

24 September 2022	Bury St Edmunds 4 Castaways 1 Ipswich 4 Felixstowe 1 Ipswich & East Suffolk 2 Harwich & Dovercourt 1	v Harleston Magpies 5 v Christchurch 1 v Colchester 2 v Ipswich 3 v Bye v Framlingham 1
01 October 2022	Harleston Magpies 5 Christchurch 1 Colchester 2 Ipswich 3 Bye Framlingham 1	v Harwich & Dovercourt 1 v Bury St Edmunds 4 v Castaways 1 v Ipswich 4 v Felixstowe 1 v Ipswich & East Suffolk 2
08 October 2022	Bury St Edmunds 4 Castaways 1 Ipswich 4 Felixstowe 1 Ipswich & East Suffolk 2 Harleston Magpies 5	v Colchester 2 v Ipswich 3 v Bye v Framlingham 1 v Harwich & Dovercourt 1 v Christchurch 1
15 October 2022	Ipswich & East Suffolk 2 Harwich & Dovercourt 1 Colchester 2 Ipswich 3 Bye Framlingham 1	v Harleston Magpies 5 v Felixstowe 1 v Christchurch 1 v Bury St Edmunds 4 v Castaways 1 v Ipswich 4
29 October 2022	Bury St Edmunds 4 Castaways 1 Ipswich 4 Felixstowe 1 Harleston Magpies 5 Christchurch 1	v Bye v Framlingham 1 v Harwich & Dovercourt 1 v Ipswich & East Suffolk 2 v Colchester 2 v Ipswich 3
05 November 2022	Felixstowe 1 Ipswich & East Suffolk 2 Harwich & Dovercourt 1 Ipswich 3 Bye Framlingham 1	v Harleston Magpies 5 v Ipswich 4 v Castaways 1 v Colchester 2 v Christchurch 1 v Bury St Edmunds 4
12 November 2022	Bury St Edmunds 4 Castaways 1 Ipswich 4 Harleston Magpies 5 Christchurch 1	v Harwich & Dovercourt 1 v Ipswich & East Suffolk 2 v Felixstowe 1 v Ipswich 3 v Framlingham 1

	Colchester 2	v Bye
19 November 2022	Ipswich 4 Felixstowe 1 Ipswich & East Suffolk 2 Harwich & Dovercourt 1 Bye Framlingham 1	v Harleston Magpies 5 v Castaways 1 v Bury St Edmunds 4 v Christchurch 1 v Ipswich 3 v Colchester 2
26 November 2022	Bury St Edmunds 4 Castaways 1 Harleston Magpies 5 Christchurch 1 Colchester 2 Ipswich 3	v Felixstowe 1 v Ipswich 4 v Bye v Ipswich & East Suffolk 2 v Harwich & Dovercourt 1 v Framlingham 1
03 December 2022	Castaways 1 Ipswich 4 Felixstowe 1 Ipswich & East Suffolk 2 Harwich & Dovercourt 1 Framlingham 1	v Harleston Magpies 5 v Bury St Edmunds 4 v Christchurch 1 v Colchester 2 v Ipswich 3 v Bye
10 December 2022	Bury St Edmunds 4 Harleston Magpies 5 Christchurch 1 Colchester 2 Ipswich 3 Bye	v Castaways 1 v Framlingham 1 v Ipswich 4 v Felixstowe 1 v Ipswich & East Suffolk 2 v Harwich & Dovercourt 1
14 January 2023	Harleston Magpies 5 Christchurch 1 Colchester 2 Ipswich 3 Bye Framlingham 1	v Bury St Edmunds 4 v Castaways 1 v Ipswich 4 v Felixstowe 1 v Ipswich & East Suffolk 2 v Harwich & Dovercourt 1
21 January 2023	Harwich & Dovercourt 1 Bury St Edmunds 4 Castaways 1 Ipswich 4 Felixstowe 1 Ipswich & East Suffolk 2	v Harleston Magpies 5 v Christchurch 1 v Colchester 2 v Ipswich 3 v Bye v Framlingham 1
28 January 2023	Colchester 2 Ipswich 3 Bye Framlingham 1	v Bury St Edmunds 4 v Castaways 1 v Ipswich 4 v Felixstowe 1

	Harwich & Dovercourt 1 Christchurch 1	v Ipswich & East Suffolk 2 v Harleston Magpies 5
04 February 2023	Harleston Magpies 5 Felixstowe 1 Christchurch 1 Bury St Edmunds 4 Castaways 1 Ipswich 4	v Ipswich & East Suffolk 2 v Harwich & Dovercourt 1 v Colchester 2 v Ipswich 3 v Bye v Framlingham 1
11 February 2023	Bye Framlingham 1 Harwich & Dovercourt 1 Ipswich & East Suffolk 2 Colchester 2 Ipswich 3	v Bury St Edmunds 4 v Castaways 1 v Ipswich 4 v Felixstowe 1 v Harleston Magpies 5 v Christchurch 1
25 February 2023	Harleston Magpies 5 Ipswich 4 Castaways 1 Colchester 2 Christchurch 1 Bury St Edmunds 4	v Felixstowe 1 v Ipswich & East Suffolk 2 v Harwich & Dovercourt 1 v Ipswich 3 v Bye v Framlingham 1
04 March 2023	Harwich & Dovercourt 1 Ipswich & East Suffolk 2 Felixstowe 1 Ipswich 3 Framlingham 1 Bye	v Bury St Edmunds 4 v Castaways 1 v Ipswich 4 v Harleston Magpies 5 v Christchurch 1 v Colchester 2
11 March 2023	Harleston Magpies 5 Castaways 1 Bury St Edmunds 4 Christchurch 1 Ipswich 3 Colchester 2	v Ipswich 4 v Felixstowe 1 v Ipswich & East Suffolk 2 v Harwich & Dovercourt 1 v Bye v Framlingham 1
18 March 2023	Felixstowe 1 Ipswich 4 Bye Ipswich & East Suffolk 2 Harwich & Dovercourt 1 Framlingham 1	v Bury St Edmunds 4 v Castaways 1 v Harleston Magpies 5 v Christchurch 1 v Colchester 2 v Ipswich 3
25 March 2023	Harleston Magpies 5 Bury St Edmunds 4 Christchurch 1	v Castaways 1 v Ipswich 4 v Felixstowe 1

Colchester 2 v Ipswich & East Suffolk 2  
Ipswich 3 v Harwich & Dovercourt 1  
Bye v Framlingham 1

01 April 2023

Castaways 1 v Bury St Edmunds 4  
Framlingham 1 v Harleston Magpies 5  
Ipswich 4 v Christchurch 1  
Felixstowe 1 v Colchester 2  
Ipswich & East Suffolk 2 v Ipswich 3  
Harwich & Dovercourt 1 v Bye