

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

Sources: IAAF, CGF

Commonwealth Games **19.97**

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