



Williams won the Class A 3200 in 1986 and '87, as well as two-straight cross country crowns. He finished 2nd at Foot Locker Nationals his senior year, and placed 23rd at the World U20 race in Poland the next spring. At Tennessee, he was a 3-time All-American. In 1991 he helped the Vols win the team title by placing 2nd in the 10,000 and coming back for 3rd in the 5000. He made the 10,000 Olympic team in 1992 and 1996, and competed at Worlds in 1993 (7th) and '95 (9th). He retired with PRs of 13:19.50, 27:31.34 and 2:11:17.