

<b>Home Team</b>	<b>Result</b>	<b>Away Team</b>	<b>Date</b>	<b>Time</b>	<b>Status</b>
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