Knockout Cup Winners & Runners-Up

1978 to 2025

Season	Winners	Runners-Up
1978-1979	Hainault	Harlow Hearts
1979-1980	Southend West	Barking
1980-1981	Chelmsford	Clacton
1981-1982	Southend Thameside	Clacton
1982-1983	Braintree	Southend Thameside
1983-1984	Maldon & Burnham	Braintree Sportsman
1984-1985	Ilford A	Braintree Sportsman
1985-1986	Basildon Thameside	Ilford A
1986-1987	Leigh Thameside	Colchester Griffins
1987-1988	Leigh Thameside	Ilford A
1988-1989	Thamside	Chelmsford
1989-1990	Clacton	Chelmsford
1990-1991	Romford	Clacton
1991-1992	Chelmsford City	Clacton
1992-1993	Thamside	Clacton
1993-1994	Tiptree	Chelmsford
1994-1995	Prittlewell	Chelmsford
1995-1996	Collier Row	Chelmsford
1996-1997	Collier Row	Colchester
1997-1998	Colchester	Black Heath
1998-1999	Collier Row	Thameside
1999-2000	Thamside	Colchester
2000-2001	Rush Green	Thameside
2001-2002	Rush Green	Colchester
2002-2003	Colchester	Manningtree
2003-2004	Basildon	Thameside
2004-2005	Harwich	Canvey
2005-2006	Colchester	Harwich
2006-2007	Hockley Cavaliers	Thameside
2007-2008	Hockley Cavaliers	Thameside
2008-2009	Colchester	Cressing
2009-2010	Hockley Cavaliers	Riverside
2010-2011	Riverside	Southend
2011-2012	Rayleigh Cavaliers	Rayleigh
2012-2013	Southend	Springfield
2013-2014	Southend	Riverside

Knockout Cup Winners & Runners-Up

1978 to 2025

Season	Winners	Runners-Up
2014-2015	Colchester	Riverside
2015-2016	Southend	Tilbury
2016-2017	Springfield	Tilbury
2017-2018	Brightlingsea	Southend
2018-2019	Brightlingsea	Southend
2019-2020	COMPETITION NOT COMPLETED DUE TO COVID-19	
2020-2021	NOT PLAYED DUE TO COVID-19	
2021-2022	Kelvedon	Southend
2022-2023	Rayleigh	Brightlingsea
2023-2024	Collier Row	Brightlingsea
2024-2025	Basildon	Chelmsford