

## 3 We've been friends ever since we met

## 2 READING

Read the text about Usain Bolt on page 66 of the Student's Book and do exercise 2. Then read about Mo Farah below. Both he and Usain Bolt are champions. What other thing does the text say they have in common?

## Mo Farah: the 'Robot' man

Mo Farah was born in Mogadishu, Somalia, on 23 March 1983. He moved to England at the age of eight to join his father in London. On arrival, he only knew a few words of English. Now, just over twenty years later, he has become Britain's greatest ever long-distance runner.

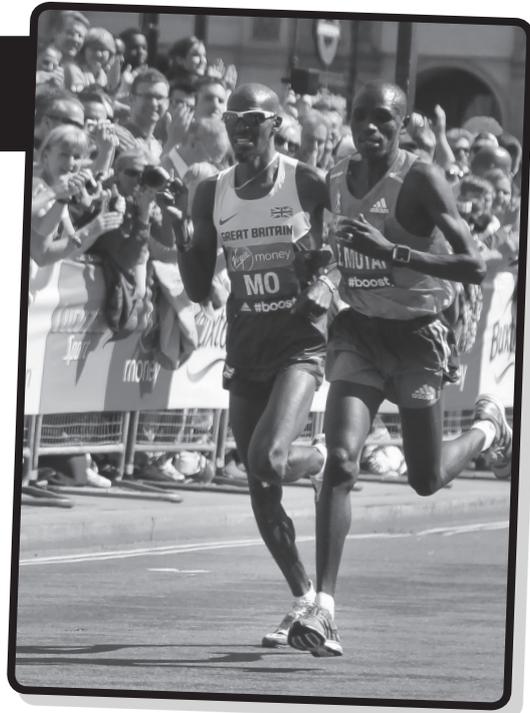
Mo's athletic talent was recognised at secondary school, but what he really wanted to do was to become a car mechanic, or play for Arsenal football club. Mo started competing in English school athletic championships, and won his first title at the age of fourteen. Since then, he has won every major title at 5,000 and 10,000 metres.

At the London 2012 Olympics, Mo won both the 5,000 and 10,000 metres races, and dedicated the gold medals to his twin daughters. His twins were born just thirteen days after he won the 5,000 metres. The following year, he won the same two events at the World Championships, becoming double Olympic and World Champion. In 2014 in Zurich, he also became European Champion in both distances. But he hasn't won a marathon yet!

Since January 2014, Mo and his family have lived in Portland, Oregon in the USA. He has trained there since 2011. It is the perfect spot for him – a place where few people recognise him, and where there is no media attention. Mo takes training very seriously, and believes that it is the key to his success. He runs 120 miles a week and does a lot of weight-lifting – he can lift one and a half times his bodyweight.

Mo is a committed Muslim and normally prays before a race. He describes his diet as boring – pasta, vegetables and grilled chicken twice a day, every day. For years he's also eaten some dark chocolate for energy. He celebrated his Olympic golds with a burger, his first one that year!

Like Usain Bolt, Mo has a famous victory celebration gesture. When he wins a race he does a 'Robot', placing both hands on his head so his arms form the letter M.



### 3 AFTER READING

Match the questions with the answers about Usain Bolt in exercise 3 of the Student's Book.

Then match the questions with the answers below about Mo Farah. There are three wrong answers.

- |   |                          |
|---|--------------------------|
| <b>1</b> Why did Mo Farah go to live in London?             | <input type="checkbox"/> |
| <b>2</b> What problem did he have on arrival?               | <input type="checkbox"/> |
| <b>3</b> What were his childhood ambitions?                 | <input type="checkbox"/> |
| <b>4</b> What important family event happened in 2012?      | <input type="checkbox"/> |
| <b>5</b> What important races did he win in 2013?           | <input type="checkbox"/> |
| <b>6</b> Why is the place where he does his training ideal? | <input type="checkbox"/> |
| <b>7</b> Why do you think he has a boring diet?             | <input type="checkbox"/> |
| <b>8</b> Why does he eat chocolate?                         | <input type="checkbox"/> |

- a** Because he is an athlete.
- b** He missed Somalia.
- c** The 5,000 and 10,000 metres at the World Championships.
- d** Because people let him get on with his life.
- e** He couldn't speak much English.
- f** To be with his father.
- g** To be Olympic and World Champion.
- h** Because it gives him energy.
- i** To work in a garage or play football.
- j** His wife gave birth to twins.
- k** The 5,000 and 10,000 metres at the Olympic Games.

Now look at *Your response* on page 67 of the Student's Book.