

| Home Team | Result | Away Team | Date | Time | Status |
|-------------------|---------------|-------------------|--------------|-------------|---------------|
| Manningtree C | 4 - 4 | Stowmarket B | Wed 4 Oct 23 | 19:30 | OU |
| Warren Hill | 0 - 8 | Woodbridge B | Sat 4 Nov 23 | 19:30 | OU |
| Stowmarket B | 2 - 6 | Ipswich C | Tue 7 Nov 23 | 19:30 | OU |
| Ipswich B | 4 - 4 | Clacton | Wed 8 Nov 23 | 19:30 | OU |
| Bury St Edmunds D | 4 - 4 | Woodbridge B | Thu 9 Nov 23 | 19:30 | OU |
| Bury St Edmunds C | 4 - 4 | Felixstowe B | Thu 4 Jan 24 | 19:30 | OV |
| Woodbridge B | 5 - 3 | Ipswich C | Wed 7 Feb 24 | 19:30 | OU |
| Clacton | 5½ - 2½ | Bury St Edmunds C | Tue 2 Apr 24 | 19:30 | OV |
| Woodbridge B | 1 - 7 | Clacton | Wed 8 May 24 | 19:30 | OU |