

YEAR	Cup Winners	Cup Runners-Up	Plate Winners	Plate Runners-Up
2025/26	Infinity	Crablands Terns	Horsham Dragons	Arundel Gold
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	Bognor Goodwoods		
1997/8	Lavant	Bognor Goodwoods		
1996/7	Manhood	Donnington		
1995/6	Southwater	Lavant		
1994/5	Mannings Heath	Manhood		