

Home Team	Result	Away Team	Date	Time	Status
Barking III	2½ - 2½	Upminster III	Thu 29 Sep 22	19:30	OV
Southend II	1½ - 3½	Upminster III	Fri 21 Oct 22	19:30	OV
Upminster III	4 - 1	Wanstead III	Tue 22 Nov 22	19:15	OV
Ilford II	1 - 4	Upminster III	Mon 5 Dec 22	19:30	OV
Wanstead III	2½ - 2½	Upminster III	Tue 24 Jan 23	19:30	OV
Upminster III	2 - 3	Southend II	Tue 7 Feb 23	19:15	OV
Thurrock II	4 - 1	Upminster III	Wed 15 Feb 23	19:30	OV
Upminster III	2 - 3	Thurrock II	Tue 21 Mar 23	19:15	OV
Upminster III	1 - 4	Ilford II	Tue 4 Apr 23	19:15	OV
Upminster III	2 - 3	Barking III	Tue 25 Apr 23	19:15	OV