

Stowmarket

| Home Team | Result | Away Team | Date | Time |
|----------------------------|---------|----------------------------|-------------------|-------|
| Linton Lemurs | 2½ - 1½ | Stowmarket | Tue 1st Oct 2019 | 19:30 |
| Stowmarket | 2 - 2 | Linton Lynxes | Tue 22nd Oct 2019 | 19:30 |
| Sudbury | 2 - 2 | Stowmarket | Mon 4th Nov 2019 | 19:30 |
| Bury St Edmunds Barracudas | 1½ - 2½ | Stowmarket | Thu 21st Nov 2019 | 19:30 |
| Stowmarket | 0 - 4 | Bury St Edmunds Earwigs | Tue 10th Dec 2019 | 19:30 |
| Linton Lynxes | 2½ - 1½ | Stowmarket | Tue 7th Jan 2020 | 19:30 |
| Bury St Edmunds Earwigs | 2½ - 1½ | Stowmarket | Thu 30th Jan 2020 | 19:30 |
| Stowmarket | 1½ - 2½ | Sudbury | Tue 4th Feb 2020 | 19:30 |
| Stowmarket | 0 - 0 | Bury St Edmunds Barracudas | Tue 31st Mar 2020 | 19:30 |
| Stowmarket | 0 - 0 | Linton Lemurs | Tue 7th Apr 2020 | 19:30 |