Ipswich B

| Home Team | Result | Away Team | Date | Time | Status |
|-------------------|-------------|-------------------|-------------------|-------|--------|
| Ipswich B | 11/2 - 21/2 | Manningtree B | Tue 13th Sep 2022 | 19:30 | LV |
| Stowmarket | 3 - 1 | Ipswich B | Tue 27th Sep 2022 | 19:30 | LV |
| Saxmundham A | 3 - 1 | Ipswich B | Tue 18th Oct 2022 | 19:30 | LV |
| Ipswich B | 3 - 1 | Sudbury | Tue 1st Nov 2022 | 19:30 | LU |
| Bury St Edmunds B | 4 - 0 | Ipswich B | Thu 1st Dec 2022 | 19:30 | LV |
| Manningtree B | 1½ - 2½ | Ipswich B | Wed 11th Jan 2023 | 19:30 | LV |
| Ipswich B | 1½ - 2½ | Saxmundham A | Tue 14th Feb 2023 | 19:30 | LU |
| Ipswich B | 1/2 - 31/2 | Stowmarket | Tue 28th Feb 2023 | 19:30 | LV |
| Ipswich B | 2½ - 1½ | Bury St Edmunds B | Tue 14th Mar 2023 | 19:30 | LV |
| Sudbury | 2 - 2 | Ipswich B | Wed 29th Mar 2023 | 19:30 | LV |