

Home Team	Result	Away Team	Date	Time	Status
Ilford	8 - 2	Wanstead C	Mon 19 Jun 23	19:30	OV
Barking B	1 - 9	Wanstead A	Thu 22 Jun 23	19:45	OV
Chelmsford	8 - 2	Loughton	Mon 26 Jun 23	19:45	OV
Wanstead B	4½ - 5½	Basildon	Tue 27 Jun 23	19:30	OV
Barking A	10 - 0	Thurrock	Thu 13 Jul 23	19:45	OV
Wanstead A	7 - 3	Chelmsford	Tue 18 Jul 23	19:45	OU
Ilford	0 - 0	Bye	Fri 4 Aug 23	19:30	OU
Barking A	0 - 0	Bye	Fri 4 Aug 23	19:30	OU
Basildon	0 - 0	Bye	Fri 4 Aug 23	19:40	OU
Ilford	3 - 7	Wanstead A	Mon 21 Aug 23	19:30	OV
Basildon	4½ - 5½	Barking A	Thu 24 Aug 23	19:45	OV
Wanstead A	7½ - 2½	Barking A	Tue 19 Sep 23	19:45	OV