

Home Team	Result	Away Team	Date	Time	Status
Barking III	2½ - 2½	Upminster III	Thu 29 Sep 22	19:30	OV
Ilford II	3½ - 1½	Southend II	Mon 3 Oct 22	19:30	OV
Southend II	1 - 4	Thurrock II	Fri 7 Oct 22	19:30	OV
Ilford II	2 - 3	Wanstead III	Mon 17 Oct 22	19:30	OV
Southend II	1½ - 3½	Upminster III	Fri 21 Oct 22	19:30	OV
Thurrock II	3 - 2	Southend II	Wed 26 Oct 22	19:30	OV
Ilford II	2 - 3	Barking III	Mon 31 Oct 22	19:30	OV
Wanstead III	2 - 3	Barking III	Tue 8 Nov 22	19:30	OV
Thurrock II	½ - 4½	Wanstead III	Wed 16 Nov 22	19:30	OV
Upminster III	4 - 1	Wanstead III	Tue 22 Nov 22	19:15	OV
Ilford II	2 - 3	Barking III	Mon 28 Nov 22	19:30	OV
Ilford II	1 - 4	Upminster III	Mon 5 Dec 22	19:30	OV
Ilford II	2 - 3	Thurrock II	Mon 19 Dec 22	19:30	OV
Thurrock II	1 - 4	Ilford II	Wed 4 Jan 23	19:30	OV
Wanstead III	2½ - 2½	Upminster III	Tue 24 Jan 23	19:30	OV
Wanstead III	5 - 0	Thurrock II	Tue 31 Jan 23	19:30	OV
Upminster III	2 - 3	Southend II	Tue 7 Feb 23	19:15	OV
Thurrock II	4 - 1	Upminster III	Wed 15 Feb 23	19:30	OV
Southend II	2 - 3	Wanstead III	Fri 17 Feb 23	19:30	OV
Southend II	3½ - 1½	Barking III	Mon 20 Feb 23	19:30	OV
Southend II	4 - 1	Ilford II	Fri 3 Mar 23	19:30	OV
Thurrock II	2 - 3	Barking III	Wed 8 Mar 23	19:30	OV
Barking III	3 - 2	Wanstead III	Thu 9 Mar 23	19:30	OV
Upminster III	2 - 3	Thurrock II	Tue 21 Mar 23	19:15	OV
Barking III	4 - 1	Southend II	Thu 23 Mar 23	19:30	OV
Barking III	5 - 0	Thurrock II	Thu 30 Mar 23	19:30	OV
Upminster III	1 - 4	Ilford II	Tue 4 Apr 23	19:15	OV
Wanstead III	2 - 3	Southend II	Tue 18 Apr 23	19:30	OV
Upminster III	2 - 3	Barking III	Tue 25 Apr 23	19:15	OV
Wanstead III	3 - 2	Ilford II	Tue 23 May 23	19:30	OV