

Ilford

Home Team	Result	Away Team	Date	Time	Event	Status
Ilford	8 - 2	Wanstead C	Mon 19th Jun 2023	19:30	Essex Summer Rapid Knockout	OV
Ilford	0 - 0	Bye	Fri 4th Aug 2023	19:30	Essex Summer Rapid Knockout	LU
Ilford	3 - 7	Wanstead A	Mon 21st Aug 2023	19:30	Essex Summer Rapid Knockout	OV