

Home Team	Result	Away Team	Date	Time	Status
Upminster II	2½ - 3½	Ilford	Tue 16 Nov 21	19:15	OV
Upminster II	2½ - 3½	Wanstead II	Tue 30 Nov 21	19:15	OV
Upminster II	5 - 1	Loughton II	Tue 18 Jan 22	19:15	OV
Brentwood II	4 - 2	Upminster II	Tue 1 Feb 22	19:30	OV
Southend II	3 - 3	Upminster II	Fri 4 Mar 22	19:30	OV
Barking II	4 - 2	Upminster II	Thu 31 Mar 22	19:30	OV
Thurrock	2½ - 3½	Upminster II	Wed 13 Apr 22	19:30	OV