

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Enfield 2 | | Ilford 2 | Tue 1 Oct 24 | 19:45 | OV |
| Loughton | | Chingford 2 | Wed 2 Oct 24 | 19:30 | OV |
| Enfield 1 | | Barking 2 | Tue 22 Oct 24 | 19:45 | OU |
| Chingford 2 | | Wanstead 2 | Mon 28 Oct 24 | 19:30 | OU |
| Ilford 2 | | Enfield 2 | Mon 28 Oct 24 | 19:30 | OU |
| Ilford 2 | | Wanstead 2 | Mon 4 Nov 24 | 19:30 | OU |
| Loughton | | Enfield 2 | Wed 6 Nov 24 | 19:30 | OU |
| Chingford 2 | | Barking 2 | Mon 11 Nov 24 | 19:30 | OU |
| Enfield 1 | | Enfield 2 | Tue 12 Nov 24 | 19:45 | OU |
| Ilford 2 | | Loughton | Mon 25 Nov 24 | 19:30 | OU |
| Enfield 1 | | Chingford 2 | Tue 26 Nov 24 | 19:45 | OU |
| Loughton | | Ilford 2 | Wed 4 Dec 24 | 19:30 | OU |
| Chingford 2 | | Loughton | Mon 6 Jan 25 | 19:30 | OU |
| Enfield 1 | | Ilford 2 | Tue 7 Jan 25 | 19:45 | OU |
| Barking 2 | | Enfield 1 | Thu 16 Jan 25 | 19:30 | OU |
| Enfield 1 | | Wanstead 2 | Tue 28 Jan 25 | 19:45 | OU |
| Enfield 2 | | Chingford 2 | Tue 28 Jan 25 | 19:45 | OU |
| Barking 2 | | Wanstead 2 | Thu 6 Feb 25 | 19:30 | OU |
| Ilford 2 | | Enfield 1 | Mon 10 Feb 25 | 19:30 | OU |
| Enfield 2 | | Enfield 1 | Tue 11 Feb 25 | 19:45 | OU |
| Wanstead 2 | | Chingford 2 | Tue 11 Feb 25 | 19:30 | OU |
| Chingford 2 | | Ilford 2 | Mon 24 Feb 25 | 19:30 | OU |
| Enfield 1 | | Loughton | Tue 25 Feb 25 | 19:45 | OU |
| Ilford 2 | | Barking 2 | Mon 3 Mar 25 | 19:30 | OU |
| Barking 2 | | Enfield 2 | Thu 13 Mar 25 | 19:30 | OU |
| Wanstead 2 | | Enfield 2 | Tue 25 Mar 25 | 19:30 | OU |
| Barking 2 | | Loughton | Thu 27 Mar 25 | 19:30 | OU |
| Loughton | | Wanstead 2 | Wed 2 Apr 25 | 19:30 | OU |
| Ilford 2 | | Chingford 2 | Mon 7 Apr 25 | 19:30 | OU |
| Enfield 2 | | Barking 2 | Tue 15 Apr 25 | 19:45 | OU |
| Wanstead 2 | | Enfield 1 | Wed 16 Apr 25 | 19:30 | OU |
| Barking 2 | | Chingford 2 | Thu 24 Apr 25 | 19:30 | OU |
| Enfield 2 | | Wanstead 2 | Tue 29 Apr 25 | 19:45 | OU |
| Loughton | | Enfield 1 | Wed 30 Apr 25 | 19:30 | OU |
| Barking 2 | | Ilford 2 | Thu 8 May 25 | 19:30 | OU |
| Wanstead 2 | | Barking 2 | Thu 15 May 25 | 19:30 | OU |
| Chingford 2 | | Enfield 2 | Mon 19 May 25 | 19:30 | OU |
| Wanstead 2 | | Ilford 2 | Wed 21 May 25 | 19:30 | OU |
| Chingford 2 | | Enfield 1 | Mon 26 May 25 | 19:30 | OU |
| Enfield 2 | | Loughton | Tue 27 May 25 | 19:45 | OU |
| Wanstead 2 | | Loughton | Thu 29 May 25 | 19:30 | OU |
| Loughton | | Barking 2 | Wed 11 Jun 25 | 19:30 | OU |