

Home Team	Result	Away Team	Date	Time	Status
Barking III	3 - 2	Upminster III	Thu 26 Sep 24	19:30	OV
Loughton II	3 - 2	Upminster III	Wed 9 Oct 24	19:30	OV
Thurrock II	3½ - 1½	Upminster III	Wed 23 Oct 24	19:30	OV
Wanstead IV	3½ - 1½	Upminster III	Thu 31 Oct 24	19:30	OV
Southend II	3 - 2	Upminster III	Fri 22 Nov 24	19:30	OV
Upminster III	1 - 4	Southend II	Tue 17 Dec 24	19:15	OU
Thurrock I	0 - 0	Upminster III	Wed 29 Jan 25	19:30	OU
Upminster III	0 - 0	Loughton II	Tue 1 Apr 25	19:15	OU
Upminster III	0 - 0	Thurrock I	Tue 8 Apr 25	19:15	OU
Upminster III	0 - 0	Thurrock II	Tue 15 Apr 25	19:15	OU
Upminster III	0 - 0	Wanstead IV	Tue 13 May 25	19:15	OU
Upminster III	0 - 0	Barking III	Tue 20 May 25	19:15	OU