

Home Team	Result	Away Team	Date	Time	Status
Upminster I	3½ - 4½	Loughton I	Tue 27 Sep 22	19:15	OV
Upminster I	2½ - 5½	Brentwood I	Tue 4 Oct 22	19:15	OV
Southend I	2 - 6	Upminster I	Fri 28 Oct 22	19:30	OV
Basildon	4½ - 3½	Upminster I	Thu 10 Nov 22	19:40	OV
Barking I	5½ - 2½	Upminster I	Thu 8 Dec 22	19:30	OV
Writtle	7½ - ½	Upminster I	Wed 11 Jan 23	19:30	OV
Upminster I	2½ - 5½	Wanstead I	Tue 31 Jan 23	19:15	OV
Upminster I	4 - 4	Basildon	Tue 7 Mar 23	19:15	OV
Upminster I	4½ - 3½	Southend I	Tue 25 Apr 23	19:15	OV
Loughton I	4½ - 3½	Upminster I	Wed 3 May 23	19:30	OV