *The Guardian*. London. Retrieved 29 July 2013.
146. "Robbie in Budget appeal to Chancellor to urge him to force firms to pay tax in world's poorest countries" (<https://www.thesun.co.uk/archives/politics/585205/robbie-in-budget-appeal/>). *The Sun*. 14 March 2013. Retrieved 14 December 2015.
147. "Stars back brain tumour funding after girl, 6, given two years to live" (<https://www.standard.co.uk/news/health/stars-back-brain-tumour-funding-after-girl-6-given-two-years-to-live-a3380176.html>). *London Evening Standard*. 27 October 2016. Retrieved 16 August 2016.
148. "Mo Farah Reveals his Next Step" (<http://news.nike.com/news/mo-farah-marathon-kids>). *Nike News*. Retrieved 10 August 2017.
149. Costello, Mike (19 April 2013). "London Marathon: Mo Farah hurt by money-grabbing claims" (<http://www.bbc.co.uk/sport/0/athletics/22199901>). *BBC Sport*. Retrieved 13 August 2014.
150. "Nike commercial features Seattle Seahawks cornerback Richard Sherman" (http://www.oregonlive.com/playbooks-profits/index.ssf/2014/01/nike_commercial_features_seatt.html). *The Oregonian*. 20 January 2014.
151. "Men's 'Mobot' Tee" (<https://web.archive.org/web/20140424051033/http://mofarahstore.bigcartel.com/product/run-mobot-tee>). *Mo Farah Store*. Archived from the original (<http://mofarahstore.bigcartel.com/product/run-mobot-tee>) on 24 April 2014. Retrieved 13 August 2014. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)

152. Duffin, Claire (11 August 2012). "London 2012: Athletes in line to make millions after the Games" (<http://www.telegraph.co.uk/sport/olympics/9468761/London-2012-Athletes-in-line-to-make-million-s-after-the-Games.html>). *The Daily Telegraph*. Retrieved 16 August 2012.
153. Riley, Lisa (21 December 2013). "Quorn signs up Mo Farah for new ads appealing to fitness fans" (<http://www.thegrocer.co.uk/fmcg/quorn-signs-up-mo-farah-for-new-ads-appealing-to-fitness-fans/352941.article>). *The Grocer*. Retrieved 13 August 2014.
154. Wilkes, David (15 October 2013). "'I always get stopped': Mo Farah reveals his trouble at US immigration thanks to his full name" (<http://www.dailymail.co.uk/news/article-2461631/Mo-Farah-reveals-trouble-US-immigration-thanks-name.html>). *Mail Online*. London. Retrieved 16 October 2013.
155. "Olympic Hero Mo Held in US Terror Blunder" (<http://news.sky.com/story/1031513/olympic-hero-mo-held-in-us-terror-blunder>). *Sky News*. 30 December 2012. Retrieved 1 January 2013.
156. "Somalia-born Olympic Champion Mo Farah Troubled by Trump's Travel Ban" (<http://www.nbcnews.com/news/world/somalia-born-olympic-champion-mo-farah-troubled-trump-s-travel-n713786>). *NBC News*. Associated Press. Retrieved 16 August 2016.
157. "Mo Farah" (<https://www.facebook.com/MoFarahGold/posts/985008688187160>). *Facebook*. Retrieved 13 August 2017.
158. "Mo Farah: Missing drugs tests easy - Mark Lewis-Francis" (<https://www.bbc.co.uk/sport/athletics/33215009>). *BBC Sport*. 21 June 2015. Retrieved 13 August 2017.
159. "About ADRV" (<http://www.ukad.org.uk/anti-doping-rule-violations/about-adrvs>). *IKAD.org.uk*. Retrieved 1 November 2017.
160. "Banned athlete investigated after Mo Farah training pictures" (<http://en.espn.co.uk/athletics/sport/story/409187.html>). *ESPN*. 4 March 2015. Retrieved 6 June 2015.
161. Keel, Toby (28 February 2015). "Athletics – Mo Farah pictured training alongside banned drug cheat" (<https://web.archive.org/web/20150402171834/https://uk.eurosport.yahoo.com/news/athletics-mo-farah-pictured-training-alongside-banned-drug-122658315--spt.html>). *Yahoo! Eurosport UK*. Archived from the original (<https://uk.eurosport.yahoo.com/news/athletics-mo-farah-pictured-training-alongside-banned-drug-122658315--spt.html>) on 2 April 2015. Retrieved 7 June 2015. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
162. "Mo Farah's trainer Alberto Salazar and partner Galen Rupp accused of doping offences" (<https://www.independent.co.uk/sport/general/athletics/mo-farahs-trainer-alberto-salazar-at-the-centre-of-doping-allegations-10295572.html>). *The Independent*. London. 4 June 2015. Retrieved 4 June 2015.
163. "Mo Farah pulls out of Birmingham Diamond League race" (<https://www.bbc.co.uk/sport/0/olympics/33039347>). *BBC Sport*. 7 June 2015. Retrieved 7 June 2015.
164. Slater, Matt. "Questions mount over Alberto Salazar's links to Mary Slaney" (<https://www.bbc.co.uk/sport/0/athletics/33096367>). *BBC Sport*. Retrieved 12 June 2015.
165. "Mo Farah says he is 'a clean athlete' and 'frustrated' by leaked report on Salazar" (<https://www.bbc.co.uk/sport/athletics/39095377>). *BBC Sport*. 26 February 2017. Retrieved 26 February 2017.
166. "What's better than Olympic gold for Mo Farah? Beating The Cube" (<https://www.theguardian.com/media/mediamonkeyblog/2012/aug/16/mo-farah-olympic-gold-the-cube>). *The Guardian*. 16 August 2012. Retrieved 20 August 2016.
167. "Farah: male athlete of 2016" (<http://www.sportsjournalists.co.uk/site/bawa/>). *British Athletics Writers' Association*. Retrieved 13 August 2014.
168. "Aviva Athletics Awards 2010" (<http://www.uka.org.uk/media/news/news-archive-pre-2011/december-2010/06-12-10-aviva-athletics-awards/>). *UKA.org.uk*. 6 December 2012. Retrieved 19 September 2012.

