

Home Team	Result	Away Team	Date	Time	Status
Barking III	2½ - 2½	Upminster III	Thu 29 Sep 22	19:30	OV
Ilford II	2 - 3	Barking III	Mon 31 Oct 22	19:30	OV
Wanstead III	2 - 3	Barking III	Tue 8 Nov 22	19:30	OV
Ilford II	2 - 3	Barking III	Mon 28 Nov 22	19:30	OV
Southend II	3½ - 1½	Barking III	Mon 20 Feb 23	19:30	OV
Thurrock II	2 - 3	Barking III	Wed 8 Mar 23	19:30	OV
Barking III	3 - 2	Wanstead III	Thu 9 Mar 23	19:30	OV
Barking III	4 - 1	Southend II	Thu 23 Mar 23	19:30	OV
Barking III	5 - 0	Thurrock II	Thu 30 Mar 23	19:30	OV
Upminster III	2 - 3	Barking III	Tue 25 Apr 23	19:15	OV