

| Home Team | Result | Away Team | Date | Time | Status |
|--------------------|---------------|------------------|---------------|-------------|---------------|
| Uxbridge Juniors A | 2 - 2 | Harrow A | Fri 2 Dec 22 | 19:30 | OU |
| West London | 3 - 1 | Hatch End A | Wed 14 Dec 22 | 19:30 | OV |
| Ealing B | 2 - 2 | Watford Jnr A | Mon 19 Dec 22 | 19:30 | OU |
| Harrow Juniors | 3½ - ½ | Hatch End B | Thu 19 Jan 23 | 19:30 | OU |
| Watford Jnr A | ½ - 3½ | West London | Mon 27 Feb 23 | 19:30 | OU |
| Greenford A | 4 - 0 | Uxbridge B | Thu 23 Mar 23 | 19:30 | OU |
| Harrow A | 1½ - 2½ | Harrow Juniors | Thu 23 Mar 23 | 19:30 | OU |
| Harrow Juniors | 2½ - 1½ | Greenford A | Thu 18 May 23 | 19:30 | OU |
| West London | 2½ - 1½ | Harrow Juniors | Wed 21 Jun 23 | 19:30 | OV |