



INCLUSION CHAMPION

Arul Suppiah

AGE: 40

STARTED PLAYING: At 7 years old

BASED AT: Somerset

PAYING IT FORWARD

Travelling experiencing new cultures and places. Trying to help to make a difference however small it may be. He is one of the PCA's Inclusion Champions.

TOP ADVICE

“Be your authentic self!”



ABOUT ARUL

ROUTE INTO SPORT

His parents, he attended cricket matches in which his Dad played and his Mum scored.

BIGGEST CHALLENGES

At 12 years old, he left home (Malaysia) to attend a boarding school in the UK where naturally he felt very homesick. There were many challenges, such as the culture, lifestyle, weather, and environment, that he had to get used to “It took me a good three years to find my feet.”

Having had complex mental health issues for quite some time, and in terms of a medical diagnosis and co-morbid conditions, he's had to overcome many difficulties that entail with his condition which includes OCD, anxiety, and depression and in 2018, he was diagnosed with Anorexia Nervosa.

INFLUENCES / ROLE MODELS

Sachin Tendulkar and Justin Langer. Arul is also a Radius graduate and a qualified Network Lead on the Radius EDI Champions Programme (2023) to aid him in his aspirations to be a positive role model.