

| Home Team | Result | Away Team | Date | Time | Status |
|---------------------|---------------|---------------------|---------------|-------------|---------------|
| Hartlepool | 2 - 2 | Thornaby | Mon 10 Oct 22 | 19:00 | OV |
| Thornaby | 1 - 3 | Darlington B | Thu 27 Oct 22 | 19:00 | OU |
| Durham City C | 2 - 2 | Thornaby | Wed 9 Nov 22 | 19:00 | OU |
| Thornaby | 2 - 2 | Durham University B | Thu 24 Nov 22 | 19:00 | OV |
| Durham University C | 1½ - 2½ | Thornaby | Wed 7 Dec 22 | 19:00 | OU |
| Peterlee | 2 - 2 | Thornaby | Wed 4 Jan 23 | 19:00 | OU |
| Hetton Lyons | 1½ - 2½ | Thornaby | Thu 19 Jan 23 | 19:15 | OU |
| Durham University B | 4 - 0 | Thornaby | Wed 8 Feb 23 | 19:00 | OU |
| Thornaby | 0 - 4 | Bishop Auckland | Thu 16 Feb 23 | 19:00 | OU |
| Thornaby | 2 - 2 | Durham University C | Thu 23 Feb 23 | 19:00 | OU |
| Thornaby | 2 - 2 | Hartlepool | Thu 2 Mar 23 | 19:00 | OV |
| Darlington B | 2½ - 1½ | Thornaby | Wed 15 Mar 23 | 19:15 | OU |
| Thornaby | 2 - 2 | Hetton Lyons | Thu 23 Mar 23 | 19:00 | OU |
| Thornaby | 2 - 2 | Durham City C | Thu 30 Mar 23 | 19:00 | OU |
| Bishop Auckland | 1½ - 2½ | Thornaby | Thu 20 Apr 23 | 19:15 | OV |
| Thornaby | 4 - 0 | Peterlee | Thu 4 May 23 | 19:00 | OU |