Opposition	2022	Result	Wanstead	Opposition
Royal Epping Forest	Away	Lost	2	5
Hartswood	Away	Won	4	2
Woodford	Away	Draw	4	4
West Essex	Home	Won	6	2
Ilford	Home	Won	4 1/2	1 1/2
West Essex	Away			
Ilford	Away			
Enfield	Home			
Enfield	Away			
Theydon Bois	Away			
Hartswood	Home			
Upminster	Home			
Upminster	Away			
Abridge	Home			
Theydon Bois	Home			
Royal Epping Forest	Home			
Abridge	Away			
Woodford	Home			
		Played	5	
Total		Won	3	
		Draw	1	
		Lost	1	