

Home Team	Result	Away Team	Date	Time	Status
Upminster II	2 - 4	Barking II	Tue 11 Oct 22	19:15	OV
Loughton II	1½ - 4½	Upminster II	Wed 16 Nov 22	19:30	OV
Wanstead II	5 - 1	Upminster II	Tue 29 Nov 22	19:30	OV
Upminster II	3 - 3	Witham	Tue 3 Jan 23	19:15	OV
Upminster II	3 - 3	Thurrock I	Tue 17 Jan 23	19:15	OV
Ilford I	4½ - 1½	Upminster II	Mon 20 Feb 23	19:30	OV
Upminster II	1½ - 4½	Brentwood II	Tue 28 Feb 23	19:15	OV
Upminster II	4½ - 1½	Loughton II	Tue 28 Mar 23	19:15	OV
Brentwood II	4 - 2	Upminster II	Tue 11 Apr 23	19:30	OV
Upminster II	1½ - 4½	Wanstead II	Tue 9 May 23	19:15	OV