



TRENT WILLIAMS

T | OKLAHOMA

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6-5 * 320 * 7.19.88 * LONGVIEW, TX * 17TH YEAR * ACQUIRED TR IN '20 - WAS.

AWARDS & HONORS

- 2012:** NFC Pro Bowl
- 2013:** NFC Pro Bowl
- 2014:** NFC Pro Bowl
- 2015:** AP Second-Team All-Pro, PFWA All-NFC Team, NFC Pro Bowl
- 2016:** PFWA All-NFC Team, Sporting News First-Team All-Pro, NFC Pro Bowl
- 2017:** Sporting News First-Team All-Pro, NFC Pro Bowl
- 2018:** NFC Pro Bowl
- 2020:** NFC Pro Bowl, Garry Niver Award
- 2021:** NFL Way to Play (Week 3 & Week 5), NFC Pro Bowl, AP First-Team All-Pro, PFWA All-NFL Team, PFWA All-NFC Team, Garry Niver Award, Sporting News All-Pro
- 2022:** NFC Pro Bowl Games, NFLPA First-Team All-Pro, AP First-Team All-Pro, PFWA All-NFL Team, PFWA All-NFC Team
- 2023:** NFC Pro Bowl, AP First-Team All-Pro, PFWA All-NFC Team
- 2025:** NFC Pro Bowl



WILLIAMS' GOLDEN NUGGETS

- Was the 49ers 2020 and 2021 Garry Niver Award winner, presented annually by the San Francisco Chapter of the Pro Football Writers of America to a 49ers player for his cooperation and professionalism in helping the writers do their jobs.
- Honored in his hometown of Longview, Texas, with "Trent Williams Day" on May 12, 2010 to celebrate his selection in the NFL Draft.
- In 2016, Williams partnered with Nike in order donate over 1,000 shoes to give to each elementary school campus in his hometown of Longview, Texas, for kids who are in need.
- Was named to his 12th career Pro Bowl in 2026 making him the fourth offensive lineman in NFL history with 12-or-more career Pro Bowl Selections (Bruce Matthews - 14; Randall McDaniel - 12; Will Shields - 12).

2025 (SAN FRANCISCO)

- Started all 16 regular season games in which he appeared on the offensive line and both postseason contests.
- Helped allow zero sacks on 39 pass attempts by QB Mac Jones vs. LAR (11/9).
- Helped allow zero sacks on 32 pass attempts by QB Brock Purdy vs. Car. (11/24).

2024 (SAN FRANCISCO)

- Started in 10 games in which he appeared on the offensive line.
- Helped allow zero sacks on 28 pass attempts by QB Brock Purdy at Sea. (10/10) and helped the offense register 228 rushing yds. which marked the team's highest single-game rushing total since they rushed for 232 yds. vs. Car. (10/27/19).

2023 (SAN FRANCISCO)

- Started all 15 games in which he appeared on the offensive line and all 3 postseason games.
- Helped allow zero sacks on 28 pass attempts by QB Brock Purdy and QB Sam Darnold at Arz. (12/17).

2022 (SAN FRANCISCO)

- Started all 14 regular season games he appeared in and all 3 postseason games.
- Helped allow zero sacks on 27 pass attempts by QB Jimmy Garoppolo vs. LAR (10/3).
- Helped allow zero sacks on 41 pass attempts by QB Jimmy Garoppolo at Atl. (10/16).
- Helped allow zero sacks on 29 pass attempts by QB Jimmy Garoppolo at Arz. (11/21).
- Helped allow zero sacks and block for 209 rushing yds. vs. TB (12/11).
- Helped allow zero sacks and blocked for 170 rushing yds. at LV (1/1/23). It marked the 5th game in 2022 that the 49ers offensive line did not allow a sack.

2021 (SAN FRANCISCO)

- Started all 15 games in which he appeared at LT. Also started all 3 postseason games at LT.
- Helped allow zero sacks and block for 117 rushing yds. at Phi. (9/19).
- Helped allow zero sacks and block for 145 rushing yds. at Chi. (10/31).
- Helped allow zero sacks and block for 162 rushing yds. vs. Atl. (12/19).
- Helped allow zero sacks and block for 169 rushing yds. at Dal. (1/16/22 - NFC-WC). It marked the first time since 1/5/03 vs. NYG (NFC-WC) that the SF offensive line did not allow a sack in a postseason game.
- Helped allow zero sacks at LAR (1/30/22 - NFC-C), marking the 2nd time this postseason [at Dal (1/16/22)] and first time a team has allowed zero sacks in 2-or-more postseason games in the same postseason since the 2018 New England Patriots accomplished the feat [vs. LAC (1/13/19) and at KC (1/20/19)].



