

| Home Team | Result | Away Team | Date | Time | Status |
|--------------------|---------------|--------------------|---------------|-------------|---------------|
| Alnwick B | 2 - 2 | Forest Hall E | Wed 12 Oct 22 | 19:30 | OV |
| Gosforth Jedis | 2 - 2 | Gosforth Woodbines | Mon 17 Oct 22 | 19:15 | OV |
| Tynemouth D | 2½ - 1½ | Leam Lane Comets | Tue 18 Oct 22 | 19:30 | OU |
| Gosforth Woodbines | 3 - 1 | Tynemouth D | Mon 31 Oct 22 | 19:15 | OU |
| Leam Lane Comets | 1½ - 2½ | Forest Hall E | Tue 1 Nov 22 | 19:15 | OU |
| Alnwick B | 2 - 2 | Gosforth Jedis | Wed 2 Nov 22 | 19:30 | OU |
| Tynemouth D | 1 - 3 | Gosforth Jedis | Tue 15 Nov 22 | 19:30 | OU |
| Leam Lane Comets | 2½ - 1½ | Alnwick B | Wed 16 Nov 22 | 19:15 | OV |
| Forest Hall E | 1 - 3 | Gosforth Woodbines | Thu 17 Nov 22 | 19:30 | OV |
| Gosforth Jedis | 2 - 2 | Leam Lane Comets | Mon 28 Nov 22 | 19:15 | OU |
| Tynemouth D | 1½ - 2½ | Forest Hall E | Tue 29 Nov 22 | 19:30 | OU |
| Alnwick B | 2 - 2 | Gosforth Woodbines | Wed 30 Nov 22 | 19:30 | OV |
| Gosforth Woodbines | 4 - 0 | Leam Lane Comets | Mon 12 Dec 22 | 19:15 | OU |
| Forest Hall E | 2 - 2 | Gosforth Jedis | Thu 15 Dec 22 | 19:30 | OU |
| Alnwick B | 2 - 2 | Tynemouth D | Wed 11 Jan 23 | 19:30 | OU |
| Gosforth Woodbines | 3 - 1 | Gosforth Jedis | Mon 16 Jan 23 | 19:15 | OU |
| Leam Lane Comets | 1 - 3 | Tynemouth D | Tue 17 Jan 23 | 19:15 | OU |
| Forest Hall E | 2 - 2 | Alnwick B | Wed 25 Jan 23 | 19:15 | OV |
| Tynemouth D | 2 - 2 | Gosforth Woodbines | Tue 31 Jan 23 | 19:30 | OU |
| Gosforth Jedis | 2½ - 1½ | Alnwick B | Mon 6 Feb 23 | 19:15 | OU |
| Forest Hall E | 2 - 2 | Leam Lane Comets | Thu 9 Feb 23 | 19:30 | OU |
| Gosforth Jedis | 1½ - 2½ | Tynemouth D | Mon 13 Feb 23 | 19:15 | OU |
| Gosforth Woodbines | 2 - 2 | Forest Hall E | Mon 20 Feb 23 | 19:15 | OV |
| Alnwick B | ½ - 3½ | Leam Lane Comets | Wed 22 Feb 23 | 19:30 | OV |
| Leam Lane Comets | ½ - 3½ | Gosforth Jedis | Tue 28 Feb 23 | 19:15 | OU |
| Forest Hall E | 2 - 2 | Tynemouth D | Thu 2 Mar 23 | 19:30 | OU |
| Gosforth Woodbines | 0 - 4 | Alnwick B | Wed 8 Mar 23 | 19:15 | OV |
| Gosforth Jedis | 3 - 1 | Forest Hall E | Mon 13 Mar 23 | 19:15 | OU |
| Leam Lane Comets | 1 - 3 | Gosforth Woodbines | Tue 14 Mar 23 | 19:15 | OU |
| Tynemouth D | 1½ - 2½ | Alnwick B | Wed 22 Mar 23 | 19:15 | OU |