

| Home Team | Result | Away Team | Date | Time | Status |
|-----------------------|---------------|-----------------------|---------------|-------------|---------------|
| Chess Centre Enigmas | 3 - 1 | Chess Centre Hustlers | Thu 27 Oct 22 | 19:30 | OU |
| Spofforth | 2½ - 1½ | St Robert's Rebels | Tue 15 Nov 22 | 19:30 | OU |
| Ilkley | 1 - 3 | Archbishops | Tue 13 Dec 22 | 19:30 | OU |
| Chess Centre Hustlers | 2 - 2 | Ilkley | Thu 5 Jan 23 | 19:30 | OU |
| Archbishops | 3½ - ½ | Spofforth | Thu 19 Jan 23 | 19:30 | OU |
| Woodshifters | 1 - 3 | Ilkley | Mon 23 Jan 23 | 19:30 | OU |
| Ilkley | 1 - 3 | Chess Centre Enigmas | Mon 30 Jan 23 | 19:30 | OU |
| Chess Centre Hustlers | 1 - 3 | Archbishops | Thu 2 Feb 23 | 19:30 | OU |
| Chess Centre Enigmas | 3 - 1 | Woodshifters | Mon 13 Feb 23 | 19:30 | OU |
| Archbishops | 3 - 1 | Chess Centre Enigmas | Thu 16 Feb 23 | 19:30 | OU |
| Woodshifters | 1 - 3 | St Robert's Rebels | Tue 21 Feb 23 | 19:30 | OU |
| Chess Centre Enigmas | 2½ - 1½ | Spofforth | Thu 16 Mar 23 | 19:30 | OU |
| St Robert's Rebels | 1 - 3 | Ilkley | Mon 20 Mar 23 | 19:30 | OU |
| St Robert's Rebels | 0 - 4 | Archbishops | Mon 27 Mar 23 | 19:30 | OU |
| Spofforth | 1½ - 2½ | Ilkley | Mon 27 Mar 23 | 19:30 | OU |
| Chess Centre Enigmas | 3 - 1 | St Robert's Rebels | Tue 28 Mar 23 | 19:30 | OU |
| Spofforth | ½ - 3½ | Chess Centre Hustlers | Mon 3 Apr 23 | 19:30 | OU |
| Archbishops | 3 - 1 | Woodshifters | Thu 13 Apr 23 | 19:30 | OU |
| St Robert's Rebels | 3½ - ½ | Chess Centre Hustlers | Mon 17 Apr 23 | 19:30 | OU |
| Spofforth | 3½ - ½ | Woodshifters | Mon 24 Apr 23 | 19:30 | OU |
| Woodshifters | ½ - 3½ | Chess Centre Hustlers | Mon 22 May 23 | 19:30 | OU |