

24 September 2022	St Albans 3 Old Loughtonians 2 Old Southendian 1 Stevenage 1 Crostyx 1 Hertford 1	v Ipswich & East Suffolk 1 v Brentwood 1 v Blueharts 1 v Bedford 2 v Basildon 1 v Chelmsford 2
01 October 2022	Ipswich & East Suffolk 1 Brentwood 1 Blueharts 1 Bedford 2 Basildon 1 Chelmsford 2	v Hertford 1 v St Albans 3 v Old Loughtonians 2 v Old Southendian 1 v Stevenage 1 v Crostyx 1
08 October 2022	St Albans 3 Old Loughtonians 2 Old Southendian 1 Stevenage 1 Crostyx 1 Ipswich & East Suffolk 1	v Blueharts 1 v Bedford 2 v Basildon 1 v Chelmsford 2 v Hertford 1 v Brentwood 1
15 October 2022	Crostyx 1 Hertford 1 Blueharts 1 Bedford 2 Basildon 1 Chelmsford 2	v Ipswich & East Suffolk 1 v Stevenage 1 v Brentwood 1 v St Albans 3 v Old Loughtonians 2 v Old Southendian 1
29 October 2022	St Albans 3 Old Loughtonians 2 Old Southendian 1 Stevenage 1 Ipswich & East Suffolk 1 Brentwood 1	v Basildon 1 v Chelmsford 2 v Hertford 1 v Crostyx 1 v Blueharts 1 v Bedford 2
05 November 2022	Stevenage 1 Crostyx 1 Hertford 1 Bedford 2 Basildon 1 Chelmsford 2	v Ipswich & East Suffolk 1 v Old Southendian 1 v Old Loughtonians 2 v Blueharts 1 v Brentwood 1 v St Albans 3
12 November 2022	St Albans 3 Old Loughtonians 2 Old Southendian 1 Ipswich & East Suffolk 1 Brentwood 1	v Hertford 1 v Crostyx 1 v Stevenage 1 v Bedford 2 v Chelmsford 2

	Blueharts 1	v Basildon 1
19 November 2022	Old Southendian 1 Stevenage 1 Crostyx 1 Hertford 1 Basildon 1 Chelmsford 2	v Ipswich & East Suffolk 1 v Old Loughtonians 2 v St Albans 3 v Brentwood 1 v Bedford 2 v Blueharts 1
26 November 2022	St Albans 3 Old Loughtonians 2 Ipswich & East Suffolk 1 Brentwood 1 Blueharts 1 Bedford 2	v Stevenage 1 v Old Southendian 1 v Basildon 1 v Crostyx 1 v Hertford 1 v Chelmsford 2
03 December 2022	Old Loughtonians 2 Old Southendian 1 Stevenage 1 Crostyx 1 Hertford 1 Chelmsford 2	v Ipswich & East Suffolk 1 v St Albans 3 v Brentwood 1 v Blueharts 1 v Bedford 2 v Basildon 1
10 December 2022	St Albans 3 Ipswich & East Suffolk 1 Brentwood 1 Blueharts 1 Bedford 2 Basildon 1	v Old Loughtonians 2 v Chelmsford 2 v Old Southendian 1 v Stevenage 1 v Crostyx 1 v Hertford 1
14 January 2023	Ipswich & East Suffolk 1 Brentwood 1 Blueharts 1 Bedford 2 Basildon 1 Chelmsford 2	v St Albans 3 v Old Loughtonians 2 v Old Southendian 1 v Stevenage 1 v Crostyx 1 v Hertford 1
21 January 2023	Hertford 1 St Albans 3 Old Loughtonians 2 Old Southendian 1 Stevenage 1 Crostyx 1	v Ipswich & East Suffolk 1 v Brentwood 1 v Blueharts 1 v Bedford 2 v Basildon 1 v Chelmsford 2
28 January 2023	Blueharts 1 Bedford 2 Basildon 1 Chelmsford 2	v St Albans 3 v Old Loughtonians 2 v Old Southendian 1 v Stevenage 1

	Hertford 1 Brentwood 1	v Crostyx 1 v Ipswich & East Suffolk 1
04 February 2023	Ipswich & East Suffolk 1 Stevenage 1 Brentwood 1 St Albans 3 Old Loughtonians 2 Old Southendian 1	v Crostyx 1 v Hertford 1 v Blueharts 1 v Bedford 2 v Basildon 1 v Chelmsford 2
11 February 2023	Basildon 1 Chelmsford 2 Hertford 1 Crostyx 1 Blueharts 1 Bedford 2	v St Albans 3 v Old Loughtonians 2 v Old Southendian 1 v Stevenage 1 v Ipswich & East Suffolk 1 v Brentwood 1
25 February 2023	Ipswich & East Suffolk 1 Old Southendian 1 Old Loughtonians 2 Blueharts 1 Brentwood 1 St Albans 3	v Stevenage 1 v Crostyx 1 v Hertford 1 v Bedford 2 v Basildon 1 v Chelmsford 2
04 March 2023	Hertford 1 Crostyx 1 Stevenage 1 Bedford 2 Chelmsford 2 Basildon 1	v St Albans 3 v Old Loughtonians 2 v Old Southendian 1 v Ipswich & East Suffolk 1 v Brentwood 1 v Blueharts 1
11 March 2023	Ipswich & East Suffolk 1 Old Loughtonians 2 St Albans 3 Brentwood 1 Bedford 2 Blueharts 1	v Old Southendian 1 v Stevenage 1 v Crostyx 1 v Hertford 1 v Basildon 1 v Chelmsford 2
18 March 2023	Stevenage 1 Old Southendian 1 Basildon 1 Crostyx 1 Hertford 1 Chelmsford 2	v St Albans 3 v Old Loughtonians 2 v Ipswich & East Suffolk 1 v Brentwood 1 v Blueharts 1 v Bedford 2
25 March 2023	Ipswich & East Suffolk 1 St Albans 3 Brentwood 1	v Old Loughtonians 2 v Old Southendian 1 v Stevenage 1

	Blueharts 1	v Crostyx 1
	Bedford 2	v Hertford 1
	Basildon 1	v Chelmsford 2
01 April 2023	Old Loughtonians 2	v St Albans 3
	Chelmsford 2	v Ipswich & East Suffolk 1
	Old Southendian 1	v Brentwood 1
	Stevenage 1	v Blueharts 1
	Crostyx 1	v Bedford 2
	Hertford 1	v Basildon 1