

Reserve Grade Grand Final Premiers & Runner Up

Year	Premiers	Runner Up
1969		
1970		
1971		
1972		
1973	RANC U/D	Nowra
1974	RANC U/D	Dapto
1975		
1976		
1977		
1978	Bomaderry	Nowra
1979	Nowra	East Nowra
1980	East Nowra	Nowra
1981	Nowra	East Nowra
1982		
1983	Albatross	Nowra
1984	Nowra	East Nowra
1985	Batemans Bay Nowra	Drawn Game
1986	Batemans Bay	Ulladulla
1987	East Nowra	Batemans Bay
1988	Batemans Bay	Bomaderry
L.C.A.F.L		

1989		
1990	Port Kembla	
1991		
1992	Albatross	Port Kembla
1993	Port Kembla	Dapto
1994	Port Kembla	Northern Districts
1995	Bargo	Port Kembla
1996	Camden	Port Kembla
1997	Northern District	Port Kembla
1998	Ulladulla	Wollondilly
1999		
2000		
2001		
2002		
2003		
2004		
2005	Albatross	Camden
2006	Bomaderry	Camden
2007		
2008		
2009		
2010		
2011		
2012	Wollongong	Port Kembla
2013		
2014	Ulladulla	Wollongong

AFLSC MD1		
2015	Figtree	Wollongong Lions
2016	Wollongong Bulldogs	Wollongong Lions
2017	Kiama	Port Kembla
2018	Bomaderry	Kiama
2019	Wollongong Bulldogs	Nowra Albatross Vikings
2020	Figtree	Nowra Albatross Vikings