

10 Lines On Fauja Singh In English

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Read 10 Lines on Fauja Singh in English highlighting his inspiring journey, world records, and how he became the oldest marathon runner in history.

Can someone run a full marathon at the age of 100? It sounds impossible, but Fauja Singh did it. He is known as the world's oldest marathon runner. Born in 1911 in Punjab, India, he started running professionally at the age of 89. That's an age when most people retire from everything.

But Fauja Singh chose a different path. He turned his pain into power after losing his wife and son. Running gave him strength, purpose, and a new beginning.

In 2003, he set a record by running a marathon in Toronto at the age of 92. He completed it in 5 hours and 40 minutes. Then in 2011, at the age of 100, he again made history by finishing the Toronto Waterfront Marathon in 8 hours and 11 minutes. He became the first centenarian to do so.

Fauja Singh never ran for fame or money. He ran to inspire people. He always says that a simple diet, regular walking, and a positive mindset are the secrets to his long and healthy life. His story teaches us that nothing is impossible. No matter your age, you can still achieve your dreams. You just need the willpower and belief in yourself.

What is Fauja Singh famous for?

Fauja Singh is internationally known as the world's oldest marathon runner. He gained recognition for completing marathons well into his 100s, earning widespread admiration for his endurance, discipline, and inspiring life story.

What is the story of Fauja Singh?

Born in April 1911 in Punjab, India, Fauja Singh led a quiet life as a farmer. He moved to the UK in the 1990s after personal tragedies, including the death of his wife and son. He began running in his late 80s as a way to cope with grief.

Singh completed his first marathon at age 89 and ran his final competitive marathon at age 101. His achievements include multiple age-group records in long-distance running. He became a symbol of resilience and healthy aging.

Who is Sardar Fauja Singh?

"Sardar" is an honorific title often used for Sikh men. Sardar Fauja Singh is the same individual—an elderly Sikh marathon runner known for his long white beard, turban, and remarkable athletic feats at an age when most people are inactive or bedridden.

Is Fauja Singh still alive in 2025?

No. Fauja Singh passed away in July 2025 at the age of approximately 114. His death was the result of a hit-and-run accident while he was walking near his village in Punjab.

Who is the oldest human in 2025?

Fauja Singh was one of the oldest known living individuals, but he was not the officially recognized oldest human due to the lack of verifiable birth records. The title of the oldest verified person in 2025 likely belongs to someone else who meets the documentation standards of international age-verification organizations, typically someone aged 115 or older.

Who hit Fauja Singh?

He was struck by a car driven by a 26-year-old man who had recently returned from Canada. The incident was a hit-and-run. The driver fled the scene but was later arrested and reportedly expressed remorse. Legal proceedings are ongoing.

10 Lines On Fauja Singh in English

Fauja Singh, also known as the "Turbaned Tornado," is an inspiring British marathon runner of Indian origin. Despite starting his professional running career at the age of 89, he became a global symbol of willpower and fitness.

1. Fauja Singh was born on April 1, 1911, in Punjab, India.
2. He moved to the UK in the 1990s and began running to cope with personal loss.

3. He ran his first marathon at the age of 89 and stunned the world.
4. At 100 years old, he completed the Toronto Waterfront Marathon in 8 hours and 11 minutes.
5. Fauja Singh became the world's oldest marathon runner to finish a full race.
6. He has participated in several major marathons, including London and New York.
7. He promotes vegetarianism, simple living, and regular exercise.
8. Though retired now, he remains a motivational figure for all generations.
9. He has appeared in Adidas campaigns alongside sports legends.
10. Fauja Singh's story proves that age is no barrier to achieving greatness.

Essay on Fauja Singh – 100 Words

Fauja Singh is a remarkable British Sikh marathon runner who became famous for running marathons even past the age of 100. Born in 1911 in Punjab, India, he moved to the UK later in life and began running competitively in his 80s.

[See also Ultimate 10 Lines About Victoria Memorial In English](#)

Known as the “Turbaned Tornado,” Singh set numerous age-group world records and completed the London Marathon and Toronto Waterfront Marathon. He retired from competitive racing in 2013 at the age of 101. Fauja Singh is celebrated not only for his athletic achievements but also for inspiring millions with his discipline, humility, and message of lifelong fitness.

Essay on Fauja Singh – 150 Words

Fauja Singh, fondly known as the “Turbaned Tornado,” is a British Sikh centenarian marathon runner who has amazed the world with his incredible endurance and spirit. Born in 1911 in Punjab, India, Singh took up running seriously in his 80s after moving to the United Kingdom.

He began participating in international marathons and quickly gained global attention for his extraordinary achievements at an advanced age.

