

<b>Home Team</b>	<b>Result</b>	<b>Away Team</b>	<b>Date</b>	<b>Time Status</b>
Ely Beet Rooks	3 - 1	Sudbury	Mon 12 Sep 22	19:30 OV
Linton Lemurs	3½ - ½	Ely Beet Rooks	Tue 27 Sep 22	19:30 OU
Linton Lynxes	1½ - 2½	Ely Beet Rooks	Tue 18 Oct 22	19:30 OU
Ely Beet Rooks	1 - 3	Bury St Edmunds Earwigs	Mon 31 Oct 22	19:30 OU
Newmarket Knights	4 - 0	Ely Beet Rooks	Mon 14 Nov 22	19:30 OU
Ely Beet Rooks	1 - 3	Bury St Edmunds Barracudas	Mon 23 Jan 23	19:30 OU
Ely Beet Rooks	3 - 1	Linton Lemurs	Mon 30 Jan 23	19:30 OV
Stowmarket	1½ - 2½	Ely Beet Rooks	Tue 31 Jan 23	19:30 OV
Ely Beet Rooks	0 - 4	Linton Lynxes	Mon 13 Feb 23	19:30 OV
Bury St Edmunds Earwigs	3½ - ½	Ely Beet Rooks	Thu 2 Mar 23	19:30 OU
Ely Beet Rooks	1 - 3	Newmarket Knights	Mon 13 Mar 23	19:30 OV
Ely Beet Rooks	2 - 2	Stowmarket	Mon 27 Mar 23	19:30 OV
Sudbury	1½ - 2½	Ely Beet Rooks	Wed 5 Apr 23	19:30 OV
Bury St Edmunds Barracudas	1½ - 2½	Ely Beet Rooks	Thu 20 Apr 23	19:30 OU