

Home Team	Result	Away Team	Date	Time	Status
Witham	2 - 4	Brentwood II	Wed 5 Oct 22	19:30	OV
Upminster II	2 - 4	Barking II	Tue 11 Oct 22	19:15	OV
Thurrock I	3½ - 2½	Wanstead II	Wed 19 Oct 22	19:30	OV
Loughton II	½ - 5½	Ilford I	Wed 19 Oct 22	19:30	OV
Ilford I	4½ - 1½	Thurrock I	Mon 24 Oct 22	19:30	OV
Witham	5 - 1	Loughton II	Wed 26 Oct 22	19:30	OV
Witham	1½ - 4½	Ilford I	Wed 16 Nov 22	19:30	OV
Loughton II	1½ - 4½	Upminster II	Wed 16 Nov 22	19:30	OV
Brentwood II	2 - 4	Thurrock I	Tue 22 Nov 22	19:30	OV
Barking II	4 - 2	Loughton II	Thu 24 Nov 22	19:30	OV
Wanstead II	5 - 1	Upminster II	Tue 29 Nov 22	19:30	OV
Thurrock I	4 - 2	Witham	Wed 30 Nov 22	19:30	OV
Upminster II	3 - 3	Witham	Tue 3 Jan 23	19:15	OV
Brentwood II	3 - 3	Wanstead II	Tue 10 Jan 23	19:30	OV
Thurrock I	2½ - 3½	Barking II	Wed 11 Jan 23	19:30	OV
Upminster II	3 - 3	Thurrock I	Tue 17 Jan 23	19:15	OV
Wanstead II	1½ - 4½	Ilford I	Tue 17 Jan 23	19:30	OV
Barking II	2 - 4	Witham	Tue 24 Jan 23	19:30	OV
Loughton II	3 - 3	Thurrock I	Wed 25 Jan 23	19:30	OV
Brentwood II	2½ - 3½	Barking II	Tue 31 Jan 23	19:30	OV
Barking II	1 - 5	Wanstead II	Thu 2 Feb 23	19:30	OV
Ilford I	4½ - 1½	Brentwood II	Mon 6 Feb 23	19:30	OV
Brentwood II	1 - 5	Loughton II	Tue 7 Feb 23	19:30	OV
Witham	4½ - 1½	Wanstead II	Wed 8 Feb 23	19:30	OV
Wanstead II	4½ - 1½	Loughton II	Tue 14 Feb 23	19:30	OV
Ilford I	4½ - 1½	Upminster II	Mon 20 Feb 23	19:30	OV
Ilford I	5 - 1	Barking II	Mon 27 Feb 23	19:30	OV
Upminster II	1½ - 4½	Brentwood II	Tue 28 Feb 23	19:15	OV
Ilford I	4 - 2	Witham	Mon 20 Mar 23	19:30	OV
Upminster II	4½ - 1½	Loughton II	Tue 28 Mar 23	19:15	OV
Wanstead II	4 - 2	Brentwood II	Tue 28 Mar 23	19:30	OV
Witham	4½ - 1½	Thurrock I	Wed 5 Apr 23	19:30	OV
Brentwood II	4 - 2	Upminster II	Tue 11 Apr 23	19:30	OV
Barking II	3½ - 2½	Thurrock I	Thu 13 Apr 23	19:30	OV
Thurrock I	5 - 1	Ilford I	Wed 19 Apr 23	19:30	OV
Loughton II	1½ - 4½	Brentwood II	Wed 19 Apr 23	19:30	OV
Ilford I	4½ - 1½	Barking II	Mon 24 Apr 23	19:30	OV
Witham	5½ - ½	Barking II	Tue 2 May 23	19:30	OV
Upminster II	1½ - 4½	Wanstead II	Tue 9 May 23	19:15	OV
Loughton II	½ - 5½	Wanstead II	Wed 31 May 23	19:30	OV