In 2004, he became the oldest person to complete a marathon, finishing the Toronto Waterfront Marathon at age 93. At 100, he completed the same marathon, becoming the first centenarian to do so, although it was not officially recognized due to lack of a birth certificate.

Fauja Singh promotes vegetarianism, non-violence, and a healthy lifestyle. He retired from competitive racing in 2013 but continues to be an icon of fitness and resilience. His life proves that age is no barrier when it comes to determination and discipline.

Essay on Fauja Singh – 200 Words

Fauja Singh is an inspirational figure in the world of athletics and beyond. Born on April 1, 1911, in Beas Pind, Punjab, India, Singh faced physical challenges in childhood, including delayed walking and poor leg strength.

However, these early difficulties did not stop him from achieving greatness later in life. He moved to the UK in the 1990s, and after the personal tragedy of losing his wife and son, he turned to running for healing and purpose.

Singh ran his first marathon at the age of 89 and became a global sensation when he completed the Toronto Waterfront Marathon at age 100. Though Guinness World Records could not officially recognize his record due to the absence of a birth certificate, the world acknowledged his feat. Known as the “Turbaned Tornado,” Fauja Singh set multiple world records in his age category.

He became a symbol of perseverance, discipline, and positivity. His diet consists of simple vegetarian food, and he attributes his long life to clean living, faith, and physical activity. Fauja Singh’s story continues to inspire people across generations, reminding us that it’s never too late to begin anew, pursue fitness, and lead a purposeful life.

Essay on Fauja Singh – 300 Words

Fauja Singh is a globally celebrated marathon runner who has inspired millions with his determination, endurance, and remarkable fitness at an age when most people retire from physical activity.

Born in Punjab, India, on April 1, 1911, Singh had a challenging start to life, suffering from frailty and delayed development. However, he grew up to lead a normal life as a farmer.

After moving to the United Kingdom in the late 20th century, he faced immense personal loss with the death of his wife and son. Instead of giving in to grief, Singh turned to running, which gave him renewed purpose.

At the age of 89, he began training professionally and ran his first marathon. His most iconic moment came in 2011, when he completed the Toronto Waterfront Marathon at the age of 100, becoming the first centenarian to finish a full marathon. Though Guinness World Records could not officially validate the record, the achievement captured the world’s admiration.

Nicknamed the “Turbaned Tornado,” Fauja Singh has set several records in different age brackets for distances ranging from 100 meters to the full marathon. He promotes a vegetarian lifestyle, simple living, and a strong spiritual foundation.

Fauja Singh retired from competitive running at 101 but remains active and continues to spread his message of fitness, resilience, and positivity. He has been featured in advertising campaigns, including one by Adidas, and is an ambassador for various charitable causes. His autobiography, *“Turbaned Tornado,”* captures his incredible journey.

Fauja Singh proves that age is just a number. His life teaches us that discipline, mental strength, and faith can push human limits far beyond what we believe is possible. He is not just a runner, but a global symbol of hope and healthy aging.

Essay on Fauja Singh – 500 Words

Fauja Singh is not just a marathon runner—he is a global icon of perseverance, inspiration, and what it means to defy age. Born on April 1, 1911, in the village of Beas Pind in Punjab, India, Singh's life journey is a tale of extraordinary willpower.

As a child, he was physically weak and unable to walk until he was five. Despite this difficult start, Singh grew into a healthy adult and worked as a farmer for most of his life.

In the 1990s, after facing the devastating loss of his wife and son, Singh moved to the United Kingdom. Grieving and depressed, he rediscovered his love for running, which he had once enjoyed in his youth.

[See also 10 Lines On Rabindranath Tagore In English](#)

What began as a personal coping mechanism turned into a remarkable second career. At the age of 89, Singh ran his first marathon in London and soon gained attention for his unique story and extraordinary stamina.

Over the next decade, Fauja Singh participated in several international marathons, including London, New York, and Toronto. His most famous achievement came in 2011, when at the age of 100, he completed the Toronto Waterfront Marathon.

Although Guinness World Records did not certify it due to a lack of official birth documents, Singh was widely recognized as the first centenarian to complete a full marathon.

Nicknamed the “Turbaned Tornado,” Singh became a symbol of healthy aging and endurance. He attributed his fitness and longevity to a simple vegetarian diet, regular exercise, clean living, and strong faith in Sikhism. He neither smokes nor drinks and maintains a routine that includes meditation and long walks.

Fauja Singh's influence extends beyond sports. He was featured in Adidas's global “Impossible is Nothing” campaign and has inspired countless people through public appearances and his autobiography, *“Turbaned Tornado.”* He also became a philanthropist, running to raise funds for various charities and becoming an ambassador for peace and senior wellness.

Even after officially retiring from competitive racing at the age of 101, Singh remains active and continues to be a beacon of hope for people of all ages. His message is simple but powerful: “You are never too old to dream, to begin, or to inspire.”

