

Home Team	Result	Away Team	Date	Time	Status
Upminster MA	1 - 3	Upminster MB	Tue 4 Oct 22	19:15	OV
Southend M	3 - 1	Upminster MB	Mon 10 Oct 22	19:30	OV
Upminster MB	3 - 1	Upminster MA	Tue 18 Oct 22	19:15	OV
Upminster MB	1 - 3	Thurrock MA	Tue 1 Nov 22	19:15	OV
Upminster MB	0 - 4	Southend M	Tue 15 Nov 22	19:15	OV
Thurrock MB	0 - 4	Upminster MB	Wed 23 Nov 22	19:30	OV
Upminster MB	½ - 3½	Wanstead M	Tue 29 Nov 22	19:15	OV
Thurrock MA	1½ - 2½	Upminster MB	Wed 8 Feb 23	19:30	OV
Wanstead M	3 - 1	Upminster MB	Tue 28 Feb 23	19:30	OV
Upminster MB	2½ - 1½	Thurrock MB	Tue 11 Apr 23	19:15	OV