

Home Team	Result	Away Team	Date	Time	Status
Upminster II	3 - 3	Barking II	Tue 10 Oct 23	19:15	OV
Wanstead III	4 - 2	Upminster II	Tue 17 Oct 23	19:30	OV
Wanstead II	4 - 2	Upminster II	Mon 30 Oct 23	19:30	OV
Upminster II	1½ - 4½	Witham	Tue 12 Dec 23	19:15	OV
Upminster II	0 - 6	Wanstead II	Tue 9 Jan 24	19:15	OV
Upminster II	2 - 4	Southend I	Tue 16 Jan 24	19:15	OV
Barking II	2½ - 3½	Upminster II	Thu 15 Feb 24	19:30	OV
Upminster II	2 - 4	Wanstead III	Tue 12 Mar 24	19:15	OV
Ilford I	4 - 2	Upminster II	Mon 18 Mar 24	19:30	OV
Southend I	4½ - 1½	Upminster II	Fri 19 Apr 24	19:30	OV
Witham	3½ - 2½	Upminster II	Wed 24 Apr 24	19:30	OV
Upminster II	1 - 5	Ilford I	Tue 30 Apr 24	19:15	OU