

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------------------------|---------------|-------------|---------------|
| Lewisham 1 | 6 - 2 | Wimbledon 1 | Tue 1 Nov 22 | 18:30 | OV |
| Lewisham 1 | 4 - 4 | Streatham 2 | Tue 15 Nov 22 | 18:30 | OV |
| Cavendish 2 | 4 - 4 | Lewisham 1 | Thu 1 Dec 22 | 18:45 | OV |
| Lewisham 1 | 6 - 2 | Wanstead 1 | Tue 24 Jan 23 | 18:30 | OV |
| Lewisham 1 | 5½ - 2½ | British Bangla Chess Association 1 | Tue 7 Feb 23 | 18:30 | OV |
| Lewisham 1 | 7 - 1 | Dulwich 1 | Tue 28 Feb 23 | 18:30 | OV |
| Lewisham 1 | 2½ - 5½ | East Ham 1 | Tue 28 Mar 23 | 18:30 | OV |
| Lewisham 1 | 7½ - ½ | Battersea 2 | Tue 2 May 23 | 18:30 | OV |
| Lewisham 1 | 6 - 2 | Ilford 1 | Tue 30 May 23 | 18:30 | OV |
| Lewisham 1 | 3 - 5 | Metropolitan 1 | Thu 15 Jun 23 | 18:30 | OV |