

| <b>Home Team</b> | <b>Result</b> | <b>Away Team</b> | <b>Date</b>   | <b>Time</b> | <b>Status</b> |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Clacton B        | 2 - 2         | Clacton A        | Tue 27 Sep 22 | 19:30       | OV            |
| Witham B         | 3 - ½         | Brentwood C      | Wed 28 Sep 22 | 19:30       | OV            |
| Colchester D     | 0 - 4         | Colchester C     | Wed 5 Oct 22  | 19:30       | OV            |
| Chelmsford D     | 2 - 2         | Chelmsford C     | Mon 10 Oct 22 | 19:30       | OV            |
| Colchester D     | 3 - 1         | Clacton A        | Wed 12 Oct 22 | 19:30       | OV            |
| Braintree B      | 3 - 1         | Witham B         | Wed 12 Oct 22 | 19:30       | OV            |
| Chelmsford C     | ½ - 3½        | Colchester C     | Mon 24 Oct 22 | 19:30       | OV            |
| Colchester C     | 3 - 1         | Clacton B        | Wed 2 Nov 22  | 19:30       | OV            |
| Witham B         | 2½ - 1½       | Colchester D     | Wed 23 Nov 22 | 19:30       | OV            |
| Braintree B      | 2 - 2         | Chelmsford C     | Wed 30 Nov 22 | 19:30       | OV            |
| Chelmsford C     | 1 - 3         | Witham B         | Mon 5 Dec 22  | 19:30       | OV            |
| Witham B         | 3 - 1         | Chelmsford D     | Wed 4 Jan 23  | 19:30       | OV            |
| Colchester D     | 1 - 3         | Chelmsford C     | Wed 11 Jan 23 | 19:30       | OV            |
| Clacton A        | 2½ - 1½       | Colchester C     | Tue 17 Jan 23 | 19:30       | OV            |
| Colchester D     | 1 - 3         | Braintree B      | Wed 25 Jan 23 | 19:30       | OV            |
| Clacton A        | 2½ - 1½       | Witham B         | Tue 31 Jan 23 | 19:30       | OV            |
| Chelmsford C     | 2 - 2         | Brentwood C      | Mon 13 Feb 23 | 19:30       | OV            |
| Clacton B        | 3 - 1         | Braintree B      | Tue 14 Feb 23 | 19:30       | OV            |
| Colchester C     | 1½ - 2½       | Witham B         | Wed 15 Feb 23 | 19:30       | OV            |
| Witham B         | 2½ - 1½       | Clacton B        | Wed 1 Mar 23  | 19:30       | OV            |
| Chelmsford D     | 1 - 3         | Braintree B      | Mon 6 Mar 23  | 19:30       | OV            |
| Clacton B        | 3 - 1         | Chelmsford C     | Tue 7 Mar 23  | 19:30       | OV            |
| Clacton B        | 1½ - 2½       | Colchester D     | Tue 14 Mar 23 | 19:30       | OV            |
| Chelmsford C     | 1 - 3         | Clacton A        | Mon 20 Mar 23 | 19:30       | OV            |
| Brentwood C      | ½ - 3½        | Braintree B      | Tue 21 Mar 23 | 19:30       | OV            |
| Chelmsford D     | 3 - 1         | Colchester D     | Mon 27 Mar 23 | 19:30       | OV            |
| Braintree B      | 4 - 0         | Colchester C     | Wed 5 Apr 23  | 19:30       | OV            |
| Colchester C     | 1 - 3         | Chelmsford D     | Wed 12 Apr 23 | 19:30       | OV            |
| Braintree B      | 4 - 0         | Clacton A        | Wed 12 Apr 23 | 19:30       | OV            |
| Brentwood C      | 1½ - 2½       | Clacton B        | Tue 18 Apr 23 | 19:30       | OU            |
| Clacton A        | 4 - 0         | Chelmsford D     | Tue 25 Apr 23 | 19:30       | OV            |
| Brentwood C      | 4 - 0         | Colchester D     | Tue 2 May 23  | 19:30       | OU            |
| Chelmsford D     | 1 - 3         | Clacton B        | Mon 8 May 23  | 19:30       | OV            |
| Colchester C     | 2 - 2         | Brentwood C      | Wed 10 May 23 | 19:30       | OU            |
| Brentwood C      | 2½ - 1½       | Chelmsford D     | Tue 16 May 23 | 19:30       | OU            |
| Clacton A        | 4 - 0         | Brentwood C      | Tue 30 May 23 | 19:30       | OV            |