



# EVEN STRONGER

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*Photo essay by Julia Evans*





Alwyn Uys (29) is a  
para-athlete,  
motivational speaker  
and owner of *AU coffee*



Alwyn was left paralysed from the chest down after a motor accident in 2014

Elisheva Karol (25),  
otherwise known as Ellie, is  
a beginner surfer and  
business development  
consultant at  
*Louis Karol Architects*





After she was involved in a pedestrian accident last year (2018), the doctors were forced to perform an above knee amputation



Alwyn (left) during a strengthening and conditioning session with his Biokineticist Robert (right) at the *Walking With Brandon (WWB)* practice in Rondebosch



An aspiring Springboks rugby player before his accident, Alwyn is now part of the SA Paralympic team and competes in rowing, hand cycling, wheel chair racing and triathlons



Robert also works with Ellie at the *WVB* practice, where they offer financially accessible outpatient rehabilitation for South Africans with disabilities



Ellie concentrating as she practises using her relatively new prosthetic limb while walking over hurdles





"I can be just as strong as someone else, I can be even stronger than them" (Alwyn)

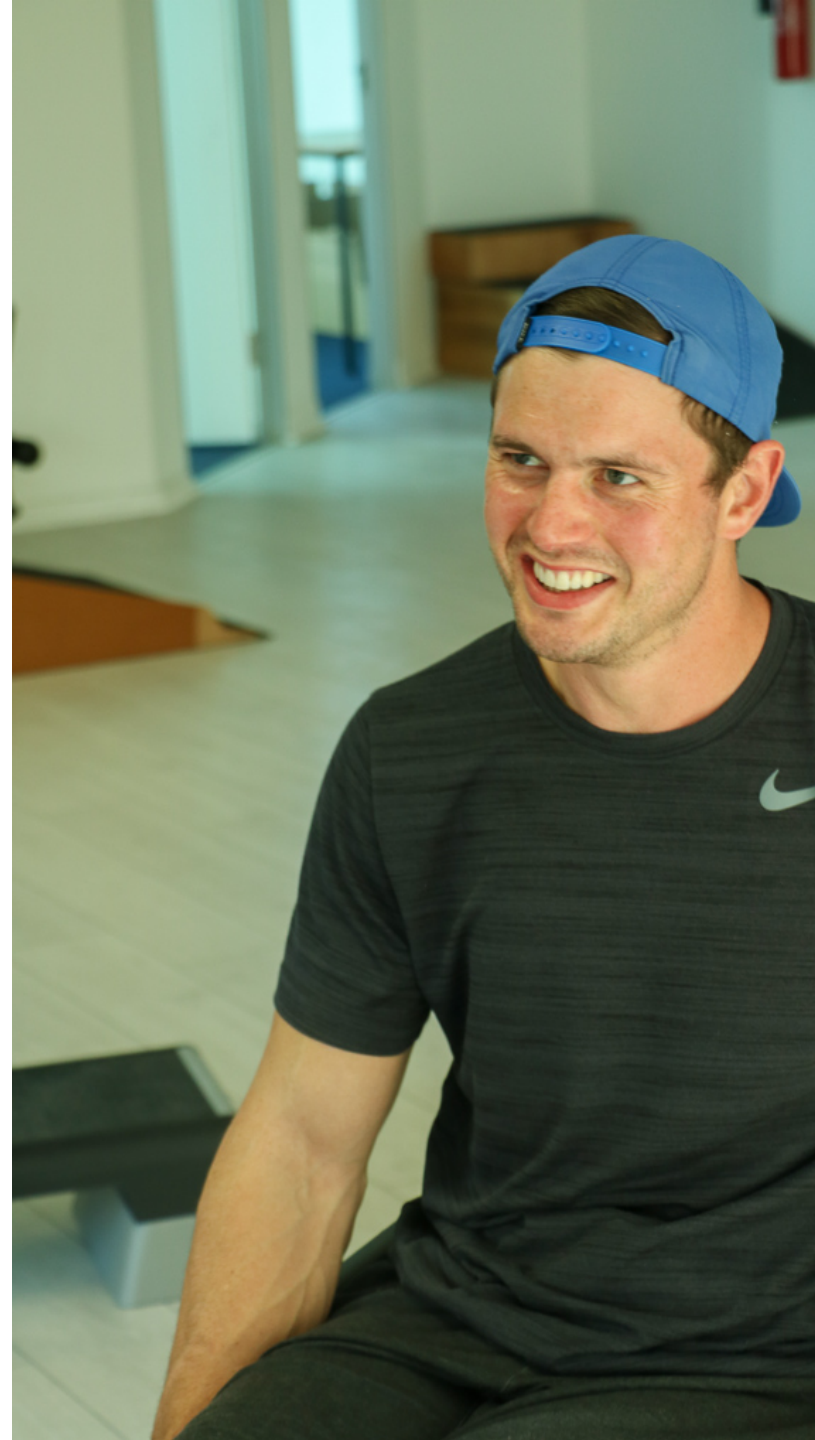


Robert Evans (right) has been working with Alwyn (left) since 2016 as his coach and Biokineticist, and helped him fulfill his dream of completing the Half Ironman this year (2019)



Ellie (left) using a resistance band to strengthen her hip flexor muscles

“Why I say sports saved my life is because when I'm on a bike or in a boat or even in the gym... that's when I'm normal again” (Alwyn)





Ellie hopes that with the  
help of Robert and  
enough rehabilitation,  
she can one day start  
running again



A tattoo of the coordinates of the location Alwyn crashed his car in the Eastern Cape.  
A constant reminder of where this began.