

Home Team	Result	Away Team	Date	Time	Status
Ilford	5 - 1	Southend II	Mon 25 Oct 21	19:30	OV
Upminster II	2½ - 3½	Ilford	Tue 16 Nov 21	19:15	OV
Barking II	2 - 4	Ilford	Thu 2 Dec 21	19:30	OV
Ilford	2½ - 3½	Wanstead II	Mon 17 Jan 22	19:30	OV
Thurrock	2½ - 3½	Ilford	Wed 16 Mar 22	19:30	OV
Brentwood II	3½ - 2½	Ilford	Tue 26 Apr 22	19:30	OV
Ilford	5½ - ½	Loughton II	Mon 30 May 22	19:30	OV