

| Home Team | Result | Away Team | Date | Time | Status |
|-------------------|---------------|-------------------|---------------|-------------|---------------|
| Chess Mates B | 3½ - 1½ | Rushden B | Tue 4 Oct 22 | 19:30 | OU |
| Chess Mates B | 4 - 1 | Kettering B | Tue 25 Oct 22 | 19:30 | OU |
| Rushden A | 2 - 2 | Chess Mates B | Mon 7 Nov 22 | 19:00 | OU |
| Market Harborough | 3½ - 1½ | Chess Mates B | Tue 15 Nov 22 | 19:30 | OU |
| Chess Mates B | 3 - 2 | Kettering A | Tue 22 Nov 22 | 19:30 | OU |
| Chess Mates A | 3½ - 1½ | Chess Mates B | Tue 6 Dec 22 | 19:30 | OU |
| Chess Mates B | 2 - 3 | Chess Mates A | Tue 10 Jan 23 | 19:30 | OU |
| Kettering A | 2 - 3 | Chess Mates B | Mon 23 Jan 23 | 19:30 | OU |
| Chess Mates B | 2 - 2 | Rushden A | Tue 31 Jan 23 | 19:30 | OU |
| Kettering B | 1 - 4 | Chess Mates B | Mon 13 Feb 23 | 19:30 | OU |
| Chess Mates B | 4½ - 1½ | Market Harborough | Tue 21 Feb 23 | 19:30 | OU |
| Rushden B | 1½ - 3½ | Chess Mates B | Mon 13 Mar 23 | 19:00 | OU |