

| Home Team | Result | Away Team | Date | Time Status |
|-------------------------|---------------|-------------------------|---------------|--------------------|
| Norwich Dons Buccaneers | 2 - 2 | Broadland Bitterns | Tue 4 Oct 22 | 19:30 OV |
| Broadland Bitterns | 1½ - 2½ | St Johns Crusaders | Tue 1 Nov 22 | 19:30 OV |
| St Johns Templars | 2 - 2 | Broadland Bitterns | Thu 17 Nov 22 | 19:30 OV |
| Broadland Bitterns | 3½ - ½ | Lowestoft A | Tue 22 Nov 22 | 19:30 OV |
| Norfolk & Norwich A | 2 - 2 | Broadland Bitterns | Tue 13 Dec 22 | 19:30 OV |
| Broadland Bitterns | 2½ - 1½ | Norwich Dons Buccaneers | Tue 3 Jan 23 | 19:30 OV |
| St Johns Crusaders | 2½ - 1½ | Broadland Bitterns | Thu 16 Feb 23 | 19:30 OV |
| Broadland Bitterns | 1 - 3 | St Johns Templars | Tue 21 Feb 23 | 19:30 OV |
| Lowestoft A | 3 - 1 | Broadland Bitterns | Mon 6 Mar 23 | 19:30 OV |
| Broadland Bitterns | ½ - 3½ | Norfolk & Norwich A | Tue 14 Mar 23 | 19:30 OV |
| Norwich Dons Avengers | 2½ - 1½ | Broadland Bitterns | Tue 4 Apr 23 | 19:30 OV |
| Broadland Bitterns | ½ - 3½ | Norwich Dons Avengers | Tue 9 May 23 | 19:30 OV |