Knockout Cup Winners & Runners-Up

1978 to 2025

Season	Winners	Runners-Up
1978-1979	Thorpe Bay	Ilford
1979-1980	Thorpe Bay	Ilford
1980-1981	Springfield	Southend
1981-1982	Harlow	Ilford
1982-1983	Harlow Sharks	Stanford-Le-Hope
1983-1984	Clacton	Witham
1984-1985	Ilford	Woodford
1985-1986	Ilford	Braintree
1986-1987	Braintree	Eastwood
1987-1988	Braintree	Southend Cricketers
1988-1989	Clacton	Ilford
1989-1990	Ilford	Braintree
1990-1991	Clacton	Takeley
1991-1992	Woodford	Southend
1992-1993	Clacton	Braintree
1993-1994	Clacton	Kelvedon
1994-1995	Braintree	Clacton
1995-1996	Clacton	Kelvedon
1996-1997	Wickford	Colchester
1997-1998	Braintree	Kelvedon
1998-1999	Clacton	Braintree
1999-2000	Clacton	Braintree
2000-2001	Clacton	Collier Row
2001-2002	Wickford	Clacton
2002-2003	Wickford	Braintree
2003-2004	Clacton	Hatfield Peverel
2004-2005	Clacton	Hatfield Peverel
2005-2006	Clacton	Wickford
2006-2007	Clacton	Colchester
2007-2008	Braintree	Clacton
2008-2009	Braintree	Clacton
2009-2010	Braintree	Southend
2010-2011	Clacton	Chelmsford
2011-2012	Rayleigh	Braintree
2012-2013	Braintree	Rayleigh
2013-2014	Braintree	Clacton

Knockout Cup Winners & Runners-Up

1978 to 2025

Season	Winners	Runners-Up
2014-2015	Kelvedon	Southend
2015-2016	Kelvedon	Southend
2016-2017	Canvey	Rayleigh
2017-2018	Kelvedon	Canvey
2018-2019	Springfield	Eastwood/Chelmsford
2019-2020	Springfield	Eastwood
2020-2021	NOT PLAYED DUE TO COVID-19	
2021-2022	Springfield	Kelvedon
2022-2023	Springfield A	Springfield B
2023-2024	Springfield A	Eastwood
2024-2025	Springfield A	Eastwood