

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Writtle | 2½ - 1½ | Chelmsford B | Wed 16 Nov 22 | 19:30 | OV |
| Witham A | 1½ - 2½ | Writtle | Wed 7 Dec 22 | 19:30 | OV |
| Braintree A | 2 - 2 | Writtle | Wed 25 Jan 23 | 19:30 | OV |
| Brentwood A | 2 - 2 | Writtle | Tue 31 Jan 23 | 19:30 | OV |
| Chelmsford A | 3 - 1 | Writtle | Mon 6 Feb 23 | 19:30 | OV |
| Writtle | 2 - 2 | Colchester B | Wed 22 Mar 23 | 19:30 | OU |
| Maldon | 0 - 4 | Writtle | Wed 5 Apr 23 | 19:30 | OU |
| Colchester A | 4 - 0 | Writtle | Wed 26 Apr 23 | 19:30 | OV |
| Writtle | 3 - 1 | Brentwood B | Wed 24 May 23 | 19:30 | OV |