

YEAR	Cup Winners	Cup Runners-Up	Plate Winners	Plate Runners-Up
2024/25	Infinity	Downsman	Norfolk Lions	Horley Robins
2023/24	Infinity	Downsman	Norfolk Lions	Mannings Heath
2022/23	Southbourne	Infinity	Ashington	Horley 'Gin'
2021/22	Infinity	Arundel	Downsman	Horsham 'Hotshots'
2020/21	Competition not held due to Coronavirus			
2019/20	Competition Cancelled due to Coronavirus			
2018/19	Infinity	Fittleworth Flyers	Mannings Heath	Norfolk 'Lions'
2017/18	Infinity	Lavant 'B'	Southbourne Rangers	Horley 'Falcons'
2016/17	Infinity	The Martlets	Southbourne Rangers	Horley 'Falcons'
2015/16	Infinity	Upper Beeding	Horley 'Hawks'	Horley 'Falcons'
2014/15	The Martlets	Upper Beeding	Bognor Goodwoods	Mannings Heath
2013/14	The Martlets	Norfolk 'Lions'	Midhurst Eagles	Horley 'Hawks'
2012/13	The Martlets	Horley 'Hawks'	Infinity	Lavant 'B'
2011/12	B Goodwoods 'Blue'	Chanctonbury	The Martlets	Slinfold Infinity
2010/11	The Martlets	Chanctonbury	Slinfold Infinity	B Goodwoods 'Silver'
2009/10	The Martlets	Horley 'Hawks'	Lavant 'A'	Chanct. 'Reynards'
2008/9	Chanctonbury 'Foxes'	The Martlets		
2007/8	The 'Foxes'	The 'Reynards'		
2006/7	Ashington 'Red'	Lavant 'A'		
2005/6	Ashington 'Red'	The Reynards		
2004/5	The Foxes	Mannings Heath		
2003/4	The Foxes	Lavant		
2002/3	Lavant	Upper Beeding		
2001/2	The Foxes	Lavant		
2000/1	Southwater	Ashington		
1999/0	Southwater	The Foxes		
1998/9	Lavant	Goodwoods		
1997/8	Lavant	Goodwoods		
1996/7	Manhood	Donnington		
1995/6	Southwater	Lavant		
1994/5	Mannings Heath	Manhood		