

Home Team	Result	Away Team	Date	Time	Status
Southend II	2 - 3	Ilford II	Fri 20 Oct 23	19:30	OV
Wanstead IV	2½ - 2½	Ilford II	Mon 30 Oct 23	19:30	OV
Ilford II	1 - 4	Barking III	Mon 20 Nov 23	19:30	OV
Ilford II	3½ - 1½	Thurrock I	Mon 15 Jan 24	19:30	OV
Thurrock I	3½ - 1½	Ilford II	Wed 31 Jan 24	19:30	OV
Loughton II	4 - 1	Ilford II	Wed 14 Feb 24	19:30	OV
Ilford II	2½ - 2½	Wanstead IV	Mon 19 Feb 24	19:30	OV
Ilford II	3 - 2	Southend II	Mon 26 Feb 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
Ilford II	5 - 0	Loughton II	Mon 15 Apr 24	19:30	OV
Barking III	2 - 3	Ilford II	Thu 9 May 24	19:30	OV