

Saturday 24 September 2022

3:00pm CH Caledonia Gladiators v Newcastle Eagles
7:00pm CH Leicester Riders v Essex Rebels
3:00pm CH Manchester Met Mystics v Cardiff Met Archers
6:00pm CH Nottingham Wildcats v Gloucester City Queens
4:15pm CH Oaklands Wolves v London Lions
4:00pm CH Sheffield Hatters v Durham Palatinates

Sunday 25 September 2022

12:30pm CH London Lions v Sevenoaks Suns

Saturday 1 October 2022

3:15pm CH Cardiff Met Archers v Gloucester City Queens
3:00pm CH Manchester Met Mystics v Leicester Riders
7:30pm CH Newcastle Eagles v Nottingham Wildcats
4:15pm CH Oaklands Wolves v Sevenoaks Suns

Sunday 2 October 2022

4:00pm CH Essex Rebels v Caledonia Gladiators
12:30pm CH London Lions v Durham Palatinates

Saturday 8 October 2022

1:00pm CH Durham Palatinates v Caledonia Gladiators
4:00pm CH Essex Rebels v Cardiff Met Archers
4:00pm CH Leicester Riders v London Lions
6:00pm CH Nottingham Wildcats v Manchester Met Mystics
1:00pm CH Sevenoaks Suns v Newcastle Eagles
4:00pm CH Sheffield Hatters v Oaklands Wolves

Saturday 15 October 2022 *First Round*

1:00pm CUP Durham Palatinates v Manchester Met Mystics
4:00pm CUP Essex Rebels v Newcastle Eagles
6:00pm CUP Nottingham Wildcats v Oaklands Wolves

Sunday 16 October 2022 *First Round*

3:00pm CUP Caledonia Gladiators v Cardiff Met Archers
4:00pm CUP Leicester Riders v Gloucester City Queens

Saturday 22 October 2022

3:00pm CH Caledonia Gladiators v Sevenoaks Suns
3:15pm CH Cardiff Met Archers v Durham Palatinates
7:30pm CH Newcastle Eagles v Sheffield Hatters
4:15pm CH Oaklands Wolves v Nottingham Wildcats

Sunday 23 October 2022

3:00pm CH Caledonia Gladiators v Leicester Riders
4:30pm CH Gloucester City Queens v Essex Rebels
12:30pm CH London Lions v Manchester Met Mystics

Saturday 29 October 2022

4:00pm CH Essex Rebels v Durham Palatinates
4:00pm CH Leicester Riders v Cardiff Met Archers
3:00pm CH Manchester Met Mystics v Oaklands Wolves
7:30pm CH Nottingham Wildcats v Caledonia Gladiators
1:00pm CH Sevenoaks Suns v Gloucester City Queens
4:00pm CH Sheffield Hatters v London Lions

Saturday 5 November 2022

3:00pm CH Caledonia Gladiators v London Lions
1:00pm CH Durham Palatinates v Leicester Riders
7:30pm CH Newcastle Eagles v Essex Rebels
4:15pm CH Oaklands Wolves v Cardiff Met Archers
1:00pm CH Sevenoaks Suns v Sheffield Hatters

Sunday 6 November 2022

4:30pm CH Gloucester City Queens v Manchester Met Mystics

Saturday 12 November 2022 *Quarter Finals*

CUP

Sunday 13 November 2022 *Quarter Finals*

CUP

Saturday 19 November 2022

3:15pm CH Cardiff Met Archers v Caledonia Gladiators
3:00pm CH Manchester Met Mystics v Durham Palatinates
7:30pm CH Newcastle Eagles v Oaklands Wolves
6:00pm CH Nottingham Wildcats v Essex Rebels
1:00pm CH Sevenoaks Suns v Leicester Riders
4:00pm CH Sheffield Hatters v Gloucester City Queens

Sunday 20 November 2022 GB Window Starts

GB

Sunday 27 November 2022 GB Window Ends

GB

Saturday 3 December 2022

1:00pm CH Durham Palatinates v Nottingham Wildcats
3:00pm CH Manchester Met Mystics v Newcastle Eagles
4:15pm CH Oaklands Wolves v Essex Rebels
1:00pm CH Sevenoaks Suns v Cardiff Met Archers
4:00pm CH Sheffield Hatters v Caledonia Gladiators

