

# 60 SECONDS WITH Mahmoud Mowafy

**COUNTRY:** EGYPT

**DATE OF BIRTH:** 03/09/1983

**STAR SIGN:** Virgo

**PROFESSION:** Marketing Manager  
and Showjumper



**Tell us about yourself**

I am a former military officer who belongs to a military family; I am also a horseback rider and a father of a lovely little girl. One of my very favourite hobbies is photography. I also like to work out regularly. I do my job but I try to ensure work-life balance so as to enjoy the company of my family and friends.

**Describe your typical practice?**

I am morning person. I enjoy riding my horse early, so I usually ride in the morning for an hour or so. I also like taking my horse for a walk in the desert to maintain the rapport and friendship with him.

**Where is your favourite place for practice?**

At the Furuseyya club in Cairo.

**Tell us one or two things in your training that contributed to your success.**

Being determined and staying positive all the time.

**What was the best advice you were given?**

Never give up and always believe in yourself.

**What are the goals that you aspire to achieve?**

To succeed in my career and to give love and support to my family

**Who has been your greatest support?**

My wife, my family, and my coaches, Nour Hazem and Amina Ammar

**What are your greatest motivations?**

My passion for this sport

**Who is your sporting hero?**

Marcus Ehning is one of my favourite riders

**What is your second favourite sport?**

Football

**What is your strength and what is your weakness?**

My strength is that I truly believe in my abilities and my weakness is that sometimes I rush into taking decisions.

**What is your favourite genre of movies?**

Thriller movies

**What kind of music do you enjoy listening to?**

House music

**What is your favourite book and who is your favourite author?**

Children of our Alley - Naguib Mahfouz

**If you had the power to change something in this world, what would you change?**

Bringing peace to the world.

**What is your favourite food?**

Sea food

**What is the most memorable place you ever visited?**

Paris, France

**What is the biggest challenge you have ever faced?**

Shifting my career

**What is the biggest reward you ever got?**

The love my daughter gives me. .

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