

| Home Team | Result | Away Team | Date | Time | Status |
|-------------------|---------------|-------------------|---------------|-------------|---------------|
| Warren Hill | 1½ - 6½ | Clacton | Mon 14 Nov 22 | 19:30 | OU |
| Felixstowe B | 3 - 5 | Bury St Edmunds D | Tue 22 Nov 22 | 19:30 | OU |
| Ipswich C | 3 - 5 | Saxmundham B | Tue 22 Nov 22 | 19:30 | OV |
| Bury St Edmunds C | 5½ - 2½ | Woodbridge B | Thu 8 Dec 22 | 19:30 | OU |
| Clacton | 6 - 2 | Bury St Edmunds D | Tue 7 Feb 23 | 19:30 | OU |
| Saxmundham B | 4½ - 3½ | Bury St Edmunds C | Tue 7 Feb 23 | 19:30 | OU |
| Clacton | 2 - 6 | Saxmundham B | Tue 2 May 23 | 19:30 | OV |