

24 September 2022	Harleston Magpies 6 Sudbury 3 Ipswich & East Suffolk 4 Ipswich 4 Bye Colchester 5 Bury St Edmunds 7	v Bury St Edmunds 6 v Felixstowe 3 v Colchester 4 v Thetford Town 1 v Sudbury 4 v Newmarket 3 v Ipswich Cranes 1
01 October 2022	Bury St Edmunds 6 Colchester 4 Felixstowe 3 Ipswich Cranes 1 Newmarket 3 Sudbury 4 Thetford Town 1	v Ipswich 4 v Sudbury 3 v Harleston Magpies 6 v Ipswich & East Suffolk 4 v Bury St Edmunds 7 v Colchester 5 v Bye
08 October 2022	Felixstowe 3 Harleston Magpies 6 Sudbury 3 Ipswich & East Suffolk 4 Ipswich 4 Colchester 5 Bury St Edmunds 7	v Ipswich Cranes 1 v Colchester 4 v Bury St Edmunds 6 v Bye v Newmarket 3 v Thetford Town 1 v Sudbury 4
15 October 2022	Bury St Edmunds 6 Colchester 4 Ipswich Cranes 1 Newmarket 3 Sudbury 4 Thetford Town 1 Bye	v Ipswich & East Suffolk 4 v Felixstowe 3 v Sudbury 3 v Harleston Magpies 6 v Ipswich 4 v Bury St Edmunds 7 v Colchester 5
29 October 2022	Colchester 4 Felixstowe 3 Harleston Magpies 6 Sudbury 3 Ipswich & East Suffolk 4 Ipswich 4 Bury St Edmunds 7	v Bury St Edmunds 6 v Newmarket 3 v Ipswich Cranes 1 v Thetford Town 1 v Sudbury 4 v Colchester 5 v Bye
05 November 2022	Bury St Edmunds 6 Ipswich Cranes 1	v Felixstowe 3 v Colchester 4

Newmarket 3 v Sudbury 3  
Sudbury 4 v Harleston Magpies 6  
Thetford Town 1 v Ipswich & East Suffolk 4  
Bye v Ipswich 4  
Colchester 5 v Bury St Edmunds 7

12 November 2022 Bury St Edmunds 6 v Ipswich Cranes 1  
Colchester 4 v Newmarket 3  
Felixstowe 3 v Sudbury 4  
Harleston Magpies 6 v Thetford Town 1  
Sudbury 3 v Bye  
Ipswich & East Suffolk 4 v Colchester 5  
Ipswich 4 v Bury St Edmunds 7

19 November 2022 Ipswich Cranes 1 v Ipswich 4  
Newmarket 3 v Bury St Edmunds 6  
Sudbury 4 v Colchester 4  
Thetford Town 1 v Felixstowe 3  
Bye v Harleston Magpies 6  
Colchester 5 v Sudbury 3  
Bury St Edmunds 7 v Ipswich & East Suffolk 4

26 November 2022 Bury St Edmunds 6 v Sudbury 4  
Colchester 4 v Thetford Town 1  
Felixstowe 3 v Bye  
Harleston Magpies 6 v Colchester 5  
Sudbury 3 v Bury St Edmunds 7  
Ipswich & East Suffolk 4 v Ipswich 4  
Ipswich Cranes 1 v Newmarket 3

03 December 2022 Ipswich & East Suffolk 4 v Newmarket 3  
Ipswich 4 v Sudbury 3  
Sudbury 4 v Ipswich Cranes 1  
Thetford Town 1 v Bury St Edmunds 6  
Bye v Colchester 4  
Colchester 5 v Felixstowe 3  
Bury St Edmunds 7 v Harleston Magpies 6

10 December 2022 Bury St Edmunds 6 v Bye  
Colchester 4 v Colchester 5  
Felixstowe 3 v Bury St Edmunds 7  
Harleston Magpies 6 v Ipswich 4  
Sudbury 3 v Ipswich & East Suffolk 4

