

100m sprint: men
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Here are some of the most famous winners of the 100 m and their times.


| Year | City | Name | Country | Time |
| :---: | :--- | :--- | :---: | :---: |
| 1896 | Athens | Tom Burke | USA | 12.00 sec |
| 1936 | Berlin | Jesse Owens | USA | 10.3 sec |
| 1980 | Moscow | Allan Wells | GBR | 10.25 sec |
| 1992 | Barcelona | Linford Christie | GBR | 9.96 sec |
| 2008 | Beijing | Usain Bolt | Jamaica | 9.69 sec |

1. Which two athletes ran the 100 m in less than 10 seconds? $\qquad$
2. How much faster was Linford Christie than Allan Wells? $\qquad$
3. How much slower was Tom Burke than Jesse Owens? $\qquad$
4. How much faster was Usain Bolt than Tom Burke? $\qquad$
5. Why do you think the record time keeps being broken? $\qquad$
$\qquad$
6. Will this always happen? $\qquad$ Why? $\qquad$
7. What was Tom Burke's average speed (metres per second) during his race?

You can work this out by dividing 100 by 12. $\qquad$ (to 2 decimal places)
8. Work out the average speed of each of the other athletes and complete the table on the next page.

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Work out the average distance per second each athlete ran and complete the table below.

| Athlete | Time | Speed (metres per second) |
| :--- | :---: | :--- |
| Tom Burke | 12.0 sec | 8.33 metres per second |
| Jesse Owens | 10.3 sec |  |
| Allan Wells | 10.25 sec |  |
| Linford Christie | 9.96 sec |  |
| Usain Bolt | 9.69 sec |  |



Imagine they were all able to run in the same 100 m race and run at the same speed as they did in the races shown. Mark on the track below where you think they would be when Usain Bolt crossed the line?

You can work this out by multiplying their distance run per second by Bolt's time of 9.69 seconds.
Also mark where you think you would be if you were in the race. Be realistic!
Bolt

1. Who do you think will win this year's 100 m final?
2. Will they break the record time? $\qquad$
3. What do you think will be the winning time? $\qquad$
4. Can you think of any animals that could run 100 m faster than Usain Bolt? $\qquad$
$\qquad$

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1. Linford Christie and Usain Bolt
2. 0.29 seconds
3. 1.7 seconds
4. 2.31 seconds
5. Any sensible answer eg fitter athletes, better training techniques, faster surface on track.
6. Any sensible answer.
7. 8.33 metres per second.

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Tom Burke $8.33 \mathrm{~m} / \mathrm{sec}$
Jesse Owens $9.71 \mathrm{~m} / \mathrm{sec}$ (to 2 decimal places)
Allan Wells $9.76 \mathrm{~m} / \mathrm{sec}$
Linford Christie $10.04 \mathrm{~m} / \mathrm{sec}$
Usain Bolt $10.32 \mathrm{~m} / \mathrm{sec}$ (that means he ran 10.32 metres in one second!!)
Approximate distances:

| $\begin{gathered} 10 \mathrm{~m} \\ \mathbf{1} \\ \hline \end{gathered}$ | 20m | 30m | 40m | 50m | 60 m | 70 m | 80m $\qquad$ | 90m |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Bolt |  |  |  |  |  |  |  |  |  |
| Christie 97.29 m |  |  |  |  |  |  |  |  |  |
| Wells 94.57 m |  |  |  |  |  |  |  |  |  |
| Owens 94.09 m |  |  |  |  |  |  |  |  |  |
| Burke80.72m |  |  |  |  |  |  |  |  |  |
| Me |  |  |  |  |  |  |  |  |  |
| This year's winner |  |  |  |  |  |  |  |  |  |

