

| Team | P | W | D | L | GF | GA | PNTS | SA | |
|-------------------------|----|----|----|----|-----|-----|------|--------|--|
| FC Clacton* | 22 | 16 | 4 | 2 | 51 | 17 | 52 | 78.79% | |
| Hutton* | 64 | 45 | 6 | 13 | 198 | 95 | 144 | 75.00% | |
| Ryan F.C.* | 63 | 40 | 8 | 15 | 211 | 128 | 134 | 70.90% | |
| Frenford Senior* | 46 | 21 | 3 | 22 | 122 | 137 | 66 | 47.83% | |
| Westhamians* | 46 | 21 | 6 | 19 | 108 | 102 | 65 | 47.10% | |
| Little Thurrock Dynamos | 41 | 17 | 5 | 19 | 89 | 120 | 56 | 45.53% | |
| Harold Hill* | 22 | 12 | 3 | 7 | 61 | 36 | 30 | 45.45% | |
| Leytonstone United | 24 | 8 | 6 | 10 | 45 | 55 | 30 | 41.67% | |
| Redbridge* | 64 | 25 | 11 | 28 | 133 | 138 | 80 | 41.67% | |
| Newbury Forest* | 46 | 20 | 4 | 22 | 102 | 120 | 55 | 39.86% | |
| May & Baker E.C.* | 46 | 15 | 9 | 22 | 86 | 108 | 53 | 38.41% | |
| Upminster | 42 | 17 | 7 | 18 | 71 | 80 | 48 | 38.10% | |
| Collier Row* | 46 | 14 | 7 | 25 | 97 | 117 | 49 | 35.51% | |
| Dagenham United* | 64 | 20 | 7 | 37 | 114 | 153 | 67 | 34.90% | |
| Academy Soccer* | 22 | 5 | 2 | 15 | 41 | 77 | 17 | 25.76% | |
| LOASS | 42 | 7 | 6 | 29 | 56 | 110 | 27 | 21.43% | |