

| Home Team | Result | Away Team | Date | Time | Event | Status |
|---------------------------|---------------|--------------------------|---------------|-------------|--------------|---------------|
| Hastings & St Leonards 1 | 3 - 1 | Hastings & St Leonards 2 | Wed 11 Oct 23 | 19:30 | Division 1 | OV |
| East Grinstead Bookshop 2 | ½ - 3½ | Hastings & St Leonards 3 | Fri 13 Oct 23 | 19:30 | Division 3 | OV |
| Hastings & St Leonards 2 | 1 - 3 | Lewes | Tue 17 Oct 23 | 19:30 | Division 1 | OV |
| Bexhill 4 | 1 - 3 | Hastings & St Leonards 3 | Fri 20 Oct 23 | 19:30 | Division 3 | OV |
| Lewes | 1 - 3 | Hastings & St Leonards 1 | Tue 24 Oct 23 | 19:30 | Division 1 | OV |
| Eastbourne 5 | ½ - 3½ | Hastings & St Leonards 3 | Fri 10 Nov 23 | 19:30 | Division 3 | OV |
| Hastings & St Leonards 3 | 2½ - 1½ | Haywards Heath 2 | Mon 20 Nov 23 | 19:30 | Division 3 | OV |
| Eastbourne 1 | 1½ - 2½ | Hastings & St Leonards 1 | Fri 24 Nov 23 | 19:30 | Division 1 | OV |
| Hastings & St Leonards 2 | 2 - 2 | Worthing 1 | Tue 28 Nov 23 | 19:30 | Division 1 | OV |
| Hastings & St Leonards 3 | 2½ - 1½ | Eastbourne 4 | Mon 4 Dec 23 | 19:30 | Division 3 | OV |
| Hastings & St Leonards 1 | 2½ - 1½ | Crowborough 1 | Wed 6 Dec 23 | 19:30 | Division 1 | OU |
| Worthing 1 | 2½ - 1½ | Hastings & St Leonards 1 | Mon 15 Jan 24 | 19:30 | Division 1 | OV |
| Hastings & St Leonards 2 | 1½ - 2½ | Horsham 2 | Tue 16 Jan 24 | 19:30 | Division 1 | OU |
| Eastbourne 2 | 2 - 2 | Hastings & St Leonards 2 | Fri 26 Jan 24 | 19:30 | Division 1 | OV |
| Hastings & St Leonards 3 | 2 - 2 | Horsham 4 | Mon 29 Jan 24 | 19:30 | Division 3 | OV |
| Hastings & St Leonards 2 | 1½ - 2½ | Eastbourne 1 | Tue 13 Feb 24 | 19:30 | Division 1 | OV |
| Horsham 5 | 1½ - 2½ | Hastings & St Leonards 3 | Tue 20 Feb 24 | 19:30 | Division 3 | OV |
| Horsham 2 | 2 - 2 | Hastings & St Leonards 1 | Tue 20 Feb 24 | 19:30 | Division 1 | OU |
| Hastings & St Leonards 3 | 1½ - 2½ | Brighton & Hove 3 | Mon 26 Feb 24 | 19:30 | Division 3 | OV |
| Brighton & Hove 1 | 3 - 1 | Hastings & St Leonards 2 | Mon 4 Mar 24 | 19:30 | Division 1 | OV |
| Hastings & St Leonards 1 | 2 - 2 | Horsham 1 | Wed 6 Mar 24 | 19:30 | Division 1 | OV |
| Crowborough 1 | 3½ - ½ | Hastings & St Leonards 2 | Fri 8 Mar 24 | 19:30 | Division 1 | OU |
| Hastings & St Leonards 3 | 4 - 0 | Worthing 2 | Mon 18 Mar 24 | 19:30 | Division 3 | OV |
| Horsham 1 | 4 - 0 | Hastings & St Leonards 2 | Tue 19 Mar 24 | 19:30 | Division 1 | OV |

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|--------------------------|---------------|--------------------------|---------------|-------------|--------------|---------------|
| Haywards Heath 1 | 2 - 2 | Hastings & St Leonards 1 | Thu 28 Mar 24 | 19:30 | Division 1 | OV |
| Hastings & St Leonards 1 | 3 - 1 | Brighton & Hove 1 | Sat 6 Apr 24 | 14:30 | Division 1 | OU |
| Hastings & St Leonards 2 | 1 - 3 | Haywards Heath 1 | Tue 16 Apr 24 | 19:30 | Division 1 | OV |
| Bexhill 1 | ½ - 3½ | Hastings & St Leonards 1 | Fri 19 Apr 24 | 19:30 | Division 1 | OV |
| Haywards Heath 3 | ½ - 3½ | Hastings & St Leonards 3 | Thu 25 Apr 24 | 19:30 | Division 3 | OV |
| Hastings & St Leonards 2 | ½ - 3½ | Bexhill 1 | Tue 30 Apr 24 | 19:30 | Division 1 | OV |
| Hastings & St Leonards 1 | 2½ - 1½ | Eastbourne 2 | Wed 1 May 24 | 19:30 | Division 1 | OU |