

Home Team	Result	Away Team	Date	Time	Status
Upminster MA	1 - 3	Upminster MB	Tue 4 Oct 22	19:15	OV
Upminster MB	3 - 1	Upminster MA	Tue 18 Oct 22	19:15	OV
Upminster MA	1 - 3	Thurrock MB	Tue 6 Dec 22	19:15	OV
Wanstead M	3½ - ½	Upminster MA	Tue 10 Jan 23	19:30	OV
Thurrock MB	2 - 2	Upminster MA	Wed 18 Jan 23	19:30	OV
Thurrock MA	4 - 0	Upminster MA	Wed 1 Feb 23	19:30	OV
Southend M	3 - 1	Upminster MA	Mon 27 Feb 23	19:30	OV
Upminster MA	0 - 4	Wanstead M	Tue 14 Mar 23	19:15	OV
Upminster MA	½ - 3½	Thurrock MA	Tue 18 Apr 23	19:15	OV
Upminster MA	0 - 4	Southend M	Tue 2 May 23	19:15	OV