

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|-------------------|---------------|-------------|---------------|
| Eastbourne 3 | 2½ - 1½ | Bexhill 2 | Fri 20 Oct 23 | 19:30 | OV |
| Eastbourne 3 | 2 - 2 | Collyers VI FC 1 | Fri 10 Nov 23 | 19:30 | OV |
| Eastbourne 3 | ½ - 3½ | Brighton & Hove 2 | Fri 24 Nov 23 | 19:30 | OU |
| Horsham 3 | 2½ - 1½ | Eastbourne 3 | Tue 30 Jan 24 | 19:30 | OU |
| Eastbourne 3 | 1½ - 2½ | Sussex University | Fri 16 Feb 24 | 19:30 | OV |
| Crowborough 2 | 2 - 2 | Eastbourne 3 | Fri 1 Mar 24 | 19:30 | OU |
| Bexhill 3 | 2½ - 1½ | Eastbourne 3 | Fri 8 Mar 24 | 19:30 | OU |
| Eastbourne 3 | 1 - 3 | East Grinstead 1 | Fri 15 Mar 24 | 19:30 | OV |
| East Grinstead 2 | 2 - 2 | Eastbourne 3 | Mon 15 Apr 24 | 19:30 | OU |