Fixtures for Minor League

| Home Team | Result | Away Team | Date | Time | Status |
|--------------|-------------|--------------|-------------------|-------|--------|
| Thurrock MA | 3 - 1 | Thurrock MB | Wed 21st Sep 2022 | 19:30 | ov |
| Thurrock MB | 1 - 3 | Thurrock MA | Wed 28th Sep 2022 | 19:30 | OV |
| Upminster MA | 1 - 3 | Upminster MB | Tue 4th Oct 2022 | 19:15 | ov |
| Southend M | 3 - 1 | Upminster MB | Mon 10th Oct 2022 | 19:30 | ov |
| Wanstead M | 11/2 - 21/2 | Thurrock MA | Tue 11th Oct 2022 | 19:30 | ov |
| Upminster MB | 3 - 1 | Upminster MA | Tue 18th Oct 2022 | 19:15 | ov |
| Upminster MB | 1 - 3 | Thurrock MA | Tue 1st Nov 2022 | 19:15 | ov |
| Thurrock MB | 2 - 2 | Southend M | Wed 2nd Nov 2022 | 19:30 | ov |
| Upminster MB | 0 - 4 | Southend M | Tue 15th Nov 2022 | 19:15 | ov |
| Thurrock MA | 21/2 - 11/2 | Southend M | Wed 23rd Nov 2022 | 19:30 | ov |
| Thurrock MB | 0 - 4 | Upminster MB | Wed 23rd Nov 2022 | 19:30 | ov |
| Upminster MB | 1/2 - 31/2 | Wanstead M | Tue 29th Nov 2022 | 19:15 | ov |
| Upminster MA | 1 - 3 | Thurrock MB | Tue 6th Dec 2022 | 19:15 | ov |
| Wanstead M | 3½ - ½ | Upminster MA | Tue 10th Jan 2023 | 19:30 | ov |
| Southend M | 4 - 0 | Thurrock MA | Mon 16th Jan 2023 | 19:30 | ov |
| Thurrock MB | 2 - 2 | Upminster MA | Wed 18th Jan 2023 | 19:30 | ov |
| Wanstead M | 2½ - 1½ | Southend M | Tue 31st Jan 2023 | 19:30 | ov |
| Thurrock MA | 4 - 0 | Upminster MA | Wed 1st Feb 2023 | 19:30 | ov |
| Thurrock MA | 11/2 - 21/2 | Upminster MB | Wed 8th Feb 2023 | 19:30 | ov |
| Wanstead M | 3 - 1 | Thurrock MB | Tue 14th Feb 2023 | 19:30 | ov |
| Southend M | 3 - 1 | Upminster MA | Mon 27th Feb 2023 | 19:30 | ov |
| Wanstead M | 3 - 1 | Upminster MB | Tue 28th Feb 2023 | 19:30 | ov |
| Upminster MA | 0 - 4 | Wanstead M | Tue 14th Mar 2023 | 19:15 | ov |
| Southend M | 2 - 2 | Wanstead M | Mon 27th Mar 2023 | 19:30 | ov |
| Southend M | 2 - 2 | Thurrock MB | Mon 3rd Apr 2023 | 19:30 | ov |
| Upminster MB | 21/2 - 11/2 | Thurrock MB | Tue 11th Apr 2023 | 19:15 | OV |
| Thurrock MA | 21/2 - 11/2 | Wanstead M | Wed 12th Apr 2023 | 19:30 | ov |
| Upminster MA | 1/2 - 31/2 | Thurrock MA | Tue 18th Apr 2023 | 19:15 | ov |
| Upminster MA | 0 - 4 | Southend M | Tue 2nd May 2023 | 19:15 | OV |
| Thurrock MB | 11/2 - 21/2 | Wanstead M | Wed 3rd May 2023 | 19:30 | ov |