



George Mills set a new UK record in the men's 5,000m race in Oslo, beating Sir Mo Farah's time. Mills was happy with his run.



Dina Asher-Smith came third in the 100m. She is training for the World Championships in Tokyo. Julien Alfred won the race.



Karsten Warholm set a world record in the 300m hurdles. Isaac Nader from Portugal won the Dream Mile race.



The BBC website uses cookies to help it work better. Some cookies are always on, but you can choose to turn others on or off.