

| Home Team | Result | Away Team | Date | Time | Status |
|-------------------|---------------|-------------------|---------------|-------------|---------------|
| Ipswich C | 1 - 3 | Bury St Edmunds C | Tue 20 Sep 22 | 19:30 | OV |
| Bury St Edmunds C | 3½ - ½ | Woodbridge B | Thu 6 Oct 22 | 19:30 | OU |
| Bury St Edmunds C | 2 - 2 | Felixstowe B | Thu 27 Oct 22 | 19:30 | OV |
| Saxmundham B | 3 - 1 | Bury St Edmunds C | Tue 6 Dec 22 | 19:30 | OV |
| Woodbridge B | 1½ - 2½ | Bury St Edmunds C | Wed 21 Dec 22 | 19:30 | OV |
| Bury St Edmunds D | 1½ - 2½ | Bury St Edmunds C | Thu 5 Jan 23 | 19:30 | OU |
| Bury St Edmunds C | 2½ - 1½ | Saxmundham B | Thu 23 Feb 23 | 19:30 | OV |
| Bury St Edmunds C | 3 - 1 | Ipswich C | Thu 2 Mar 23 | 19:30 | OV |
| Felixstowe B | 2½ - 1½ | Bury St Edmunds C | Tue 7 Mar 23 | 19:30 | OU |
| Bury St Edmunds C | 1 - 3 | Bury St Edmunds D | Thu 13 Apr 23 | 19:30 | OU |