

24 September 2022	Framlingham 2 Bye Colchester 4 Felixstowe 2 Christchurch 2 Harleston Magpies 6	v Ipswich 5 v Ipswich & East Suffolk 3 v Sudbury 3 v Colchester 3 v Felixstowe 3 v Bury St Edmunds 5
01 October 2022	Ipswich 5 Ipswich & East Suffolk 3 Sudbury 3 Colchester 3 Felixstowe 3 Bury St Edmunds 5	v Harleston Magpies 6 v Framlingham 2 v Bye v Colchester 4 v Felixstowe 2 v Christchurch 2
08 October 2022	Framlingham 2 Bye Colchester 4 Felixstowe 2 Christchurch 2 Ipswich 5	v Sudbury 3 v Colchester 3 v Felixstowe 3 v Bury St Edmunds 5 v Harleston Magpies 6 v Ipswich & East Suffolk 3
15 October 2022	Christchurch 2 Harleston Magpies 6 Sudbury 3 Colchester 3 Felixstowe 3 Bury St Edmunds 5	v Ipswich 5 v Felixstowe 2 v Ipswich & East Suffolk 3 v Framlingham 2 v Bye v Colchester 4
29 October 2022	Framlingham 2 Bye Colchester 4 Felixstowe 2 Ipswich 5 Ipswich & East Suffolk 3	v Felixstowe 3 v Bury St Edmunds 5 v Harleston Magpies 6 v Christchurch 2 v Sudbury 3 v Colchester 3
05 November 2022	Felixstowe 2 Christchurch 2 Harleston Magpies 6 Colchester 3 Felixstowe 3 Bury St Edmunds 5	v Ipswich 5 v Colchester 4 v Bye v Sudbury 3 v Ipswich & East Suffolk 3 v Framlingham 2
12 November 2022	Framlingham 2 Bye Colchester 4 Ipswich 5 Ipswich & East Suffolk 3	v Harleston Magpies 6 v Christchurch 2 v Felixstowe 2 v Colchester 3 v Bury St Edmunds 5

	Sudbury 3	v Felixstowe 3
19 November 2022	Colchester 4 Felixstowe 2 Christchurch 2 Harleston Magpies 6 Felixstowe 3 Bury St Edmunds 5	v Ipswich 5 v Bye v Framlingham 2 v Ipswich & East Suffolk 3 v Colchester 3 v Sudbury 3
26 November 2022	Framlingham 2 Bye Ipswich 5 Ipswich & East Suffolk 3 Sudbury 3 Colchester 3	v Felixstowe 2 v Colchester 4 v Felixstowe 3 v Christchurch 2 v Harleston Magpies 6 v Bury St Edmunds 5
03 December 2022	Bye Colchester 4 Felixstowe 2 Christchurch 2 Harleston Magpies 6 Bury St Edmunds 5	v Ipswich 5 v Framlingham 2 v Ipswich & East Suffolk 3 v Sudbury 3 v Colchester 3 v Felixstowe 3
10 December 2022	Framlingham 2 Ipswich 5 Ipswich & East Suffolk 3 Sudbury 3 Colchester 3 Felixstowe 3	v Bye v Bury St Edmunds 5 v Colchester 4 v Felixstowe 2 v Christchurch 2 v Harleston Magpies 6
14 January 2023	Ipswich 5 Ipswich & East Suffolk 3 Sudbury 3 Colchester 3 Felixstowe 3 Bury St Edmunds 5	v Framlingham 2 v Bye v Colchester 4 v Felixstowe 2 v Christchurch 2 v Harleston Magpies 6
21 January 2023	Harleston Magpies 6 Framlingham 2 Bye Colchester 4 Felixstowe 2 Christchurch 2	v Ipswich 5 v Ipswich & East Suffolk 3 v Sudbury 3 v Colchester 3 v Felixstowe 3 v Bury St Edmunds 5
28 January 2023	Sudbury 3 Colchester 3 Felixstowe 3 Bury St Edmunds 5	v Framlingham 2 v Bye v Colchester 4 v Felixstowe 2

	Harleston Magpies 6 Ipswich & East Suffolk 3	v Christchurch 2 v Ipswich 5
04 February 2023	Ipswich 5 Felixstowe 2 Ipswich & East Suffolk 3 Framlingham 2 Bye Colchester 4	v Christchurch 2 v Harleston Magpies 6 v Sudbury 3 v Colchester 3 v Felixstowe 3 v Bury St Edmunds 5
11 February 2023	Felixstowe 3 Bury St Edmunds 5 Harleston Magpies 6 Christchurch 2 Sudbury 3 Colchester 3	v Framlingham 2 v Bye v Colchester 4 v Felixstowe 2 v Ipswich 5 v Ipswich & East Suffolk 3
25 February 2023	Ipswich 5 Colchester 4 Bye Sudbury 3 Ipswich & East Suffolk 3 Framlingham 2	v Felixstowe 2 v Christchurch 2 v Harleston Magpies 6 v Colchester 3 v Felixstowe 3 v Bury St Edmunds 5
04 March 2023	Harleston Magpies 6 Christchurch 2 Felixstowe 2 Colchester 3 Bury St Edmunds 5 Felixstowe 3	v Framlingham 2 v Bye v Colchester 4 v Ipswich 5 v Ipswich & East Suffolk 3 v Sudbury 3
11 March 2023	Ipswich 5 Bye Framlingham 2 Ipswich & East Suffolk 3 Colchester 3 Sudbury 3	v Colchester 4 v Felixstowe 2 v Christchurch 2 v Harleston Magpies 6 v Felixstowe 3 v Bury St Edmunds 5
18 March 2023	Felixstowe 2 Colchester 4 Felixstowe 3 Christchurch 2 Harleston Magpies 6 Bury St Edmunds 5	v Framlingham 2 v Bye v Ipswich 5 v Ipswich & East Suffolk 3 v Sudbury 3 v Colchester 3
25 March 2023	Ipswich 5 Framlingham 2 Ipswich & East Suffolk 3	v Bye v Colchester 4 v Felixstowe 2

Sudbury 3  
Colchester 3  
Felixstowe 3

v Christchurch 2  
v Harleston Magpies 6  
v Bury St Edmunds 5

01 April 2023

Bye  
Bury St Edmunds 5  
Colchester 4  
Felixstowe 2  
Christchurch 2  
Harleston Magpies 6

v Framlingham 2  
v Ipswich 5  
v Ipswich & East Suffolk 3  
v Sudbury 3  
v Colchester 3  
v Felixstowe 3