

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Southend M | 2½ - 1½ | Wanstead M | Mon 2 Oct 23 | 19:30 | OV |
| Upminster MA | ½ - 3½ | Upminster MB | Tue 3 Oct 23 | 19:15 | OV |
| Thurrock MA | 3 - 1 | Thurrock MB | Wed 4 Oct 23 | 19:30 | OV |
| Wanstead M | 1 - 3 | Upminster MA | Mon 23 Oct 23 | 19:30 | OV |
| Southend M | 4 - 0 | Upminster MA | Mon 30 Oct 23 | 19:30 | OV |
| Thurrock MB | 2 - 2 | Thurrock MA | Wed 1 Nov 23 | 19:30 | OV |
| Southend M | 3½ - ½ | Thurrock MA | Mon 6 Nov 23 | 19:30 | OV |
| Upminster MB | 2 - 2 | Upminster MA | Tue 14 Nov 23 | 19:15 | OV |
| Thurrock MA | 1 - 3 | Upminster MA | Wed 15 Nov 23 | 19:30 | OV |
| Upminster MB | 3½ - ½ | Southend M | Tue 21 Nov 23 | 19:15 | OV |
| Southend M | 3 - 1 | Upminster MB | Mon 27 Nov 23 | 19:30 | OV |
| Thurrock MA | 2½ - 1½ | Wanstead M | Wed 29 Nov 23 | 19:30 | OV |
| Upminster MA | ½ - 3½ | Thurrock MA | Tue 5 Dec 23 | 19:15 | OV |
| Southend M | 2 - 2 | Thurrock MB | Mon 11 Dec 23 | 19:30 | OV |
| Upminster MB | 0 - 4 | Thurrock MB | Tue 12 Dec 23 | 19:15 | OV |
| Wanstead M | 1 - 3 | Upminster MB | Thu 4 Jan 24 | 19:30 | OV |
| Wanstead M | 4 - 0 | Thurrock MA | Tue 9 Jan 24 | 19:30 | OV |
| Upminster MB | 1 - 3 | Thurrock MA | Tue 16 Jan 24 | 19:15 | OV |
| Upminster MA | 2 - 2 | Wanstead M | Tue 30 Jan 24 | 19:15 | OV |
| Upminster MA | 3 - 1 | Thurrock MB | Tue 13 Feb 24 | 19:15 | OV |
| Thurrock MB | 2½ - 1½ | Southend M | Wed 28 Feb 24 | 19:30 | OV |
| Thurrock MA | 2 - 2 | Upminster MB | Wed 6 Mar 24 | 19:30 | OV |
| Thurrock MB | 3½ - ½ | Upminster MA | Wed 13 Mar 24 | 19:30 | OV |
| Thurrock MA | 1½ - 2½ | Southend M | Wed 20 Mar 24 | 19:30 | OV |
| Wanstead M | 2½ - 1½ | Thurrock MB | Tue 26 Mar 24 | 19:30 | OV |
| Thurrock MB | 2½ - 1½ | Upminster MB | Wed 10 Apr 24 | 19:30 | OV |
| Wanstead M | 1½ - 2½ | Southend M | Tue 16 Apr 24 | 19:30 | OV |
| Upminster MA | 2 - 2 | Southend M | Tue 30 Apr 24 | 19:15 | OV |
| Upminster MB | 2½ - 1½ | Wanstead M | Tue 14 May 24 | 19:15 | OV |
| Thurrock MB | 2 - 2 | Wanstead M | Wed 22 May 24 | 19:30 | OV |