

| Home Team | Result | Away Team | Date | Time Status |
|----------------------------|---------------|----------------------------|---------------|--------------------|
| Newmarket Knights | 1 - 3 | Stowmarket | Mon 12 Sep 22 | 19:30 OV |
| Stowmarket | ½ - 3½ | Bury St Edmunds Barracudas | Tue 27 Sep 22 | 19:30 OV |
| Bury St Edmunds Earwigs | 1½ - 2½ | Stowmarket | Thu 20 Oct 22 | 19:30 OV |
| Stowmarket | 0 - 4 | Linton Lynxes | Tue 1 Nov 22 | 19:30 OV |
| Linton Lemurs | 3 - 1 | Stowmarket | Tue 15 Nov 22 | 19:30 OV |
| Sudbury | 1 - 3 | Stowmarket | Wed 14 Dec 22 | 19:30 OV |
| Bury St Edmunds Barracudas | 2½ - 1½ | Stowmarket | Thu 19 Jan 23 | 19:30 OV |
| Stowmarket | 1½ - 2½ | Ely Beet Rooks | Tue 31 Jan 23 | 19:30 OV |
| Stowmarket | 3 - 1 | Bury St Edmunds Earwigs | Tue 14 Feb 23 | 19:30 OV |
| Stowmarket | 2 - 2 | Linton Lemurs | Tue 14 Mar 23 | 19:30 OV |
| Stowmarket | ½ - 3½ | Newmarket Knights | Tue 21 Mar 23 | 19:30 OU |
| Ely Beet Rooks | 2 - 2 | Stowmarket | Mon 27 Mar 23 | 19:30 OV |
| Linton Lynxes | 2 - 2 | Stowmarket | Tue 11 Apr 23 | 19:30 OV |
| Stowmarket | 1½ - 2½ | Sudbury | Tue 18 Apr 23 | 19:30 OV |