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| 24 September 2022 | Bury St Edmunds 3 Norwich Dragons 3 Norwich Exiles 1 Colchester 2 East Coast 1 Harleston Magpies 4 | v Ipswich & East Suffolk 2 v Sudbury 2 v Pelicans 2 v Norwich City 4 v University of East Anglia Men 3 v Bury St Edmunds 4 |
| 01 October 2022 | Ipswich & East Suffolk 2 Sudbury 2 Pelicans 2 Norwich City 4 University of East Anglia Men 3 Bury St Edmunds 4 | v Harleston Magpies 4 v Bury St Edmunds 3 v Norwich Dragons 3 v Norwich Exiles 1 v Colchester 2 v East Coast 1 |
| 08 October 2022 | Bury St Edmunds 3 Norwich Dragons 3 Norwich Exiles 1 Colchester 2 East Coast 1 Ipswich & East Suffolk 2 | v Pelicans 2 v Norwich City 4 v University of East Anglia Men 3 v Bury St Edmunds 4 v Harleston Magpies 4 v Sudbury 2 |
| 15 October 2022 | East Coast 1 Harleston Magpies 4 Pelicans 2 Norwich City 4 University of East Anglia Men 3 Bury St Edmunds 4 | v Ipswich & East Suffolk 2 v Colchester 2 v Sudbury 2 v Bury St Edmunds 3 v Norwich Dragons 3 v Norwich Exiles 1 |
| 29 October 2022 | Bury St Edmunds 3 Norwich Dragons 3 Norwich Exiles 1 Colchester 2 Ipswich & East Suffolk 2 Sudbury 2 | v University of East Anglia Men 3 v Bury St Edmunds 4 v Harleston Magpies 4 v East Coast 1 v Pelicans 2 v Norwich City 4 |
| 05 November 2022 | Colchester 2 East Coast 1 Harleston Magpies 4 Norwich City 4 University of East Anglia Men 3 Bury St Edmunds 4 | v Ipswich & East Suffolk 2 v Norwich Exiles 1 v Norwich Dragons 3 v Pelicans 2 v Sudbury 2 v Bury St Edmunds 3 |
| 12 November 2022 | Bury St Edmunds 3 Norwich Dragons 3 Norwich Exiles 1 Ipswich & East Suffolk 2 Sudbury 2 | v Harleston Magpies 4 v East Coast 1 v Colchester 2 v Norwich City 4 v Bury St Edmunds 4 |

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| | Pelicans 2 | v University of East Anglia Men 3 |
| 19 November 2022 | Norwich Exiles 1 Colchester 2 East Coast 1 Harleston Magpies 4 University of East Anglia Men 3 Bury St Edmunds 4 | v Ipswich & East Suffolk 2 v Norwich Dragons 3 v Bury St Edmunds 3 v Sudbury 2 v Norwich City 4 v Pelicans 2 |
| 26 November 2022 | Bury St Edmunds 3 Norwich Dragons 3 Ipswich & East Suffolk 2 Sudbury 2 Pelicans 2 Norwich City 4 | v Colchester 2 v Norwich Exiles 1 v University of East Anglia Men 3 v East Coast 1 v Harleston Magpies 4 v Bury St Edmunds 4 |
| 03 December 2022 | Norwich Dragons 3 Norwich Exiles 1 Colchester 2 East Coast 1 Harleston Magpies 4 Bury St Edmunds 4 | v Ipswich & East Suffolk 2 v Bury St Edmunds 3 v Sudbury 2 v Pelicans 2 v Norwich City 4 v University of East Anglia Men 3 |
| 10 December 2022 | Bury St Edmunds 3 Ipswich & East Suffolk 2 Sudbury 2 Pelicans 2 Norwich City 4 University of East Anglia Men 3 | v Norwich Dragons 3 v Bury St Edmunds 4 v Norwich Exiles 1 v Colchester 2 v East Coast 1 v Harleston Magpies 4 |
| 14 January 2023 | Ipswich & East Suffolk 2 Sudbury 2 Pelicans 2 Norwich City 4 University of East Anglia Men 3 Bury St Edmunds 4 | v Bury St Edmunds 3 v Norwich Dragons 3 v Norwich Exiles 1 v Colchester 2 v East Coast 1 v Harleston Magpies 4 |
| 21 January 2023 | Harleston Magpies 4 Bury St Edmunds 3 Norwich Dragons 3 Norwich Exiles 1 Colchester 2 East Coast 1 | v Ipswich & East Suffolk 2 v Sudbury 2 v Pelicans 2 v Norwich City 4 v University of East Anglia Men 3 v Bury St Edmunds 4 |
| 28 January 2023 | Pelicans 2 Norwich City 4 University of East Anglia Men 3 Bury St Edmunds 4 | v Bury St Edmunds 3 v Norwich Dragons 3 v Norwich Exiles 1 v Colchester 2 |

