

Home Team	Result	Away Team	Date	Time	Status
Upminster III	4 - 1	Thurrock I	Tue 7 Nov 23	19:15	OV
Loughton II	2½ - 2½	Upminster III	Wed 6 Dec 23	19:30	OV
Barking III	1½ - 3½	Upminster III	Thu 14 Dec 23	19:30	OV
Upminster III	2½ - 2½	Wanstead IV	Tue 23 Jan 24	19:15	OV
Wanstead IV	3 - 2	Upminster III	Tue 27 Feb 24	19:30	OV
Upminster III	4 - 1	Barking III	Tue 5 Mar 24	19:15	OV
Southend II	1½ - 3½	Upminster III	Fri 22 Mar 24	19:30	OV
Ilford II	1½ - 3½	Upminster III	Mon 25 Mar 24	19:30	OU
Upminster III	½ - 4½	Ilford II	Tue 2 Apr 24	19:15	OV
Upminster III	2 - 3	Southend II	Tue 9 Apr 24	19:15	OV
Upminster III	3½ - 1½	Loughton II	Tue 23 Apr 24	19:15	OV
Thurrock I	3½ - 1½	Upminster III	Wed 8 May 24	19:30	OV