

| 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 | Lost | 3 1/2 | 4 1/2 |
| Ilford | Away | Lost | 1 1/2 | 4 1/2 |
| Hartswood | Home | Won | 4 | 2 |
| Theydon Bois | Away | Won | 4 1/2 | 3 1/2 |
| Abridge | Home | Won | 3 1/2 | 2 1/2 |
| Theydon Bois | Home | Won | 3 1/2 | 2 1/2 |
| Royal Epping Forest | Home | Draw | 3 1/2 | 3 1/2 |
| Abridge | Away | Won | 3 1/2 | 2 1/2 |
| Woodford | Home | | | |
| | | | | |
| | | Played | 13 | |
| | | Won | 8 | |
| | | Draw | 2 | |
| | | Lost | 3 | |
| | | | | |
| Total | | | | |