169. "London Youth Games Hall of Fame 2010" (<http://www.londonyouthgames.org/news.asp?section=26&itemid=1323&search=>). *London Youth Games.org*. 10 September 2010. Retrieved 16 August 2013.
170. "Farah handed 2011 European award" (<http://news.bbc.co.uk/sport1/hi/athletics/15181590.stm>). *BBC News*. 5 October 2011.
171. "Farah and Ennis voted British Athletes of the Year" (<http://uka.org.uk/media/news/october-2012/26-10-12-farah-ennis/>). *UKA.org.uk*. 26 October 2012. Retrieved 28 October 2012.
172. Hart, Simon (5 October 2012). "Mo Farah voted European male athlete of the year for second year" (<http://www.telegraph.co.uk/sport/othersports/athletics/9589319/Mo-Farah-voted-European-Male-Athlete-of-Year-for-second-year-in-a-row.html>). *The Daily Telegraph*. Retrieved 10 October 2012.
173. "Farah, Adams and Rees among AW Readers' Choice award winners" (<https://web.archive.org/web/20140216110604/http://www.athleticsweekly.com/news/aw-readers-choice-award-winners/>). *Athletics Weekly*. 5 December 2013. Archived from the original (<http://www.athleticsweekly.com/news/aw-readers-choice-award-winners/>) on 16 February 2014. Retrieved 13 August 2014. {{cite web}}: Unknown parameter |deadurl= ignored (|url-status= suggested) (help)
174. "BOA Announce Olympic Athletes of the Year 2013" (<http://www.teamgb.com/news/boa-announce-olympic-athletes-year-2013>). *Team GB*. 23 December 2013. Retrieved 13 August 2014.
175. Young, Ken (30 December 2013). "The Running Times 2013 Runners of the Year" (<http://www.runnersworld.com/elite-runners/the-running-times-2013-runners-of-the-year?page=2>). *Running Times*. Retrieved 13 August 2014.
176. "Usain Bolt, Mo Farah and Serena Williams up for top prize" (<http://www.voice-online.co.uk/article/usain-bolt-mo-farah-and-serena-williams-top-prize>). *The Voice Online*. 31 January 2014. Retrieved 13 August 2014.
177. "The 50 Most Influential People in Running" (<http://rw.runnersworld.com/the50/>). *Runner's World*. Retrieved 14 December 2015.
178. "2015 LRC Year-End Rankings, Men's 5,000: Mo Farah (Who Else?) Is No. 1 in World; Ben True, Galen Rupp & Ryan Hill Lead A Fine Crop of Americans" (<http://www.letsrun.com/news/2015/12/2015-lrc-year-end-rankings-mens-5000-mo-farah-else-1-world-ben-true-galen-rupp-ryan-hill-lead-fine-crop-americans/>). *LetsRun.com*. Retrieved 19 July 2016.
179. "2015 LRC Year-End Rankings, Men's 10,000: Surprise, Surprise – Mo Farah And Galen Rupp Are The World And US #1s" (<http://www.letsrun.com/news/2015/12/2015-lrc-year-end-rankings-mens-10000-surprise-surprise-mo-farah-galen-rupp-world-us-1s/>). *LetsRun.com*. Retrieved 19 July 2016.
180. Weekly, Athletics (4 November 2016). "Jessica Ennis-Hill and Mo Farah are BAWA athletes of the year" (<http://www.athleticsweekly.com/featured/jessica-ennis-hill-mo-farah-bawa-athletes-of-the-year-53159>). *Athletics Weekly*. Retrieved 16 August 2016.
181. Weekly, Athletics (20 November 2016). "Mo Farah voted BASC athlete of the year" (<http://www.athleticsweekly.com/featured/mo-farah-voted-basc-athlete-of-the-year-53743>). *Athletics Weekly*. Retrieved 16 August 2016.
182. Weekly, Athletics (8 December 2016). "Farah and Ennis-Hill among winners in 2016 AW Readers' Choice Awards" (<http://www.athleticsweekly.com/featured/farah-ennis-hill-winners-2016-aw-readers-choice-awards-54331>). *Athletics Weekly*. Retrieved 16 August 2016.
183. "Mo Farah & Kadeena Cox win British Ethnic Diversity Sports Awards awards" (<https://www.bbc.co.uk/sport/39314017>). *BBC Sport*. 18 March 2017. Retrieved 16 August 2016.
184. "Mo Farah named Celebrity Dad of the Year" (<http://www.itv.com/news/update/2013-06-15/mo-farah-named-celebrity-dad-of-the-year/>). *ITV*. 15 June 2013. Retrieved 1 August 2013.

