

| <b>Home Team</b> | <b>Result</b> | <b>Away Team</b> | <b>Date</b>   | <b>Time</b> | <b>Status</b> |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Witham           | 2 - 4         | Brentwood II     | Wed 5 Oct 22  | 19:30       | OV            |
| Upminster II     | 2 - 4         | Barking II       | Tue 11 Oct 22 | 19:15       | OV            |
| Thurrock I       | 3½ - 2½       | Wanstead II      | Wed 19 Oct 22 | 19:30       | OV            |
| Loughton II      | ½ - 5½        | Ilford I         | Wed 19 Oct 22 | 19:30       | OV            |
| Ilford I         | 4½ - 1½       | Thurrock I       | Mon 24 Oct 22 | 19:30       | OV            |
| Witham           | 5 - 1         | Loughton II      | Wed 26 Oct 22 | 19:30       | OV            |
| Witham           | 1½ - 4½       | Ilford I         | Wed 16 Nov 22 | 19:30       | OV            |
| Loughton II      | 1½ - 4½       | Upminster II     | Wed 16 Nov 22 | 19:30       | OV            |
| Brentwood II     | 2 - 4         | Thurrock I       | Tue 22 Nov 22 | 19:30       | OV            |
| Barking II       | 4 - 2         | Loughton II      | Thu 24 Nov 22 | 19:30       | OV            |
| Wanstead II      | 5 - 1         | Upminster II     | Tue 29 Nov 22 | 19:30       | OV            |
| Thurrock I       | 4 - 2         | Witham           | Wed 30 Nov 22 | 19:30       | OV            |
| Upminster II     | 3 - 3         | Witham           | Tue 3 Jan 23  | 19:15       | OV            |
| Brentwood II     | 3 - 3         | Wanstead II      | Tue 10 Jan 23 | 19:30       | OV            |
| Thurrock I       | 2½ - 3½       | Barking II       | Wed 11 Jan 23 | 19:30       | OV            |
| Upminster II     | 3 - 3         | Thurrock I       | Tue 17 Jan 23 | 19:15       | OV            |
| Wanstead II      | 1½ - 4½       | Ilford I         | Tue 17 Jan 23 | 19:30       | OV            |
| Barking II       | 2 - 4         | Witham           | Tue 24 Jan 23 | 19:30       | OV            |
| Loughton II      | 3 - 3         | Thurrock I       | Wed 25 Jan 23 | 19:30       | OV            |
| Brentwood II     | 2½ - 3½       | Barking II       | Tue 31 Jan 23 | 19:30       | OV            |
| Barking II       | 1 - 5         | Wanstead II      | Thu 2 Feb 23  | 19:30       | OV            |
| Ilford I         | 4½ - 1½       | Brentwood II     | Mon 6 Feb 23  | 19:30       | OV            |
| Brentwood II     | 1 - 5         | Loughton II      | Tue 7 Feb 23  | 19:30       | OV            |
| Witham           | 4½ - 1½       | Wanstead II      | Wed 8 Feb 23  | 19:30       | OV            |
| Wanstead II      | 4½ - 1½       | Loughton II      | Tue 14 Feb 23 | 19:30       | OV            |
| Ilford I         | 4½ - 1½       | Upminster II     | Mon 20 Feb 23 | 19:30       | OV            |
| Ilford I         | 5 - 1         | Barking II       | Mon 27 Feb 23 | 19:30       | OV            |
| Upminster II     | 1½ - 4½       | Brentwood II     | Tue 28 Feb 23 | 19:15       | OV            |
| Ilford I         | 4 - 2         | Witham           | Mon 20 Mar 23 | 19:30       | OV            |
| Upminster II     | 4½ - 1½       | Loughton II      | Tue 28 Mar 23 | 19:15       | OV            |
| Wanstead II      | 4 - 2         | Brentwood II     | Tue 28 Mar 23 | 19:30       | OV            |
| Witham           | 4½ - 1½       | Thurrock I       | Wed 5 Apr 23  | 19:30       | OV            |
| Brentwood II     | 4 - 2         | Upminster II     | Tue 11 Apr 23 | 19:30       | OV            |
| Barking II       | 3½ - 2½       | Thurrock I       | Thu 13 Apr 23 | 19:30       | OV            |
| Thurrock I       | 5 - 1         | Ilford I         | Wed 19 Apr 23 | 19:30       | OV            |
| Loughton II      | 1½ - 4½       | Brentwood II     | Wed 19 Apr 23 | 19:30       | OV            |
| Ilford I         | 4½ - 1½       | Barking II       | Mon 24 Apr 23 | 19:30       | OV            |
| Witham           | 5½ - ½        | Barking II       | Tue 2 May 23  | 19:30       | OV            |
| Upminster II     | 1½ - 4½       | Wanstead II      | Tue 9 May 23  | 19:15       | OV            |
| Loughton II      | ½ - 5½        | Wanstead II      | Wed 31 May 23 | 19:30       | OV            |