

| <b>Home Team</b> | <b>Result</b> | <b>Away Team</b> | <b>Date</b>   | <b>Time</b> | <b>Status</b> |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Ilford           | 8 - 2         | Wanstead C       | Mon 19 Jun 23 | 19:30       | OV            |
| Barking B        | 1 - 9         | Wanstead A       | Thu 22 Jun 23 | 19:45       | OV            |
| Chelmsford       | 8 - 2         | Loughton         | Mon 26 Jun 23 | 19:45       | OV            |
| Wanstead B       | 4½ - 5½       | Basildon         | Tue 27 Jun 23 | 19:30       | OV            |
| Barking A        | 10 - 0        | Thurrock         | Thu 13 Jul 23 | 19:45       | OV            |
| Wanstead A       | 7 - 3         | Chelmsford       | Tue 18 Jul 23 | 19:45       | OU            |
| Ilford           | 0 - 0         | Bye              | Fri 4 Aug 23  | 19:30       | OU            |
| Barking A        | 0 - 0         | Bye              | Fri 4 Aug 23  | 19:30       | OU            |
| Basildon         | 0 - 0         | Bye              | Fri 4 Aug 23  | 19:40       | OU            |
| Ilford           | 3 - 7         | Wanstead A       | Mon 21 Aug 23 | 19:30       | OV            |
| Basildon         | 4½ - 5½       | Barking A        | Thu 24 Aug 23 | 19:45       | OV            |
| Wanstead A       | 7½ - 2½       | Barking A        | Tue 19 Sep 23 | 19:45       | OV            |