

Home Team	Result	Away Team	Date	Time	Status
Barking 1	5 - 1	Ilford	Thu 29 Sep 22	19:30	OV
Chingford 1	4 - 2	Ilford	Mon 7 Nov 22	19:30	OV
Wanstead 1	3½ - 2½	Ilford	Tue 29 Nov 22	19:30	OV
Chingford 1	1 - 5	Barking 1	Mon 16 Jan 23	19:30	OV
Ilford	3 - 3	Barking 1	Mon 30 Jan 23	19:30	OV
Wanstead 1	6 - 0	Chingford 1	Mon 13 Feb 23	19:30	OU
Ilford	3 - 3	Wanstead 1	Mon 6 Mar 23	19:30	OV
Barking 1	3½ - 2½	Wanstead 1	Thu 30 Mar 23	19:30	OV
Chingford 1	2½ - 3½	Wanstead 1	Mon 3 Apr 23	19:30	OV
Wanstead 1	2 - 4	Barking 1	Tue 18 Apr 23	19:30	OV
Barking 1	4 - 2	Chingford 1	Thu 27 Apr 23	19:30	OV
Ilford	3½ - 2½	Chingford 1	Mon 15 May 23	19:30	OV