

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Ipswich | 0 - 4 | Bury St Edmunds | Tue 21 Sep 21 | 19:30 | OU |
| Felixstowe | 1 - 3 | Clacton | Tue 21 Sep 21 | 19:30 | OV |
| Clacton | 2½ - 1½ | Ipswich | Tue 5 Oct 21 | 19:30 | OV |
| Bury St Edmunds | 3 - 1 | Felixstowe | Thu 7 Oct 21 | 19:30 | OV |
| Felixstowe | 2 - 2 | Bury St Edmunds | Tue 16 Nov 21 | 19:30 | OU |
| Bury St Edmunds | 1 - 3 | Clacton | Thu 9 Dec 21 | 19:30 | OV |
| Bury St Edmunds | 1 - 3 | Ipswich | Thu 3 Feb 22 | 19:30 | OU |
| Ipswich | 3 - 1 | Felixstowe | Tue 8 Mar 22 | 19:30 | OV |
| Clacton | 3½ - ½ | Felixstowe | Tue 15 Mar 22 | 19:30 | OV |
| Felixstowe | 2 - 2 | Ipswich | Tue 29 Mar 22 | 19:30 | OV |
| Ipswich | ½ - 3½ | Clacton | Tue 19 Apr 22 | 19:30 | OU |
| Clacton | 2 - 2 | Bury St Edmunds | Tue 3 May 22 | 19:30 | OU |