

Bye

Home Team	Result	Away Team	Date	Time	Status
Ilford	0 - 0	Bye	Fri 4th Aug 2023	19:30	LU
Barking A	0 - 0	Bye	Fri 4th Aug 2023	19:30	LU
Basildon	0 - 0	Bye	Fri 4th Aug 2023	19:40	LU