

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Witham A | ½ - 3½ | Chelmsford A | Wed 2 Nov 22 | 19:30 | OV |
| Witham A | 1½ - 2½ | Writtle | Wed 7 Dec 22 | 19:30 | OV |
| Witham A | 2½ - 1½ | Braintree A | Wed 11 Jan 23 | 19:30 | OV |
| Witham A | 2½ - 1½ | Maldon | Wed 1 Mar 23 | 19:30 | OV |
| Brentwood B | 1 - 3 | Witham A | Tue 14 Mar 23 | 19:30 | OV |
| Colchester B | 2½ - 1½ | Witham A | Wed 29 Mar 23 | 19:30 | OV |
| Chelmsford B | ½ - 3½ | Witham A | Mon 3 Apr 23 | 19:30 | OU |
| Witham A | 2 - 2 | Colchester A | Wed 19 Apr 23 | 19:30 | OV |
| Witham A | 1 - 3 | Brentwood A | Wed 10 May 23 | 19:30 | OU |