

Most Valuable Player

1970	RICK FAGE	PANTHERS
1971	GLEN ST. JOHN	REBELS
1972	PAUL LANTHIER	VALIQUETTE ALOUETTES
1973	ALEX McLEOD	BYTOWN BREWERS
1974	AL MORISSETTE	BEARS
1975	DAVE SLAUGHTER	K&L COUGARS
1976	BARRY HUGHES	VALIQUETTE ALOUETTES
1977	DON BELSHER	DAN KELLY'S
1977	BILL ROBINSON	BELLA VISTA
1978	JOHN GRENON	HOWARD'S WARRIORS
1978	BARRY HUGHES	SPORTSHOE
1979	BILL ROBINSON	BELLA VISTA
1980	BARRY HUGHES	SPORTSHOE
1981	BARRY HUGHES	SPORTSHOE
1982	DON BELSHER	DAN KELLY'S
1983	BARRY HUGHES	SPORTSHOE
1984	DON BELSHER	SKEMERS
1985	DON BELSHER	SKEMERS
1986	ED LAVERTY	NATIONAL CAPITAL BOMBERS
1987	BARRY HUGHES	SPORTSHOE
1988	BARRY HUGHES	SPORTSHOE
1989	BARRY HUGHES	SPORTSHOE
1990	BRYAN HUGHES	SPORTSHOE DOLPHINS
1991	BARRY HUGHES	VILLAGE INN 202S
1992	BARRY HUGHES	VILLAGE INN 202S
1993	JIM KENT	20/30 SOMETHING
1994	ED LAVERTY	SILVER BULLETS
1995	LEO BENVENUTTI	SPORTSHOE DOLPHINS
1996	LEO BENVENUTTI	SPORTSHOE DOLPHINS
1997	LEO BENVENUTTI	COBRAS
1998	JOHN DAVIDSON	OTTAWA NEPEAN CANADIANS
1999	LEO BENVENUTTI	OTTAWA NEPEAN CANADIANS
2000	GORDIE LAVERTY	L.T. BULLS
2001	RICK THERENS	RAINBIRD SILVER BULLETS
2002	DERICK MANNING	L.T. BULLS
2003	STEVE DALGITY	ALMONTE HELLCATS
2004	ROD MOORES	OTTAWA NEPEAN CANADIANS
2005	BINO CESARIO	MAGELLAN MUSTANGS
2006	GORDIE LAVERTY	OTTAWA NCAAA CAPITALS