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| | Harleston Magpies 4 Sudbury 2 | v East Coast 1 v Ipswich & East Suffolk 2 |
| 04 February 2023 | Ipswich & East Suffolk 2 Colchester 2 Sudbury 2 Bury St Edmunds 3 Norwich Dragons 3 Norwich Exiles 1 | v East Coast 1 v Harleston Magpies 4 v Pelicans 2 v Norwich City 4 v University of East Anglia Men 3 v Bury St Edmunds 4 |
| 11 February 2023 | University of East Anglia Men 3 Bury St Edmunds 4 Harleston Magpies 4 East Coast 1 Pelicans 2 Norwich City 4 | v Bury St Edmunds 3 v Norwich Dragons 3 v Norwich Exiles 1 v Colchester 2 v Ipswich & East Suffolk 2 v Sudbury 2 |
| 25 February 2023 | Ipswich & East Suffolk 2 Norwich Exiles 1 Norwich Dragons 3 Pelicans 2 Sudbury 2 Bury St Edmunds 3 | v Colchester 2 v East Coast 1 v Harleston Magpies 4 v Norwich City 4 v University of East Anglia Men 3 v Bury St Edmunds 4 |
| 04 March 2023 | Harleston Magpies 4 East Coast 1 Colchester 2 Norwich City 4 Bury St Edmunds 4 University of East Anglia Men 3 | v Bury St Edmunds 3 v Norwich Dragons 3 v Norwich Exiles 1 v Ipswich & East Suffolk 2 v Sudbury 2 v Pelicans 2 |
| 11 March 2023 | Ipswich & East Suffolk 2 Norwich Dragons 3 Bury St Edmunds 3 Sudbury 2 Norwich City 4 Pelicans 2 | v Norwich Exiles 1 v Colchester 2 v East Coast 1 v Harleston Magpies 4 v University of East Anglia Men 3 v Bury St Edmunds 4 |
| 18 March 2023 | Colchester 2 Norwich Exiles 1 University of East Anglia Men 3 East Coast 1 Harleston Magpies 4 Bury St Edmunds 4 | v Bury St Edmunds 3 v Norwich Dragons 3 v Ipswich & East Suffolk 2 v Sudbury 2 v Pelicans 2 v Norwich City 4 |
| 25 March 2023 | Ipswich & East Suffolk 2 Bury St Edmunds 3 Sudbury 2 | v Norwich Dragons 3 v Norwich Exiles 1 v Colchester 2 |

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| | Pelicans 2 | v East Coast 1 |
| | Norwich City 4 | v Harleston Magpies 4 |
| | University of East Anglia Men 3 | v Bury St Edmunds 4 |
| 01 April 2023 | Norwich Dragons 3 | v Bury St Edmunds 3 |
| | Bury St Edmunds 4 | v Ipswich & East Suffolk 2 |
| | Norwich Exiles 1 | v Sudbury 2 |
| | Colchester 2 | v Pelicans 2 |
| | East Coast 1 | v Norwich City 4 |
| | Harleston Magpies 4 | v University of East Anglia Men 3 |