	Ipswich Cranes 1 Newmarket 3	v Thetford Town 1 v Sudbury 4
14 January 2023	Sudbury 3 Ipswich & East Suffolk 4 Ipswich 4 Thetford Town 1 Bye Colchester 5 Bury St Edmunds 7	v Sudbury 4 v Harleston Magpies 6 v Felixstowe 3 v Newmarket 3 v Ipswich Cranes 1 v Bury St Edmunds 6 v Colchester 4
21 January 2023	Bury St Edmunds 6 Colchester 4 Felixstowe 3 Harleston Magpies 6 Ipswich Cranes 1 Newmarket 3 Sudbury 4	v Bury St Edmunds 7 v Ipswich 4 v Ipswich & East Suffolk 4 v Sudbury 3 v Colchester 5 v Bye v Thetford Town 1
28 January 2023	Bury St Edmunds 6 Felixstowe 3 Colchester 4 Thetford Town 1 Sudbury 4 Newmarket 3 Ipswich Cranes 1	v Harleston Magpies 6 v Sudbury 3 v Ipswich & East Suffolk 4 v Ipswich 4 v Bye v Colchester 5 v Bury St Edmunds 7
04 February 2023	Ipswich 4 Sudbury 3 Harleston Magpies 6 Ipswich & East Suffolk 4 Bury St Edmunds 7 Colchester 5 Bye	v Bury St Edmunds 6 v Colchester 4 v Felixstowe 3 v Ipswich Cranes 1 v Newmarket 3 v Sudbury 4 v Thetford Town 1
11 February 2023	Ipswich Cranes 1 Colchester 4 Bury St Edmunds 6 Bye Newmarket 3 Thetford Town 1 Sudbury 4	v Felixstowe 3 v Harleston Magpies 6 v Sudbury 3 v Ipswich & East Suffolk 4 v Ipswich 4 v Colchester 5 v Bury St Edmunds 7

25 February 2023	Ipswich & East Suffolk 4 Felixstowe 3 Sudbury 3 Harleston Magpies 6 Ipswich 4 Bury St Edmunds 7 Colchester 5	v Bury St Edmunds 6 v Colchester 4 v Ipswich Cranes 1 v Newmarket 3 v Sudbury 4 v Thetford Town 1 v Bye
04 March 2023	Bury St Edmunds 6 Newmarket 3 Ipswich Cranes 1 Thetford Town 1 Sudbury 4 Colchester 5 Bye	v Colchester 4 v Felixstowe 3 v Harleston Magpies 6 v Sudbury 3 v Ipswich & East Suffolk 4 v Ipswich 4 v Bury St Edmunds 7
11 March 2023	Felixstowe 3 Colchester 4 Sudbury 3 Harleston Magpies 6 Ipswich & East Suffolk 4 Ipswich 4 Bury St Edmunds 7	v Bury St Edmunds 6 v Ipswich Cranes 1 v Newmarket 3 v Sudbury 4 v Thetford Town 1 v Bye v Colchester 5
18 March 2023	Ipswich Cranes 1 Newmarket 3 Sudbury 4 Thetford Town 1 Bye Colchester 5 Bury St Edmunds 7	v Bury St Edmunds 6 v Colchester 4 v Felixstowe 3 v Harleston Magpies 6 v Sudbury 3 v Ipswich & East Suffolk 4 v Ipswich 4
25 March 2023	Ipswich 4 Bury St Edmunds 6 Colchester 4 Felixstowe 3 Harleston Magpies 6 Sudbury 3 Ipswich & East Suffolk 4	v Ipswich Cranes 1 v Newmarket 3 v Sudbury 4 v Thetford Town 1 v Bye v Colchester 5 v Bury St Edmunds 7
01 April 2023	Sudbury 4 Thetford Town 1	v Bury St Edmunds 6 v Colchester 4

Bye	v Felixstowe 3
Colchester 5	v Harleston Magpies 6
Bury St Edmunds 7	v Sudbury 3
Ipswich 4	v Ipswich & East Suffolk 4
Newmarket 3	v Ipswich Cranes 1