Sunday 4 December 2022

4:30pm CH Gloucester City Queens v London Lions

Saturday 10 December 2022

3:15pm CH Cardiff Met Archers v London Lions
4:00pm CH Essex Rebels v Sevenoaks Suns
4:00pm CH Leicester Riders v Nottingham Wildcats
7:30pm CH Newcastle Eagles v Durham Palatinates
4:00pm CH Sheffield Hatters v Manchester Met Mystics

Sunday 11 December 2022

4:30pm CH Gloucester City Queens v Oaklands Wolves

Saturday 17 December 2022 Semi Finals

CUP

3:00pm CH Caledonia Gladiators v Manchester Met Mystics
1:00pm CH Durham Palatinates v Sevenoaks Suns
4:00pm CH Essex Rebels v Sheffield Hatters
7:30pm CH Newcastle Eagles v Gloucester City Queens
4:15pm CH Oaklands Wolves v Leicester Riders

Sunday 18 December 2022 Semi Finals

CUP

12:30pm CH London Lions v Nottingham Wildcats

Saturday 24 December 2022 Festive Period Starts

FP

Sunday 1 January 2023 Festive Period Ends

FP

Saturday 7 January 2023 First Round

TRO

Sunday 8 January 2023 First Round

TRO

Saturday 14 January 2023

3:00pm CH Caledonia Gladiators v Oaklands Wolves
3:15pm CH Cardiff Met Archers v Sheffield Hatters
4:00pm CH Essex Rebels v London Lions
7:30pm CH Newcastle Eagles v Leicester Riders
7:30pm CH Nottingham Wildcats v Sevenoaks Suns

Sunday 15 January 2023

4:30pm CH Gloucester City Queens v Durham Palatinates

Saturday 21 January 2023

3:15pm CH Cardiff Met Archers v Nottingham Wildcats
1:00pm CH Durham Palatinates v Oaklands Wolves
7:30pm CH Leicester Riders v Sheffield Hatters
3:00pm CH Manchester Met Mystics v Sevenoaks Suns
7:30pm CH Newcastle Eagles v London Lions

