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| 1980 | [**Brampton Excelsiors**](https://en.wikipedia.org/wiki/Brampton_Excelsiors_%28MSL%29) | [New Westminster Salmonbellies](https://en.wikipedia.org/wiki/New_Westminster_Salmonbellies) | 4-1  |
| 1981 | [**New Westminster Salmonbellies**](https://en.wikipedia.org/wiki/New_Westminster_Salmonbellies) | [Brampton Excelsiors](https://en.wikipedia.org/wiki/Brampton_Excelsiors_%28MSL%29) | 4-0  |
| 1982 | [**Peterborough Lakers**](https://en.wikipedia.org/wiki/Peterborough_Lakers_%28MSL%29) | [New Westminster Salmonbellies](https://en.wikipedia.org/wiki/New_Westminster_Salmonbellies) | 4-2  |
| 1983 | [**Victoria Pay Less**](https://en.wikipedia.org/wiki/Victoria_Shamrocks) | [Peterborough Lakers](https://en.wikipedia.org/wiki/Peterborough_Lakers_%28MSL%29) | 4-2  |
| 1984 | [**Peterborough Lakers**](https://en.wikipedia.org/wiki/Peterborough_Lakers_%28MSL%29) | [Victoria Pay Less](https://en.wikipedia.org/wiki/Victoria_Shamrocks) | 4-1  |
| 1985 | [**Brooklin Redmen**](https://en.wikipedia.org/wiki/Brooklin_Redmen) | [New Westminster Salmonbellies](https://en.wikipedia.org/wiki/New_Westminster_Salmonbellies) | 4-3  |
| 1986 | [**New Westminster Salmonbellies**](https://en.wikipedia.org/wiki/New_Westminster_Salmonbellies) | [Brooklin Redmen](https://en.wikipedia.org/wiki/Brooklin_Redmen) | 4-2  |
| 1987 | [**Brooklin Redmen**](https://en.wikipedia.org/wiki/Brooklin_Redmen) | [New Westminster Salmonbellies](https://en.wikipedia.org/wiki/New_Westminster_Salmonbellies) | 4-3  |
| 1988 | [**Brooklin Redmen**](https://en.wikipedia.org/wiki/Brooklin_Redmen) | [Coquitlam Adanacs](https://en.wikipedia.org/wiki/Coquitlam_Adanacs) | 4-2  |
| 1989 | [**New Westminster Salmonbellies**](https://en.wikipedia.org/wiki/New_Westminster_Salmonbellies) | [Brooklin Redmen](https://en.wikipedia.org/wiki/Brooklin_Redmen) | 4-2  |