

# Men's 100m and 200m form guide

Fastest times 2005-06 (seconds)

**Records:**

*C'wealth Games*

*World*

**100 metres**

**9.88**

**9.77**

**Asafa Powell** *JAM*

**9.77**

**Marc Burns** *TRI*

**9.96**

**Aziz Zakari** *GHA*

**9.99**

**Darrel Brown** *TRI*

**9.99**

**Kim Collins** *SKN*

**10.00**

**200 metres**

**Usain Bolt** *JAM*

**19.99**

**Christian Malcolm** *GBR*

**20.15**

**Chris Williams** *JAM*

**20.19**

**Stephane Buckland** *MRI*

**20.28**

**Morne Nagel** *RSA*

**20.35**

**World**  
**19.32**

*Commonwealth Games* **19.97**

Sources: IAAF, CGF

© GRAPHIC NEWS