

| Home Team | Result | Away Team | Date | Time Status |
|--------------------------|---------------|--------------------------|---------------|--------------------|
| Brighton & Hove 1 | 3 - 2 | Lewes 1 | Thu 24 Oct 19 | 19:30 OV |
| Brighton & Hove 1 | 2½ - 2½ | Hastings & St.Leonards 1 | Sat 16 Nov 19 | 14:00 OV |
| Horsham 1 | 4 - 1 | Brighton & Hove 1 | Tue 19 Nov 19 | 19:30 OV |
| Worthing 3 | 1½ - 3½ | Brighton & Hove 1 | Mon 6 Jan 20 | 19:30 OV |
| Brighton & Hove 1 | 4½ - ½ | Eastbourne 1 | Thu 16 Jan 20 | 19:30 OV |
| Haywards Heath 1 | ½ - 4½ | Brighton & Hove 1 | Thu 23 Jan 20 | 19:30 OV |
| Brighton & Hove 1 | 2 - 3 | Horsham 2 | Thu 13 Feb 20 | 19:30 OV |
| Hastings & St.Leonards 2 | 0 - 0 | Brighton & Hove 1 | Sat 21 Mar 20 | 14:00 OU |
| Brighton & Hove 1 | 0 - 0 | Worthing 1 | Thu 2 Apr 20 | 19:30 OU |
| Worthing 2 | 0 - 0 | Brighton & Hove 1 | Mon 27 Apr 20 | 19:30 OU |