Stowmarket

| Home Team | Result | Away Team | Date | Time |
|----------------------------|---------|----------------------------|-------------------|-------|
| Stowmarket | 2 - 2 | Bury St Edmunds Barracudas | Tue 12th Sep 2023 | 19:30 |
| Newmarket Dark Horses | 2 - 2 | Stowmarket | Mon 25th Sep 2023 | 19:30 |
| Bury St Edmunds Earwigs | 3 - 1 | Stowmarket | Thu 12th Oct 2023 | 19:30 |
| Linton Lemurs | 3 - 1 | Stowmarket | Tue 24th Oct 2023 | 19:30 |
| Stowmarket | 2 - 2 | Ely Beet Rooks | Tue 28th Nov 2023 | 19:30 |
| Stowmarket | 3 - 1 | Sudbury | Tue 12th Dec 2023 | 19:30 |
| Bury St Edmunds Barracudas | 2 - 2 | Stowmarket | Thu 18th Jan 2024 | 19:30 |
| Stowmarket | 2 - 2 | Newmarket Dark Horses | Tue 30th Jan 2024 | 19:30 |
| Stowmarket | 2½ - 1½ | Linton Lemurs | Tue 12th Mar 2024 | 19:30 |
| Stowmarket | 3½ - ½ | Bury St Edmunds Earwigs | Tue 9th Apr 2024 | 19:30 |
| Ely Beet Rooks | 2 - 2 | Stowmarket | Mon 15th Apr 2024 | 19:30 |
| Sudbury | 2 - 2 | Stowmarket | Wed 1st May 2024 | 19:30 |