185. "Winners honoured at British Muslim Awards" (http://www.asianimage.co.uk/news/10197507.Winners_honoured_at_British_Muslim_Awards/). *Asian Image*. 31 January 2013. Retrieved 1 November 2015.
186. Molloy, Antonia (2 February 2014). "Wildlife presenter David Attenborough is named the UK's most trustworthy figure" (<https://www.independent.co.uk/news/uk/wildlife-presenter-david-attenborough-is-named-the-uks-most-trustworthy-figure-9102139.html>). *The Independent*. London.
187. "World's 100 Most Powerful Arabs" (http://www.arabianbusiness.com/world-s-100-most-powerful-arabs-2014-543949.html?view=profile&itemid=544012#.U_OnJbt38jh). *Arabian Business*. Retrieved 19 August 2014.
188. Fox, Boudicca. "The 50 greatest Britons revealed: Wills and Kate are in but where are Bobby Moore and Thomas Hardy? – Mirror Online" (<http://www.mirror.co.uk/news/uk-news/50-greatest-britons-revealed-wills-6495706>). *Mirror.co.uk*. Retrieved 19 July 2016.
189. Ashton, James (16 September 2015) The Progress 1000: George Osborne and England rugby captain Chris Robshaw named as most influential Londoners (<https://www.standard.co.uk/news/the1000/power-and-the-glory-george-osborne-and-england-rugby-captain-chris-robshaw-named-as-most-influential-a2948656.html>). *standard.co.uk*
190. Edmonds, Lizzie (29 January 2016). "Mo Farah named sports hero Londoners are most proud of" (<https://www.standard.co.uk/news/london/mo-farah-named-sports-hero-londoners-are-most-proud-of-a3167901.html>). *London Evening Standard*. Retrieved 19 July 2016.
191. "Mo Farah's daughters drench track star with slime as he accepts Nickelodeon Kids' Choice Award" (<http://www.thesun.co.uk/sol/homepage/showbiz/6992471/Olympic-heros-daughters-dump-green-slime-on-him-as-he-accepts-Nickelodeon-award.html>). *The Sun*. 11 March 2016. Retrieved 19 July 2016.
192. "Sir Lenny Henry and Mo Farah among top 10 most influential black Britons" (<http://www.belfasttelegraph.co.uk/entertainment/news/sir-lenny-henry-and-mo-farah-among-top-10-most-influential-black-britons-35159049.html>). *Belfast Telegraph*. Retrieved 16 August 2016.
193. "No. 61803" (<https://www.thegazette.co.uk/London/issue/61803/supplement/N2>). *The London Gazette* (Supplement). 31 December 2016. p. N2.
194. "Mohamed Farah Mukhtar" (<http://more.arrs.net/runner/13567>). *Association of Road Racing Statisticians*. Retrieved 5 October 2015.
195. "5000 Metres Result" (<https://www.iaaf.org/results/iaaf-world-indoor-tour/2017/muller-indoor-grand-prix-birmingham-6048/men/5000-metres/final/result>). *IAAF.org*. 18 February 2017. Retrieved 16 August 2016.
196. "Win Mo Farah: No Easy Mile on DVD" (<http://www.heyuguys.com/win-mo-farah-no-easy-mile-dvd/>). *HeyUGuys*. Retrieved 16 August 2017.
197. "Mo Farah" (<https://soundcloud.com/acepacinocf11/sonnydouble1-mo-farah>). *Soundcloud.com*. Retrieved 14 November 2017.

External links

- Official website (<http://www.mofarah.com>)
- Mo Farah (<https://worldathletics.org/athletes/-/179892>) at World Athletics
- Mo Farah Foundation (<https://web.archive.org/web/20120601235339/http://www.mofarahfoundation.org.uk/about-us/>)
- Mararike, Shingi (25 September 2016). "A life in the day: Mo Farah, Olympic legend" (<http://www.thetimes.co.uk/magazine/the-sunday-times-magazine/a-life-in-the-day-mo-farah-olympic-legend-0c5fcx6fg>). *The Sunday Times*.

Retrieved from "https://en.wikipedia.org/w/index.php?title=Mo_Farah&oldid=825493599"

■