

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Ilford II | 3½ - 1½ | Southend II | Mon 3 Oct 22 | 19:30 | OV |
| Ilford II | 2 - 3 | Wanstead III | Mon 17 Oct 22 | 19:30 | OV |
| Ilford II | 2 - 3 | Barking III | Mon 31 Oct 22 | 19:30 | OV |
| Ilford II | 2 - 3 | Barking III | Mon 28 Nov 22 | 19:30 | OV |
| Ilford II | 1 - 4 | Upminster III | Mon 5 Dec 22 | 19:30 | OV |
| Ilford II | 2 - 3 | Thurrock II | Mon 19 Dec 22 | 19:30 | OV |
| Thurrock II | 1 - 4 | Ilford II | Wed 4 Jan 23 | 19:30 | OV |
| Southend II | 4 - 1 | Ilford II | Fri 3 Mar 23 | 19:30 | OV |
| Upminster III | 1 - 4 | Ilford II | Tue 4 Apr 23 | 19:15 | OV |
| Wanstead III | 3 - 2 | Ilford II | Tue 23 May 23 | 19:30 | OV |