



George Mills set a UK record in the 5,000m race, beating Sir Mo Farah's time by over six seconds with 12 minutes 46.59 seconds at the Oslo event.



George's family watched him race. His dad, Danny, felt it was special. George is happy and ready for more races.



George missed a race because he was unwell. Now, he's training hard for the World Championships in Tokyo. He thinks he can race with the best.



George's family loves sports. They push him to try hard. His brother said he finished fourth, but he set a new record. They believe in hard work.



George's dad thinks breaking Mo Farah's record is amazing. The family supports him. George led the race, showing bravery and skill.