

24 September 2022	Dereham 3 Felixstowe 2 Norwich City 5 Pelicans 3 Bury St Edmunds 5 Ipswich & East Suffolk 3	v Harleston Magpies 5 v Watton 1 v Colchester 3 v Ipswich 3 v Norwich Dragons 4 v Newmarket 2
01 October 2022	Harleston Magpies 5 Watton 1 Colchester 3 Ipswich 3 Norwich Dragons 4 Newmarket 2	v Ipswich & East Suffolk 3 v Dereham 3 v Felixstowe 2 v Norwich City 5 v Pelicans 3 v Bury St Edmunds 5
08 October 2022	Dereham 3 Felixstowe 2 Norwich City 5 Pelicans 3 Bury St Edmunds 5 Harleston Magpies 5	v Colchester 3 v Ipswich 3 v Norwich Dragons 4 v Newmarket 2 v Ipswich & East Suffolk 3 v Watton 1
15 October 2022	Bury St Edmunds 5 Ipswich & East Suffolk 3 Colchester 3 Ipswich 3 Norwich Dragons 4 Newmarket 2	v Harleston Magpies 5 v Pelicans 3 v Watton 1 v Dereham 3 v Felixstowe 2 v Norwich City 5
29 October 2022	Dereham 3 Felixstowe 2 Norwich City 5 Pelicans 3 Harleston Magpies 5 Watton 1	v Norwich Dragons 4 v Newmarket 2 v Ipswich & East Suffolk 3 v Bury St Edmunds 5 v Colchester 3 v Ipswich 3
05 November 2022	Pelicans 3 Bury St Edmunds 5 Ipswich & East Suffolk 3 Ipswich 3 Norwich Dragons 4 Newmarket 2	v Harleston Magpies 5 v Norwich City 5 v Felixstowe 2 v Colchester 3 v Watton 1 v Dereham 3
12 November 2022	Dereham 3 Felixstowe 2 Norwich City 5 Harleston Magpies 5 Watton 1	v Ipswich & East Suffolk 3 v Bury St Edmunds 5 v Pelicans 3 v Ipswich 3 v Newmarket 2

	Colchester 3	v Norwich Dragons 4
19 November 2022	Norwich City 5 Pelicans 3 Bury St Edmunds 5 Ipswich & East Suffolk 3 Norwich Dragons 4 Newmarket 2	v Harleston Magpies 5 v Felixstowe 2 v Dereham 3 v Watton 1 v Ipswich 3 v Colchester 3
26 November 2022	Dereham 3 Felixstowe 2 Harleston Magpies 5 Watton 1 Colchester 3 Ipswich 3	v Pelicans 3 v Norwich City 5 v Norwich Dragons 4 v Bury St Edmunds 5 v Ipswich & East Suffolk 3 v Newmarket 2
03 December 2022	Felixstowe 2 Norwich City 5 Pelicans 3 Bury St Edmunds 5 Ipswich & East Suffolk 3 Newmarket 2	v Harleston Magpies 5 v Dereham 3 v Watton 1 v Colchester 3 v Ipswich 3 v Norwich Dragons 4
10 December 2022	Dereham 3 Harleston Magpies 5 Watton 1 Colchester 3 Ipswich 3 Norwich Dragons 4	v Felixstowe 2 v Newmarket 2 v Norwich City 5 v Pelicans 3 v Bury St Edmunds 5 v Ipswich & East Suffolk 3
14 January 2023	Harleston Magpies 5 Watton 1 Colchester 3 Ipswich 3 Norwich Dragons 4 Newmarket 2	v Dereham 3 v Felixstowe 2 v Norwich City 5 v Pelicans 3 v Bury St Edmunds 5 v Ipswich & East Suffolk 3
21 January 2023	Ipswich & East Suffolk 3 Dereham 3 Felixstowe 2 Norwich City 5 Pelicans 3 Bury St Edmunds 5	v Harleston Magpies 5 v Watton 1 v Colchester 3 v Ipswich 3 v Norwich Dragons 4 v Newmarket 2
28 January 2023	Colchester 3 Ipswich 3 Norwich Dragons 4 Newmarket 2	v Dereham 3 v Felixstowe 2 v Norwich City 5 v Pelicans 3

	Ipswich & East Suffolk 3 Watton 1	v Bury St Edmunds 5 v Harleston Magpies 5
04 February 2023	Harleston Magpies 5 Pelicans 3 Watton 1 Dereham 3 Felixstowe 2 Norwich City 5	v Bury St Edmunds 5 v Ipswich & East Suffolk 3 v Colchester 3 v Ipswich 3 v Norwich Dragons 4 v Newmarket 2
11 February 2023	Norwich Dragons 4 Newmarket 2 Ipswich & East Suffolk 3 Bury St Edmunds 5 Colchester 3 Ipswich 3	v Dereham 3 v Felixstowe 2 v Norwich City 5 v Pelicans 3 v Harleston Magpies 5 v Watton 1
25 February 2023	Harleston Magpies 5 Norwich City 5 Felixstowe 2 Colchester 3 Watton 1 Dereham 3	v Pelicans 3 v Bury St Edmunds 5 v Ipswich & East Suffolk 3 v Ipswich 3 v Norwich Dragons 4 v Newmarket 2
04 March 2023	Ipswich & East Suffolk 3 Bury St Edmunds 5 Pelicans 3 Ipswich 3 Newmarket 2 Norwich Dragons 4	v Dereham 3 v Felixstowe 2 v Norwich City 5 v Harleston Magpies 5 v Watton 1 v Colchester 3
11 March 2023	Harleston Magpies 5 Felixstowe 2 Dereham 3 Watton 1 Ipswich 3 Colchester 3	v Norwich City 5 v Pelicans 3 v Bury St Edmunds 5 v Ipswich & East Suffolk 3 v Norwich Dragons 4 v Newmarket 2
18 March 2023	Pelicans 3 Norwich City 5 Norwich Dragons 4 Bury St Edmunds 5 Ipswich & East Suffolk 3 Newmarket 2	v Dereham 3 v Felixstowe 2 v Harleston Magpies 5 v Watton 1 v Colchester 3 v Ipswich 3
25 March 2023	Harleston Magpies 5 Dereham 3 Watton 1	v Felixstowe 2 v Norwich City 5 v Pelicans 3

	Colchester 3	v Bury St Edmunds 5
	Ipswich 3	v Ipswich & East Suffolk 3
	Norwich Dragons 4	v Newmarket 2
01 April 2023	Felixstowe 2	v Dereham 3
	Newmarket 2	v Harleston Magpies 5
	Norwich City 5	v Watton 1
	Pelicans 3	v Colchester 3
	Bury St Edmunds 5	v Ipswich 3
	Ipswich & East Suffolk 3	v Norwich Dragons 4