

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| West Leeds | 1½ - 4½ | Dewsbury | Sat 24 Sep 22 | 14:30 | OU |
| Ilkley Knights | 3 - 3 | Settle | Sat 24 Sep 22 | 14:30 | OU |
| York D | 5 - 1 | Harrogate C | Sat 24 Sep 22 | 14:30 | OU |
| Bradford B | 2 - 4 | Holmfirth | Sat 24 Sep 22 | 14:30 | OU |
| Dewsbury | 3 - 3 | Holmfirth | Sat 8 Oct 22 | 14:30 | OU |
| Settle | 1½ - 4½ | York D | Sat 8 Oct 22 | 14:30 | OU |
| West Leeds | 2½ - 3½ | Ilkley Knights | Sat 8 Oct 22 | 14:30 | OU |
| Dewsbury | 3½ - 2½ | Bradford B | Sat 12 Nov 22 | 14:30 | OU |
| Harrogate C | 1 - 5 | Ilkley Knights | Sat 12 Nov 22 | 14:30 | OU |
| Settle | 3½ - 2½ | West Leeds | Sat 12 Nov 22 | 14:30 | OU |
| Settle | 3½ - 2½ | Dewsbury | Sat 10 Dec 22 | 14:30 | OU |
| West Leeds | 5½ - ½ | Harrogate C | Sat 10 Dec 22 | 14:30 | OU |
| York D | 3½ - 2½ | Holmfirth | Sat 10 Dec 22 | 14:30 | OU |
| Bradford B | 2½ - 3½ | York D | Sat 28 Jan 23 | 14:30 | OU |
| Holmfirth | 1½ - 3½ | Ilkley Knights | Sat 28 Jan 23 | 14:30 | OU |
| Harrogate C | 1 - 5 | Settle | Sat 28 Jan 23 | 14:30 | OU |
| Dewsbury | 4½ - 1½ | Harrogate C | Sat 18 Feb 23 | 14:30 | OU |
| West Leeds | 3 - 3 | Holmfirth | Sat 18 Feb 23 | 14:30 | OU |
| Ilkley Knights | 1 - 4 | Bradford B | Sat 18 Feb 23 | 14:30 | OU |
| York D | 3 - 3 | Dewsbury | Sat 4 Mar 23 | 14:30 | OU |
| Bradford B | 4 - 2 | West Leeds | Sat 4 Mar 23 | 14:30 | OU |
| Holmfirth | 3 - 3 | Settle | Sat 4 Mar 23 | 14:30 | OU |
| Harrogate C | 1 - 5 | Holmfirth | Sat 1 Apr 23 | 14:30 | OU |
| Settle | 3½ - 2½ | Bradford B | Sat 1 Apr 23 | 14:30 | OU |
| Ilkley Knights | 1½ - 4½ | York D | Sat 1 Apr 23 | 14:30 | OU |
| Ilkley Knights | 2 - 4 | Dewsbury | Sat 22 Apr 23 | 14:30 | OU |
| York D | 5 - 1 | West Leeds | Sat 22 Apr 23 | 14:30 | OU |
| Bradford B | 5 - 1 | Harrogate C | Sat 22 Apr 23 | 14:30 | OU |