

Essex Men's Super-League KO Cup Winners

Year	Team
1978-1979	Hainault
1979-1980	Southend West
1980-1981	Chelmsford
1981-1982	Southend Thameside
1982-1983	Braintree
1983-1984	Maldon & Burnham
1984-1985	Ilford 'A'
1985-1986	Basildon Thameside
1986-1987	Leigh Thameside
1987-1988	Leigh Thameside
1988-1989	Thameside
1989-1990	Clacton
1990-1991	Romford
1991-1992	Chelmsford City
1992-1993	Thameside
1993-1994	Tiptree
1994-1995	Prittlewell
1995-1996	Collier Row
1996-1997	Collier Row
1997-1998	Colchester
1998-1999	Collier Row
1999-2000	Thameside
2000-2001	Rush Green
2001-2002	Rush Green
2002-2003	Colchester
2003-2004	Basildon
2004-2005	Harwich

Essex Men's Super-League KO Cup Winners

Year	Team
2005-2006	Colchester
2006-2007	Hockley Cavaliers
2007-2008	Hockley Cavaliers
2008-2009	Colchester