

Home Team	Result	Away Team	Date	Time	Status
Ilford	5 - 1	Southend II	Mon 25 Oct 21	19:30	OV
Southend II	1 - 5	Barking II	Mon 1 Nov 21	19:30	OV
Loughton II	0 - 6	Wanstead II	Wed 3 Nov 21	19:30	OV
Upminster II	2½ - 3½	Ilford	Tue 16 Nov 21	19:15	OV
Wanstead II	5 - 1	Thurrock	Tue 23 Nov 21	19:30	OV
Upminster II	2½ - 3½	Wanstead II	Tue 30 Nov 21	19:15	OV
Barking II	2 - 4	Ilford	Thu 2 Dec 21	19:30	OV
Ilford	2½ - 3½	Wanstead II	Mon 17 Jan 22	19:30	OV
Upminster II	5 - 1	Loughton II	Tue 18 Jan 22	19:15	OV
Thurrock	2½ - 3½	Brentwood II	Wed 19 Jan 22	19:30	OV
Brentwood II	4 - 2	Upminster II	Tue 1 Feb 22	19:30	OV
Loughton II	4 - 2	Southend II	Wed 9 Feb 22	19:30	OV
Wanstead II	5½ - ½	Brentwood II	Tue 22 Feb 22	19:30	OV
Barking II	4 - 2	Thurrock	Thu 24 Feb 22	19:30	OV
Southend II	3 - 3	Upminster II	Fri 4 Mar 22	19:30	OV
Wanstead II	3 - 3	Barking II	Tue 8 Mar 22	19:30	OV
Thurrock	2½ - 3½	Ilford	Wed 16 Mar 22	19:30	OV
Wanstead II	5½ - ½	Southend II	Tue 22 Mar 22	19:30	OV
Thurrock	4 - 2	Loughton II	Wed 23 Mar 22	19:30	OV
Barking II	3 - 3	Brentwood II	Thu 24 Mar 22	19:30	OV
Barking II	4 - 2	Upminster II	Thu 31 Mar 22	19:30	OV
Brentwood II	4 - 2	Southend II	Tue 5 Apr 22	19:30	OV
Thurrock	2½ - 3½	Upminster II	Wed 13 Apr 22	19:30	OV
Loughton II	2 - 4	Brentwood II	Wed 20 Apr 22	19:30	OV
Southend II	5½ - ½	Thurrock	Fri 22 Apr 22	19:30	OV
Brentwood II	3½ - 2½	Ilford	Tue 26 Apr 22	19:30	OV
Loughton II	1 - 5	Barking II	Wed 27 Apr 22	19:30	OV
Ilford	5½ - ½	Loughton II	Mon 30 May 22	19:30	OV