

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Barking B | 1 - 9 | Wanstead A | Thu 22 Jun 23 | 19:45 | OV |
| Wanstead A | 7 - 3 | Chelmsford | Tue 18 Jul 23 | 19:45 | OU |
| Ilford | 3 - 7 | Wanstead A | Mon 21 Aug 23 | 19:30 | OV |
| Wanstead A | 7½ - 2½ | Barking A | Tue 19 Sep 23 | 19:45 | OV |