

Essex Men's Super-League Fours KO Winners

Year	Team
1978-1979	Hainault
1979-1980	Southend West
1980-1981	Southend West
1981-1982	Southend Thameside
1982-1983	Clacton
1983-1984	Chelmsford City
1984-1985	Southend Thameside
1985-1986	Basildon Thameside
1986-1987	Clacton
1987-1988	Harlow
1988-1989	Clacton
1989-1990	Clacton Coastal
1990-1991	Chelmsford City
1991-1992	Prittlewell 'A'
1992-1993	Ilford 'B'
1993-1994	Thameside 'A'
1994-1995	Chelmsford 'A'
1995-1996	Thameside 'B'
1996-1997	Collier Row
1997-1998	Thameside 'B'
1998-1999	Collier Row 'A'
1999-2000	Colchester 'B'
2000-2001	Collier Row 'A'
2001-2002	Thameside 'B'
2002-2003	White Notley
2003-2004	Colchester 'A'
2004-2005	Thameside 'A'

Essex Men's Super-League Fours KO Champions

Year	Team
2005-2006	Shotgate 'A'
2006-2007	Thameside 'B'
2007-2008	Hockley 'B'
2008-2009	Springfield 'B'