

| Home Team | Result | Away Team | Date | Time Status |
|------------------------|---------------|------------------------|---------------|--------------------|
| Wymondham Eagles | 2 - 2 | St Johns Bishops | Fri 7 Oct 22 | 19:30 OV |
| Norwich Dons Cavaliers | 2½ - 1½ | St Johns Bishops | Tue 25 Oct 22 | 19:30 OV |
| St Johns Bishops | ½ - 3½ | Norfolk & Norwich B | Thu 27 Oct 22 | 19:30 OV |
| St Johns Bishops | 1½ - 2½ | Fakenham Oddfellows | Thu 8 Dec 22 | 19:30 OV |
| St Johns Bishops | ½ - 3½ | Aylsham Spitfires | Thu 5 Jan 23 | 19:30 OV |
| St Johns Bishops | 1½ - 2½ | Wymondham Eagles | Thu 26 Jan 23 | 19:30 OV |
| Norfolk & Norwich B | 3 - 1 | St Johns Bishops | Tue 31 Jan 23 | 19:30 OV |
| Lowestoft B | 2 - 2 | St Johns Bishops | Mon 6 Feb 23 | 19:30 OV |
| St Johns Bishops | 3 - 1 | Norwich Dons Cavaliers | Thu 16 Feb 23 | 19:30 OV |
| St Johns Bishops | 1½ - 2½ | Lowestoft B | Thu 30 Mar 23 | 19:30 OV |
| Fakenham Oddfellows | 2½ - 1½ | St Johns Bishops | Tue 18 Apr 23 | 19:35 OV |
| Aylsham Spitfires | 3 - 1 | St Johns Bishops | Mon 15 May 23 | 19:30 OV |