

<b>Home Team</b>	<b>Result</b>	<b>Away Team</b>	<b>Date</b>	<b>Time</b>	<b>Status</b>
Upminster I	3½ - 4½	Loughton I	Tue 27 Sep 22	19:15	OV
Brentwood I	7 - 1	Loughton I	Tue 1 Nov 22	19:30	OV
Loughton I	5½ - 2½	Basildon	Wed 23 Nov 22	19:30	OV
Loughton I	4 - 4	Wanstead I	Wed 18 Jan 23	19:30	OV
Loughton I	5 - 3	Southend I	Wed 1 Feb 23	19:30	OV
Barking I	5½ - 2½	Loughton I	Thu 9 Feb 23	19:30	OV
Loughton I	3½ - 4½	Writtle	Wed 22 Feb 23	19:30	OV
Southend I	3 - 5	Loughton I	Fri 24 Mar 23	19:30	OV
Loughton I	4½ - 3½	Upminster I	Wed 3 May 23	19:30	OV
Basildon	5 - 3	Loughton I	Thu 11 May 23	19:40	OV