2020 (SAN FRANCISCO)

- Started all 14 games in which he appeared on the offensive line.
- Helped the team rush for 122 yds. on 37 carries and did not allow a sack on 33 pass atts. by QB Jimmy Garoppolo vs. LAR (10/18).
- Part of an offensive line that did not allow a sack as QB Nick Mullens threw for 316 yds. on 39 pass attempts vs. Buf. (12/7).

2019 (WASHINGTON)

- After being placed on the Reserve/Did Not Report List on 7/27, was placed on the Exempt List on 10/30 and later placed on the Reserve/NFI List on 11/7.

2018 (WASHINGTON)

- Started all 13 games he appeared at LT and helped RB Adrian Peterson rush for over 1,000 yds.
- Recovered a fumble on offense vs. Car. (10/14).

2017 (WASHINGTON)

- Started all 10 games in which he appeared at LT.
- Helped Washington's offense rush for 229 yds. on 39 carries (5.9 avg.) at LAR (9/17).
- Made his 100th career start as part of an offensive line that did not allow a sack on 24 atts. by QB Kirk Cousins at KC (10/2).
- Part of an offensive line that helped QB Kirk Cousins throw for 327 yds. vs. Min. (11/12).
- Helped Washington's offense produce 456 net yds. (156 rushing, 300 passing).

2016 (WASHINGTON)

- Started all 12 games in which he appeared at LT and was part of an offensive line that led Washington to team records in net yds. (6,545) and passing yds. (4,758) while allowing only 23 sacks, the 4th-fewest in the NFL.
- Part of an offensive line that did not allow a sack on 43 atts. by QB Kirk Cousins vs. Pit. (9/12).
- Helped Washington's offense gain 432 net yds. (82 rushing, 350 passing) vs. Dal. (9/18).
- Part of an offensive line that helped Washington rush for 230 yds. vs. Phi. (10/16), the most by the team since the 2012 season [274 rushing yds. vs. Dal. (12/30/12)].
- Helped Washington gain 546 net yds. at Cin. (10/30), the most by the team since 1991 [559 net yds. vs. Atl. (11/10/91)].
- Part of an offensive line group that helped Washington's offense rush for 208 yds. and 4 TDs on 35 carries and did not allow a sack on 29 atts. by QB Kirk Cousins at Chi. (12/24).

2015 (WASHINGTON)

- Started all 14 games in which he appeared at LT. Started 1 postseason game.
- Helped Washington rush for 182 yds. vs. StL (9/20).
- Part of an offensive line that helped the offense amass 510 net yds. (301 passing, 209 rushing) vs. NO (11/15).

2014 (WASHINGTON)

- Started all 15 games in which he appeared at LT. Started 1 postseason game.
- Helped Washington rush for 191 yds. and 3 TDs vs. Jax. (9/14).

2013 (WASHINGTON)

- Started all 16 games at LT for the second-consecutive season.
- Helped pave the way for 216 rushing yds. at Dal. (10/23).
- Part of an offensive line that helped the offense rush for 209 yds. and 3 TDs vs. Chi. (10/20).
- Part of an offensive line that helped Washington rush for 191 yds. on 36 atts. (5.3 avg.) at Min. (11/7).

2012 (WASHINGTON)

- Started all 16 games at LT and started 1 postseason game.
- Part of an offensive line that helped Washington rush for 183 yds. and 3 TDs vs. Min. (10/14).
- Helped Washington rush for 248 yds. on 38 atts. (6.5 avg.) at NYG (10/21).
- Helped Washington rush for 274 yds. on 42 atts. (6.5 avg.) vs. Dal. (12/30) in the season finale to clinch the NFC East.

2011 (WASHINGTON)

- Started all 10 games in which he appeared at LT before being placed on the Injured Reserve List on 12/6.
- Part of an offensive line that helped Washington rush for 172 yds. vs. Arz. (9/18).

2010 (WASHINGTON)

- Appeared in 14 games (13 starts) as a rookie.
- Made NFL debut and 1st career start vs. Dal. (9/12).
- Part of an offensive line that helped RB Ryan Torain rush for 100 yds. and 2 TDs vs. Ind. (10/17).
- Part of an offensive line that helped RB Ryan Torain rush for 172 yds. on 24 atts. (7.2 avg.) vs. TB (12/12).

COLLEGE

Appeared in 50 games (39 starts) at Oklahoma. Started 12 games as a senior in 2009 and was named First-Team All-American. As a junior in 2008, started all 14 games and earned First-Team All-Big 12 honors. Part of an offensive line that helped Oklahoma finish 3rd in the nation in passing (349.4 ypg), total offense (547.9 ypg) and fewest sacks allowed (0.93 sacks per game), while leading the country in scoring (51.1 ppg). As a sophomore in 2007, appeared in all 14 games (7 starts) and helped the Sooners rank 5th in the nation in scoring (42.3 ppg) and fewest sacks allowed (1.0 sacks per game), while averaging 448.9 ypg. Appeared in 11 games (6 starts) as a freshman in 2006 and was part of an offensive line that led the Big 12 and finished 11th in the nation in fewest sacks allowed per game (1.2) and allowed the Sooners to rush for 177.1 ypg.

