

Home Team	Result	Away Team	Date	Time	Status
Upminster MA	½ - 3½	Upminster MB	Tue 3 Oct 23	19:15	OV
Upminster MB	2 - 2	Upminster MA	Tue 14 Nov 23	19:15	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
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
Upminster MB	1 - 3	Thurrock MA	Tue 16 Jan 24	19:15	OV
Thurrock MA	2 - 2	Upminster MB	Wed 6 Mar 24	19:30	OV
Thurrock MB	2½ - 1½	Upminster MB	Wed 10 Apr 24	19:30	OV
Upminster MB	2½ - 1½	Wanstead M	Tue 14 May 24	19:15	OV