

| Home Team | Result | Away Team | Date | Time | Status |
|-------------------------|---------------|-------------------------|---------------|-------------|---------------|
| Aylsham Hurricanes | 1½ - 2½ | North Norfolk Seals | Mon 24 Oct 22 | 19:30 | OV |
| Lowestoft C | 2 - 2 | Aylsham Hurricanes | Mon 31 Oct 22 | 19:30 | OV |
| Aylsham Hurricanes | 2 - 2 | St Johns Knights | Mon 21 Nov 22 | 19:30 | OV |
| Norwich Dons Daredevils | 1½ - 2½ | Aylsham Hurricanes | Tue 13 Dec 22 | 19:30 | OV |
| Broadland Swallowtails | 2½ - 1½ | Aylsham Hurricanes | Tue 10 Jan 23 | 19:30 | OV |
| Aylsham Hurricanes | 2½ - 1½ | Lowestoft C | Mon 30 Jan 23 | 19:30 | OV |
| St Johns Knights | 1½ - 2½ | Aylsham Hurricanes | Thu 9 Mar 23 | 19:30 | OV |
| Aylsham Hurricanes | 2½ - 1½ | Norwich Dons Daredevils | Mon 13 Mar 23 | 19:30 | OV |
| North Norfolk Seals | 4 - 0 | Aylsham Hurricanes | Fri 24 Mar 23 | 19:30 | OV |
| Kings Lynn | 2½ - 1½ | Aylsham Hurricanes | Thu 6 Apr 23 | 19:30 | OV |
| Aylsham Hurricanes | 3½ - ½ | Broadland Swallowtails | Mon 24 Apr 23 | 19:30 | OV |
| Aylsham Hurricanes | 2½ - 1½ | Kings Lynn | Mon 22 May 23 | 19:30 | OV |