PERSONAL

- Attended Longview (TX) HS, where he was a unanimous first-team All-District selection as a senior, earned first-team All-East Texas and second-team Texas all-state.
- Son of Freddie and Veronica Williams.
- Born Trent Williams (7/19/88) in Longview, TX.

INJURY REPORT

- 2010:** Inactive 2 games [at StL (9/26) and at Phi. (10/3)] with a toe, knee injury.
- 2011:** Inactive 2 games [at Car. (10/23) and at Buf. (10/30)] with an ankle injury.
- 2014:** Inactive at SF (12/23) with a knee, ankle injury.
- 2015:** Inactive at NYJ (10/18) with a neck injury.
- 2017:** Inactive 4 games [vs. Dal. (10/29), at Sea. (11/5), vs. NYG (11/23) and vs. Arz. (12/17)] with a knee injury and was placed on the Injured Reserve List on 12/22.
- 2018:** Inactive 3 games [vs. Atl. (11/4), at TB (11/11) and vs. Hou. (11/18)] with a thumb injury.
- 2019:** Placed on the Reserve/NFI List on 11/7 with a head injury.
- 2020:** Placed on the Injured Reserve List on 1/1/21 with an elbow injury.
- 2021:** Inactive vs. Ind. (10/24) with an ankle/elbow injury. Inactive at LAR (1/9/22) with an elbow injury.
- 2022:** Inactive 3 games [vs. LAR (10/3), at Car. (10/9) and at Atl. (10/16)] with an ankle injury.
- 2023:** Inactive 2 games [at Min. (10/23) and vs. Cin (10/29)] with an ankle injury.
- 2024:** Inactive 5 games [at GB (11/24), at Buf. (12/1), vs. Chi. (12/8), vs. LAR (12/12) and at Mia. (12/22)] with an ankle injury. Placed on the Injured Reserve List (12/26) with an ankle injury.
- 2025:** Inactive vs. Sea. (1/3/26) with a hamstring injury.

WILLIAMS' CAREER STATISTICS

GAMES/STARTS – 204/203: 2010 (14/13); 2011 (10/10); 2012 (16/16); 2013 (16/16); 2014 (15/15); 2015 (14/14); 2016 (12/12); 2017 (10/10); 2018 (13/13); 2019 (IR); 2020 (14/14); 2021 (15/15); 2022 (14/14); 2023 (15/15); 2024 (10/10); 2025 (16/16)

POSTSEASON GAMES/STARTS – 13/13: 2012 (1/1); 2015 (1/1); 2021 (3/3); 2022 (3/3); 2023 (3/3); 2025 (2/2)

Additional Statistics:

Fumble Recoveries – 2: 2017 (1); 2018 (1)

Tackles – 13: 2010 (1); 2011 (2); 2013 (4); 2014 (1); 2017 (2); 2020 (1); 2021 (1); 2025 (2)

Milestones:

NFL Debut: vs. Dal. (9/12/10); **First Start:** vs. Dal. (9/12/10); **100th Career Start:** at KC (10/2/17); **200th Career Start:** at Cle. (11/30/25)

WILLIAMS' TRANSACTIONS

Originally a 1st-round (4th overall) draft choice by Was. in 2010...Placed on the Reserve/Suspended List on 12/6/11...Signed a five-year extension through 2020 with Was. on 8/30/15...Placed on the Reserve/Suspended List on 11/1/16...Activated from the Reserve/Suspended List on 12/6/16...Placed on the Injured Reserve List on 12/23/17...Placed on the Reserve/Did Not Report List on 7/27/19...Placed on the Exempt List on 10/30/19...Placed on the Reserve/NFI List on 11/7/19...Traded to SF on 4/25/20...Placed on the Reserve/COVID-19 List on 11/4/20...Activated from the Reserve/COVID-19 List on 11/6/20...Placed on the Reserve/COVID-19 List on 11/20/20...Activated from the Reserve/COVID-19 List on 11/28/20...Placed on the Injured Reserve List on 1/1/21...Re-signed with SF on a six-year deal on 3/23/21...Placed on the Reserve/Did Not Report List on 7/25/24...Activated from Reserve/Did Not Report List on 9/9/24...Placed on the Injured Reserve List on 12/26/24...Re-signed a two-year extension with SF on 4/20/26.