Sunday 22 January 2023

4:30pm CH Gloucester City Queens v Caledonia Gladiators

Saturday 28 January 2023

3:00pm CH Caledonia Gladiators v Cardiff Met Archers

4:00pm CH Essex Rebels v Gloucester City Queens

4:00pm CH Leicester Riders v Durham Palatinates

6:00pm CH Nottingham Wildcats v London Lions

4:15pm CH Oaklands Wolves v Manchester Met Mystics

4:00pm CH Sheffield Hatters v Newcastle Eagles

Sunday 29 January 2023 *Final*

CUP

Saturday 4 February 2023

3:15pm CH Cardiff Met Archers v Essex Rebels

1:00pm CH Durham Palatinates v Gloucester City Queens

4:00pm CH Leicester Riders v Caledonia Gladiators

7:30pm CH Newcastle Eagles v Manchester Met Mystics

1:00pm CH Sevenoaks Suns v London Lions

4:00pm CH Sheffield Hatters v Nottingham Wildcats

Sunday 5 February 2023 *GB Window Starts*

GB

Sunday 12 February 2023 *GB Window Ends*

GB

Saturday 18 February 2023 *Quarter Finals*

TRO

1:00pm CH Durham Palatinates v Cardiff Met Archers

4:00pm CH Leicester Riders v Oaklands Wolves

3:00pm CH Manchester Met Mystics v Sheffield Hatters

1:00pm CH Sevenoaks Suns v Essex Rebels

Sunday 19 February 2023 *Quarter Finals*

TRO

4:30pm CH Gloucester City Queens v Sevenoaks Suns

12:30pm CH London Lions v Caledonia Gladiators

6:00pm CH Nottingham Wildcats v Newcastle Eagles

Saturday 25 February 2023

3:15pm CH Cardiff Met Archers v Leicester Riders

4:00pm CH Essex Rebels v Newcastle Eagles

4:15pm CH Oaklands Wolves v Sheffield Hatters

1:00pm CH Sevenoaks Suns v Manchester Met Mystics

Sunday 26 February 2023

3:00pm CH Caledonia Gladiators v Durham Palatinates

4:30pm CH Gloucester City Queens v Nottingham Wildcats

12:30pm CH London Lions v Cardiff Met Archers

Saturday 4 March 2023

1:00pm CH Durham Palatinates v Essex Rebels

4:00pm CH Leicester Riders v Sevenoaks Suns

3:00pm CH Manchester Met Mystics v Nottingham Wildcats

7:30pm CH Newcastle Eagles v Caledonia Gladiators

4:00pm CH Sheffield Hatters v Cardiff Met Archers

Sunday 5 March 2023

12:30pm CH London Lions v Oaklands Wolves

6:00pm CH Nottingham Wildcats v Sheffield Hatters

Saturday 11 March 2023 *Semi Finals*

TRO

3:15pm CH Cardiff Met Archers v Manchester Met Mystics

4:00pm CH Essex Rebels v Leicester Riders

4:15pm CH Oaklands Wolves v Caledonia Gladiators

Sunday 12 March 2023 *Semi Finals*

TRO

4:30pm CH Gloucester City Queens v Sheffield Hatters

Saturday 18 March 2023

3:00pm CH Caledonia Gladiators v Nottingham Wildcats
3:15pm CH Cardiff Met Archers v Oaklands Wolves
1:00pm CH Durham Palatinates v Manchester Met Mystics
4:00pm CH Leicester Riders v Gloucester City Queens
7:30pm CH Newcastle Eagles v Sevenoaks Suns

Sunday 19 March 2023

12:30pm CH London Lions v Essex Rebels

Saturday 25 March 2023

3:00pm CH Caledonia Gladiators v Gloucester City Queens
4:00pm CH Essex Rebels v Nottingham Wildcats
4:15pm CH Oaklands Wolves v Newcastle Eagles
4:00pm CH Sheffield Hatters v Leicester Riders

Sunday 26 March 2023 *Final*

TRO

Saturday 1 April 2023

1:00pm CH Durham Palatinates v Sheffield Hatters
4:00pm CH Leicester Riders v Newcastle Eagles
3:00pm CH Manchester Met Mystics v Caledonia Gladiators
6:00pm CH Nottingham Wildcats v Cardiff Met Archers
4:15pm CH Oaklands Wolves v Gloucester City Queens

Sunday 2 April 2023

6:00pm CH Sevenoaks Suns v Nottingham Wildcats

Saturday 8 April 2023

3:00pm CH Caledonia Gladiators v Sheffield Hatters
3:15pm CH Cardiff Met Archers v Sevenoaks Suns
4:00pm CH Leicester Riders v Manchester Met Mystics
6:00pm CH Nottingham Wildcats v Durham Palatinates

Sunday 9 April 2023

4:00pm CH Essex Rebels v Oaklands Wolves
4:30pm CH Gloucester City Queens v Leicester Riders
12:30pm CH London Lions v Newcastle Eagles

Saturday 15 April 2023

1:00pm CH Durham Palatinates v London Lions
3:00pm CH Manchester Met Mystics v Gloucester City Queens
7:30pm CH Newcastle Eagles v Cardiff Met Archers
6:00pm CH Nottingham Wildcats v Oaklands Wolves
4:00pm CH Sheffield Hatters v Essex Rebels

Sunday 16 April 2023

4:00pm CH Essex Rebels v Manchester Met Mystics
6:00pm CH Sevenoaks Suns v Caledonia Gladiators

Saturday 22 April 2023

3:00pm CH Caledonia Gladiators v Essex Rebels
3:15pm CH Cardiff Met Archers v Newcastle Eagles
3:00pm CH Manchester Met Mystics v London Lions
4:15pm CH Oaklands Wolves v Durham Palatinates
4:00pm CH Sheffield Hatters v Sevenoaks Suns

Sunday 23 April 2023

4:30pm CH Gloucester City Queens v Newcastle Eagles
6:00pm CH Nottingham Wildcats v Leicester Riders