

<b>Home Team</b>	<b>Result</b>	<b>Away Team</b>	<b>Date</b>	<b>Time</b>	<b>Status</b>
Upminster I	3½ - 4½	Loughton I	Tue 27 Sep 22	19:15	OV
Upminster I	2½ - 5½	Brentwood I	Tue 4 Oct 22	19:15	OV
Wanstead I	7 - 1	Southend I	Tue 11 Oct 22	19:30	OV
Writtle	6½ - 1½	Southend I	Wed 19 Oct 22	19:30	OV
Brentwood I	8 - 0	Basildon	Tue 25 Oct 22	19:30	OV
Southend I	2 - 6	Upminster I	Fri 28 Oct 22	19:30	OV
Brentwood I	7 - 1	Loughton I	Tue 1 Nov 22	19:30	OV
Barking I	3½ - 4½	Writtle	Thu 3 Nov 22	19:30	OV
Brentwood I	5 - 3	Wanstead I	Tue 8 Nov 22	19:30	OV
Basildon	4½ - 3½	Upminster I	Thu 10 Nov 22	19:40	OV
Wanstead I	4½ - 3½	Barking I	Tue 22 Nov 22	19:30	OV
Loughton I	5½ - 2½	Basildon	Wed 23 Nov 22	19:30	OV
Basildon	6 - 2	Southend I	Thu 1 Dec 22	19:40	OV
Barking I	5½ - 2½	Upminster I	Thu 8 Dec 22	19:30	OV
Wanstead I	6 - 2	Basildon	Tue 13 Dec 22	19:30	OV
Writtle	4½ - 3½	Brentwood I	Wed 4 Jan 23	19:30	OV
Southend I	4½ - 3½	Brentwood I	Fri 6 Jan 23	19:30	OV
Southend I	4 - 4	Barking I	Mon 9 Jan 23	19:30	OV
Writtle	7½ - ½	Upminster I	Wed 11 Jan 23	19:30	OV
Loughton I	4 - 4	Wanstead I	Wed 18 Jan 23	19:30	OV
Upminster I	2½ - 5½	Wanstead I	Tue 31 Jan 23	19:15	OV
Loughton I	5 - 3	Southend I	Wed 1 Feb 23	19:30	OV
Barking I	5½ - 2½	Loughton I	Thu 9 Feb 23	19:30	OV
Writtle	4½ - 3½	Basildon	Wed 15 Feb 23	19:30	OV
Barking I	5 - 3	Brentwood I	Thu 16 Feb 23	19:30	OV
Loughton I	3½ - 4½	Writtle	Wed 22 Feb 23	19:30	OV
Wanstead I	6 - 2	Writtle	Tue 28 Feb 23	19:30	OV
Basildon	3½ - 4½	Barking I	Thu 2 Mar 23	19:40	OV
Upminster I	4 - 4	Basildon	Tue 7 Mar 23	19:15	OV
Barking I	3 - 5	Wanstead I	Mon 20 Mar 23	19:30	OV
Southend I	3 - 5	Loughton I	Fri 24 Mar 23	19:30	OV
Southend I	1 - 7	Basildon	Fri 21 Apr 23	19:30	OV
Upminster I	4½ - 3½	Southend I	Tue 25 Apr 23	19:15	OV
Brentwood I	1 - 7	Writtle	Tue 25 Apr 23	19:30	OV
Writtle	4 - 4	Wanstead I	Wed 3 May 23	19:30	OV
Loughton I	4½ - 3½	Upminster I	Wed 3 May 23	19:30	OV
Basildon	5 - 3	Loughton I	Thu 11 May 23	19:40	OV
Wanstead I	8 - 0	Brentwood I	Thu 18 May 23	19:30	OV
Brentwood I	3 - 5	Barking I	Tue 23 May 23	19:30	OV
Writtle	4 - 4	Barking I	Wed 31 May 23	19:30	OV