

Home Team	Result	Away Team	Date	Time Status
Ely Beet Rooks	3 - 1	Sudbury	Mon 12 Sep 22	19:30 OV
Newmarket Knights	1 - 3	Stowmarket	Mon 12 Sep 22	19:30 OV
Linton Lynxes	3 - 1	Linton Lemurs	Tue 13 Sep 22	19:30 OV
Bury St Edmunds Barracudas	3 - 1	Bury St Edmunds Earwigs	Thu 15 Sep 22	19:30 OV
Linton Lemurs	3½ - ½	Ely Beet Rooks	Tue 27 Sep 22	19:30 OU
Stowmarket	½ - 3½	Bury St Edmunds Barracudas	Tue 27 Sep 22	19:30 OV
Bury St Edmunds Earwigs	½ - 3½	Linton Lynxes	Thu 29 Sep 22	19:30 OV
Sudbury	1 - 3	Newmarket Knights	Wed 5 Oct 22	19:30 OU
Newmarket Knights	3 - 1	Linton Lemurs	Mon 17 Oct 22	19:30 OV
Linton Lynxes	1½ - 2½	Ely Beet Rooks	Tue 18 Oct 22	19:30 OU
Sudbury	1 - 3	Bury St Edmunds Barracudas	Wed 19 Oct 22	19:30 OU
Bury St Edmunds Earwigs	1½ - 2½	Stowmarket	Thu 20 Oct 22	19:30 OV
Ely Beet Rooks	1 - 3	Bury St Edmunds Earwigs	Mon 31 Oct 22	19:30 OU
Stowmarket	0 - 4	Linton Lynxes	Tue 1 Nov 22	19:30 OV
Bury St Edmunds Barracudas	½ - 3½	Newmarket Knights	Thu 3 Nov 22	19:30 OV
Newmarket Knights	4 - 0	Ely Beet Rooks	Mon 14 Nov 22	19:30 OU
Linton Lemurs	3 - 1	Stowmarket	Tue 15 Nov 22	19:30 OV
Bury St Edmunds Barracudas	0 - 4	Linton Lynxes	Thu 17 Nov 22	19:30 OU
Bury St Edmunds Earwigs	½ - 3½	Sudbury	Thu 17 Nov 22	19:30 OV
Newmarket Knights	1 - 3	Bury St Edmunds Earwigs	Mon 28 Nov 22	19:30 OV
Linton Lemurs	1 - 3	Bury St Edmunds Barracudas	Tue 29 Nov 22	19:30 OV
Sudbury	0 - 4	Linton Lynxes	Wed 30 Nov 22	19:30 OV
Sudbury	1 - 3	Stowmarket	Wed 14 Dec 22	19:30 OV
Bury St Edmunds Earwigs	2 - 2	Linton Lemurs	Thu 15 Dec 22	19:30 OV
Linton Lemurs	1 - 3	Linton Lynxes	Tue 10 Jan 23	19:30 OV
Bury St Edmunds Earwigs	0 - 4	Bury St Edmunds Barracudas	Thu 12 Jan 23	19:30 OV
Linton Lemurs	1½ - 2½	Sudbury	Tue 17 Jan 23	19:30 OV
Bury St Edmunds Barracudas	2½ - 1½	Stowmarket	Thu 19 Jan 23	19:30 OV
Ely Beet Rooks	1 - 3	Bury St Edmunds Barracudas	Mon 23 Jan 23	19:30 OU
Ely Beet Rooks	3 - 1	Linton Lemurs	Mon 30 Jan 23	19:30 OV
Newmarket Knights	2 - 2	Sudbury	Mon 30 Jan 23	19:30 OV
Linton Lynxes	2½ - 1½	Bury St Edmunds Earwigs	Tue 31 Jan 23	19:30 OV
Stowmarket	1½ - 2½	Ely Beet Rooks	Tue 31 Jan 23	19:30 OV
Ely Beet Rooks	0 - 4	Linton Lynxes	Mon 13 Feb 23	19:30 OV
Linton Lemurs	1 - 3	Newmarket Knights	Tue 14 Feb 23	19:30 OV
Stowmarket	3 - 1	Bury St Edmunds Earwigs	Tue 14 Feb 23	19:30 OV
Bury St Edmunds Barracudas	2 - 2	Sudbury	Thu 16 Feb 23	19:30 OV
Linton Lynxes	2 - 2	Newmarket Knights	Tue 21 Feb 23	19:30 OV
Newmarket Knights	4 - 0	Bury St Edmunds Barracudas	Mon 27 Feb 23	19:30 OU
Sudbury	1½ - 2½	Linton Lemurs	Wed 1 Mar 23	19:30 OV
Bury St Edmunds Earwigs	3½ - ½	Ely Beet Rooks	Thu 2 Mar 23	19:30 OU
Ely Beet Rooks	1 - 3	Newmarket Knights	Mon 13 Mar 23	19:30 OV
Linton Lynxes	1½ - 2½	Bury St Edmunds Barracudas	Tue 14 Mar 23	19:30 OU

Home Team	Result	Away Team	Date	Time Status
Stowmarket	2 - 2	Linton Lemurs	Tue 14 Mar 23	19:30 OV
Stowmarket	½ - 3½	Newmarket Knights	Tue 21 Mar 23	19:30 OU
Ely Beet Rooks	2 - 2	Stowmarket	Mon 27 Mar 23	19:30 OV
Linton Lynxes	3½ - ½	Sudbury	Tue 28 Mar 23	19:30 OV
Bury St Edmunds Barracudas	3 - 1	Linton Lemurs	Thu 30 Mar 23	19:30 OV
Bury St Edmunds Earwigs	1 - 3	Newmarket Knights	Thu 30 Mar 23	19:30 OV
Sudbury	1½ - 2½	Ely Beet Rooks	Wed 5 Apr 23	19:30 OV
Linton Lynxes	2 - 2	Stowmarket	Tue 11 Apr 23	19:30 OV
Newmarket Knights	2 - 2	Linton Lynxes	Mon 17 Apr 23	19:30 OU
Linton Lemurs	4 - 0	Bury St Edmunds Earwigs	Tue 18 Apr 23	19:30 OU
Stowmarket	1½ - 2½	Sudbury	Tue 18 Apr 23	19:30 OV
Bury St Edmunds Barracudas	1½ - 2½	Ely Beet Rooks	Thu 20 Apr 23	19:30 OU
Sudbury	½ - 3½	Bury St Edmunds Earwigs	Wed 26 Apr 23	19:30 OU