

| Home Team | Result | Away Team | Date | Time | Status |
|-------------------------|---------------|------------------|---------------|-------------|---------------|
| East Grinstead | 2 - 2 | Bexhill 2 | Thu 3 Feb 22 | 19:30 | OU |
| East Grinstead Bookshop | 0 - 4 | East Grinstead | Thu 24 Feb 22 | 19:30 | OU |
| Collyers VI FC | ½ - 3½ | East Grinstead | Tue 15 Mar 22 | 19:30 | OV |
| East Grinstead | 3 - 1 | Eastbourne 2 | Thu 24 Mar 22 | 19:30 | OV |
| Bexhill 1 | 3½ - ½ | East Grinstead | Thu 7 Apr 22 | 19:30 | OU |
| East Grinstead | 2 - 2 | Horsham 3 | Thu 28 Apr 22 | 19:30 | OV |
| Crowborough | 3 - 1 | East Grinstead | Fri 6 May 22 | 19:30 | OU |