Fauja Singh's life challenges conventional beliefs about aging and athleticism. In a world often obsessed with youth, he is a reminder that determination, purpose, and a positive attitude are timeless qualities. His legacy will continue to inspire generations long after his final marathon.

Essay on Fauja Singh – 1000 Words

Fauja Singh, famously known as the “Turbaned Tornado,” is a living legend and global icon of endurance, resilience, and positive aging. Born in 1911 in a small village in Punjab, India, he defied the limitations of age by becoming the world’s oldest marathon runner.

Singh’s story is not just about athletic achievement; it is a testament to the human spirit’s capacity to overcome adversity, remain active at any age, and continue inspiring others. Through his extraordinary journey, Fauja Singh has proven that age is truly just a number.

Early Life and Challenges

Fauja Singh was born on April 1, 1911, in Beas Pind, a village in Jalandhar district, Punjab. He was the youngest of four siblings. His childhood was marked by health complications. Due to weakness in his legs, he could not walk properly until the age of five. This earned him the nickname “Danda” (stick) from villagers, reflecting the frailty of his frame.

Despite this difficult beginning, Singh grew stronger with age and eventually worked as a farmer—a physically demanding occupation that helped him build stamina. He lived a simple and disciplined life, grounded in Sikh values, and remained physically active well into his later years.

A Turning Point in the UK

In the 1990s, after losing his wife and one of his sons in tragic circumstances, Fauja Singh moved to the United Kingdom to live with his family. Grief-stricken and seeking purpose, he found solace in long-distance walking and then running. What began as a means of coping with emotional loss soon turned into a passion.

Encouraged by friends and family, he began training under coach Harmander Singh and started participating in formal races. Remarkably, he ran his first marathon at the age of 89, completing the 2000 London Marathon in 6 hours and 54 minutes. From there, Fauja Singh’s running journey truly began.

Marathon Achievements

Between the ages of 89 and 101, Fauja Singh completed multiple full marathons around the world, including:

- **London Marathon** (multiple times)
- **New York Marathon**
- **Toronto Waterfront Marathon**
- **Edinburgh Marathon**

His most iconic moment came in **October 2011**, when he completed the Toronto Waterfront Marathon at the age of 100. This made him the **first person ever to complete a marathon at 100 years of age**, although it was not officially recognized by Guinness

World Records due to lack of a birth certificate (birth registration was uncommon in British India in 1911).

Nevertheless, his achievement was widely acknowledged across the globe. During this marathon, Singh finished the 42.195 km distance in 8 hours and 11 minutes, crossing the finish line with pride and humility.

Records and Recognition

Fauja Singh has set numerous world records in the 90+ and 100+ age categories:

- **100 meters** in 23.14 seconds (age 100)
- **200 meters** in 52.23 seconds
- **1500 meters** in 11 minutes and 27 seconds
- **Marathon** in 5 hours and 40 minutes (age 92, Toronto)

While not all of his records are officially recognized due to documentation issues, his performances have earned him a place in the hearts of millions.

In 2004, he was featured in **Adidas's "Impossible is Nothing" campaign**, alongside global athletes like Muhammad Ali and David Beckham. The campaign portrayed Singh as a symbol of determination and the limitless possibilities of human effort.

Philosophy and Lifestyle

Fauja Singh's fitness and longevity are credited to a combination of factors:

1. **Vegetarian Diet:** He follows a simple Punjabi vegetarian diet, rich in lentils, vegetables, and chapatis, avoiding fried and [processed foods](#).
2. **Discipline:** Singh maintains a routine of early rising, meditation, walking, and stretching.
3. **Positive Thinking:** A strong believer in the power of the mind, he emphasizes positivity and faith in God.
4. **No Bad Habits:** Singh has never smoked, drank alcohol, or indulged in harmful behaviors.

[See also Discover The Powerful 10 Lines About Velu Nachiyar](#)

He believes that one's body is a gift and must be respected and maintained with care. His motto:

"Do your best, and don't worry about the rest."

Retirement and Legacy

In **2013**, at the age of 101, Fauja Singh ran his final competitive race—a 10-kilometer run in Hong Kong—after announcing his retirement from marathon racing. Even after retiring from official events, he remained active, participating in charity walks and health campaigns.

Singh has used his fame to support causes like:

- **Children's education**
- **Elderly wellness**
- **Disaster relief**
- **Sikh community welfare**

He has also been the face of anti-racism campaigns in the UK and has worked to promote intercultural harmony.

In 2021, he was the subject of a children's book titled **"Fauja Singh Keeps Going"** by Simran Jeet Singh, making him the first Sikh featured in a mainstream children's book in the U.S.

