

## SCRIPT MOHAMED FARAH

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## PRESENTATION

How a young Somali refugee ran away from his country,  
and is becoming an international promising athlete.  
It's the story of the 26-years old Somalia born sprinter Mohamed Farah, better known as  
Mo Farah.  
His parents left the warn torn country for the UK, and there the young Mo decided to  
become a sprinter,  
Meanwhile he has been named European male athlete of the month last October,  
and he won the gold medal on the 3,000 meters in 2009 in Italy.  
Mo says he believes his successes are related to his high altitude training in a country  
not so far from Somalia.  
In neighbouring Kenya he is training in the village of Iten in the heart lands of the  
country.  
But often he thinks about his mother country Somalia.

BETA LENGTH 2'26"

## SOUNDBITE MO FARAH RUNNING

Mo Farah, here on the way to the athletics stadium in Iten.

### SOUNDBITE 1, MO FARAH (6 secs, English)

It's a little bit windy but not too bad.  
Obviously it's not as cold as Europe,  
or in the UK with a lot of rain.

Kenyan athletes in the UK inspired Mo to become a sprinter.  
There he arrived from Somalia with his parents in 1993.  
Here a bloody power struggle has been raging for 20 years.  
The capital Mogadishu were Mo was born is destroyed.  
Almost half of the population depends on food aid.  
It's a harsh reality that Mo can't outrun.

### SOUNDBITE 2, MO FARAH (12 secs, English)

I do think about it because all my people around me are from Somalia.

It's sad to see the situation, but as an athlete I have been given the change to do something I love,  
and I just enjoy what I am doing.

Mo and the other athletes here warm up for the 800 meters.

SOUNDBITE 3, Mo Farah (10 secs, English)

As a group you can work together.  
Sometimes you might not feel to go for a run,  
but if you have a group with guys like that, it's easy to go.

SOUNDBITE ATHLETES RUNNING IN STADIUM

His Kenyan friends in the UK persuaded Mo to train here.  
A good training ground at 2,400 meters, and it's more.

SOUNDBITE 4, Mo Farah staring at valley (10 secs, English)

This place is really inspiring and is beautiful.  
As you can see the Rift Valley, as you can see, it's awesome.  
Anywhere in Europe we never get this view.

Many Kenyans who train here win marathons world wide.  
It gives Mo ideas, but first he wants to extend to 10,000 meters.

SOUNDBITE 5, Mo Farah (11 secs , English)

I don't think there is a reason for me to move straightaway.  
But in the future I see myself debut in London.  
The London Marathon is one of the biggest things we have,  
and it's not too far away from me.

Then there is another dream for the autumn of his career.  
To one day return to Somalia, and help young athletes there.

SOUNDBITE 6, Mo Farah (13 secs, English)

If there was a peace and things like that.  
It would be nice to do something for the country, for the people, for the youngsters.  
They're the kids that will come up tomorrow, and if someone gives them the chance  
they should definitely go for it.

SOUNDBITE MO PRACTICING IN THE GYM

Mo target for now is to be fit for the 2012 Olympics in the UK.

SOUNDBITE 7 Mo Farah running with other athletes (8 secs, English)

- How do you feel today?

Good, the boys helped out.

We are going to share the pace.

It makes it a lot easier.

Ok, let's go!