

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Poole A | 1½ - 2½ | Poole B | Mon 3 Oct 22 | 19:30 | OU |
| Poole B | 1 - 3 | Southbourne A | Mon 31 Oct 22 | 19:30 | OV |
| Wimborne A | 2 - 2 | Poole B | Wed 7 Dec 22 | 19:30 | OU |
| Poole B | 1½ - 2½ | Ringwood A | Mon 12 Dec 22 | 19:30 | OV |
| Highcliffe A | 1½ - 2½ | Poole B | Mon 9 Jan 23 | 19:30 | OV |
| Poole B | 2½ - 1½ | Poole A | Mon 30 Jan 23 | 19:30 | OV |
| Southbourne A | 3 - 1 | Poole B | Fri 24 Feb 23 | 19:30 | OV |
| Ringwood A | 1½ - 2½ | Poole B | Mon 13 Mar 23 | 19:30 | OU |
| Poole B | 3 - 1 | Wimborne A | Mon 17 Apr 23 | 19:30 | OV |
| Poole B | 1½ - 2½ | Highcliffe A | Mon 24 Apr 23 | 19:30 | OU |