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SPORTS

Fredison Costa wins Disney World Marathon for 7th time; Giovanna Martins claims 4th women's title



By STEPHEN RUIZ
ORLANDO SENTINEL | JAN 13, 2019

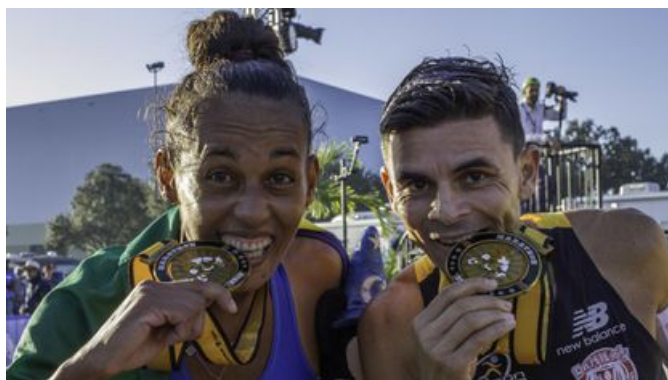


2019 Walt Disney World Marathon
(Aunesty Reikofski/Correspondent)

Unable to finish the Disney World Marathon last year, Fredison Costa returned Sunday to a race that he has come to epitomize.

The Brazilian native now residing in Kissimmee was motivated and energized. When it was all over, he did not walk away empty-handed.

Costa, 41, added to his personal treasure chest with his seventh Disney World Marathon championship — one shy of countryman Adriano Bastos' record in the 26th annual race. He covered 26.2 miles in 2 hours, 18 minutes, 45 seconds, about three minutes ahead of runner-up Nick Hilton of Flagstaff, Ariz.



Brazilians Giovanna Martins and Fredison Costa take a bite out of their 1st-place medals at the Walt Disney World Marathon on Sunday. (Aunesty Reikofski/Correspondent)

“To win is not that hard, but to keep winning is the hardest part,” Costa said through an interpreter. “That’s what makes me happy and proud of what I’m doing here.”

Giovanna Martins of Salto, Brazil, is doing something special as well.

Martins, 36, paced the women’s division for the third consecutive year — and fourth time in five years. She finished in 2:45:24, the fastest of her four winning times at Disney.

“I was surprised because I had only three months to get ready for this race,” Martins said through an interpreter. “I wasn’t expecting that I was going to be the winner.”

About 15,000 runners registered for the Disney World Marathon.

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Not surprisingly, none could stick with Costa.

Hilton tried. The 2018 race champion led at about the 21-mile mark when he became fatigued and his lead slipped away.

“The wheels started to come off,” said Hilton, who finished in 2:21:48. “Fredison just came by me at around [mile] 24, and I had nothing left to come back with.

“He held back a little bit toward the second half, and it paid off for him.”

Costa said the disappointment from last year inspired him. He thought he could win again, but

was he certain?

SPORTS

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JAN 13, 2019 | 1:35 PM

“The only time that you can know if someone’s going to win is at the end,” Costa said. “We never know until it finishes.”

Costa plans to return to the Disney World Marathon in 2020 for what could be an historic race. For so long, Bastos has provided the gold standard at this marathon.

Now Costa is one victory from catching him.

Talk about motivation.

Think again.

“I don’t care about the record,” Costa said. “What I want is to keep training. My heart is good. My health is good. I know I can keep pushing forth and keep what I’m doing.”

Runners begin the 26th annual Walt Disney World Marathon on Sunday at Epcot.(Aunesty Reikofski/Correspondent)

Brazilian Jose Lima was third in 2:26:40. Bastos (2:49:34) placed 26th Sunday.

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As for Martins, her training was abbreviated after she sustained a leg injury and aggravated an old ankle injury while training for and competing in a race that combines running and cycling.

Her body wasn’t prepared for so much time on the bike.

“[This victory] was really emotional,” Martins said.

Antonia Lins Da Silva was second in 2:47:36 while Nancy Jurgens of Apex, N.C., placed third in 2:50:39.

Martins said she saw an article about Disney World in 2011, and that provided the initial spark for her to race here someday.

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Now no woman has been more successful in this race. Besides Martins, no female has won the Disney World Marathon more than twice.

That's impressive.

So is Costa's achievement.

"I had a lot of expectation on that race last year, and it was the inspiration to come back to do everything that I did," Costa said. "That's in the past, and I don't want to think about that anymore. I'm the winner, and that's all that matters."

Topics: [Walt Disney World](#)

Stephen Ruiz



Stephen is an online content editor and sports writer for the Sentinel. He is in charge of the home page for the website in the morning and writes sports features, mainly on endurance sports such as running and triathlons. Stephen enjoys rooting for the New Orleans Saints and Houston Astros, working out, reading and cooking. He graduated from LSU.

Taboola Feed

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