Inspiration to the World

Fauja Singh is not just a sportsman; he is a role model for people across generations. His story inspires youth to adopt healthy lifestyles and encourages the elderly to stay active and engaged. At a time when aging is often seen as a period of decline, Fauja Singh offers a radically different view—one where every stage of life can be filled with achievement and joy.

Many people around the world, including those suffering from depression, illness, or isolation, have found hope in his example. Singh's life demonstrates that setbacks, no matter how painful, can be overcome through resilience and purpose.

Conclusion

Fauja Singh's journey from a small village in Punjab to the world's marathon podiums is more than just an athletic success—it is a celebration of the human spirit. He has broken not only records but also stereotypes about aging, fitness, and the limitations of the body.

Even in his advanced years, Singh continues to embody values of discipline, humility, service, and hope. In a fast-paced world filled with doubt and stress, his life stands as a reminder that with strong willpower, simple living, and faith, anything is possible.

Fauja Singh has run more than just marathons—he has run into history, hearts, and global consciousness. His legacy will forever remind us:

"You are never too old to chase your dreams."

What happened to Fauja Singh? / Fauja Singh death

Fauja Singh passed away on **July 14, 2025**, at the age of **114**, after being struck by a vehicle while crossing the Jalandhar–Pathankot highway in Beas village, Punjab. He was taken to a nearby hospital but succumbed to severe head injuries. The driver fled the scene but was later apprehended.

Is Fauja Singh still alive in 2025?

No, he is not alive. His death on **July 14, 2025** was confirmed by multiple sources.

What is the exact age of Fauja Singh? / Fauja Singh age / date of birth

- **Claimed birth date:** **April 1, 1911** (British passport; no official birth record).
- **Age at death:** 114 years.

How long did it take Fauja Singh to run a marathon? / Fauja Singh last marathon

- **First marathon:** 2000 London Marathon at age 89.
- **Best time:** 5 hours 40 minutes 4 seconds at the **2003 Toronto Waterfront Marathon** (age ~92).
- **Centenarian marathon:** October 16, 2011, Toronto – chip time 8:11:06 (gun time 8:25:17).
- **Last competitive race:** February 24, 2013 – **10 km Hong Kong Marathon** in 1:32:28 (finished age ~101).

How old is the oldest runner?

At his death, Fauja was widely recognized as the **world's oldest marathon runner**, though his age could not be officially verified due to lack of birth documentation. No other verified runner older than him has been documented.

Fauja Singh diet

He followed a **simple vegetarian Punjabi diet**: whole grains (phulka), lentils, vegetables, yogurt, milk, lots of water, and ginger tea. He strictly avoided alcohol, tobacco, and fried foods.

Where is Fauja Singh now?

He died in **Beas Pind, Punjab, India**, on July 14, 2025, and is no longer alive.

Fauja Singh wife

His wife passed away in **1992**. The loss of his wife and his son led him to take up running as a means of coping and healing.

Summary Table

Question	Answer
What happened / death	Died July 14, 2025, in hit-and-run; 114 years old.
Still alive?	No
Date of birth / exact age	April 1, 1911 (claimed); 114 at death.
Marathon times	Best: 5:40:04 (Toronto, 2003); Centenarian marathon: 8:11:06 (2011).
Last marathon	10 km Hong Kong race, Feb 2013, 1:32:28.
Oldest runner	Yes, widely regarded as the world's oldest marathon runner.
Diet	Simple vegetarian Punjabi diet; no alcohol/tobacco/fried food.
Where	Died in Beas Pind, Punjab, India.
Wife	Died in 1992.

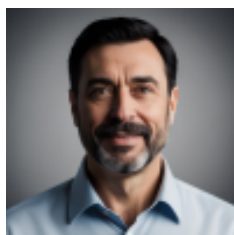
Final Words

Fauja Singh is not just a marathon runner. He is a living example of hope, strength, and courage. His life shows us that challenges don't end us—they build us. At a time when people stop dreaming, Fauja Singh started his biggest journey. He didn't let his age stop him. He used his struggles to fuel his success.

Even after crossing 100, he kept running in different events around the world. People from all age groups look up to him. He says he never thinks about age. He only thinks about staying active, happy, and positive. That's his real power.

His message is simple—never give up. Stay active. Keep your mind and body healthy. Eat clean, live simple, and always stay hopeful. These are the lessons we learn from his amazing life.

Today, Fauja Singh may have retired from running, but he still walks daily and motivates others. His journey is proof that it's never too late to start something new. Whether you're 20 or 90, you can still chase your dreams. Age is just a number. What really matters is your spirit. And Fauja Singh's spirit will inspire generations to come.



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Alberto Robino is a passionate content creator who specializes in sharing concise, insightful, and engaging 10-line facts on a variety of topics. With a love for simplifying complex ideas, he enjoys providing quick, digestible information to help people learn fast.