

| Date | Sport | Fixture type | Competition | Home | Home Score | Away Score | Away | Winner |
|------------|-------------------|--------------|--|-------------------------------|------------------|-----------------|----------------------------|-------------------------------|
| 28/01/2023 | Cricknet | League | Women's Indoor - Championship Super 8's | Exeter Women's Indoor 1 | 103.0/3.0 [10.0] | 79.0/4.0 [10.0] | Edinburgh Women's Indoor 1 | Exeter Women's Indoor 1 |
| 28/01/2023 | Cricknet | League | Women's Indoor - Championship Super 8's | Cardiff Met Women's Indoor 1 | 58.0/3.0 [7.5] | 57.0/6.0 [10.0] | Exeter Women's Indoor 1 | Cardiff Met Women's Indoor 1 |
| 28/01/2023 | Futsal | League | Women's Western Tier 1 | Exeter Women's 2 | 12 | 10 | Marjon Women's 1 | Exeter Women's 2 |
| 28/01/2023 | Cricknet | League | Women's Indoor - Championship Super 8's | Exeter Women's Indoor 1 | 98.0/4.0 [10.0] | 99.0/4.0 [9.3] | Durham Women's Indoor 1 | Durham Women's Indoor 1 |
| 28/01/2023 | Water Polo | League | Men's Western Tier 1 | Gloucestershire Men's 1 | 17 | 9 | Exeter Men's 1 | Gloucestershire Men's 1 |
| 29/01/2023 | American Football | League | South Western Tier 1 | Swansea Open 1 | 0 | 42 | Exeter Open 1 | Exeter Open 1 |
| 29/01/2023 | Rugby League | League | Premier (North/South) | Nottingham Trent Men's 1 | 6 | 30 | Exeter Men's 1 | Exeter Men's 1 |
| 29/01/2023 | Water Polo | Tournament | Women's National Trophy | King's College Women's 1 | 16 | 19 | Exeter Women's 1 | Exeter Women's 1 |
| 29/01/2023 | Futsal | League | Men's Western Tier 1 | Exeter Men's 1 | 11 | 14 | Solent Men's 1 | Solent Men's 1 |
| 01/02/2023 | Golf | League | Western Tier 1 | Bournemouth Mixed 2 | 1.5 | 4.5 | Exeter Mixed 2 | Exeter Mixed 2 |
| 01/02/2023 | Tennis | League | Teach First Men's Premier (North/South) | Cardiff Men's 1 | 3 | 3 | Exeter Men's 2 | DRAW |
| 01/02/2023 | Tennis | League | Teach First Men's Western Tier 2 | Winchester Men's 1 | 1 | 5 | Exeter Men's 4 | Exeter Men's 4 |
| 01/02/2023 | Lacrosse | Tournament | Women's National Trophy | Exeter Women's 2 | 19 | 7 | Exeter Women's 4 | Exeter Women's 2 |
| 01/02/2023 | Tennis | League | Teach First Men's Western Tier 2 | Swansea Men's 1 | 1 | 5 | Exeter Men's 3 | Exeter Men's 3 |
| 01/02/2023 | Golf | League | Western Tier 2 | Bournemouth Mixed 3 | 2.5 | 3.5 | Exeter Mixed 5 | Exeter Mixed 5 |
| 01/02/2023 | Tennis | League | Teach First Women's Western Tier 3 (FAST4) | Bournemouth Women's 1 (FAST4) | 5 | 1 | Exeter Women's 7 (FAST4) | Bournemouth Women's 1 (FAST4) |
| 01/02/2023 | Tennis | League | Teach First Men's Western Tier 3 (FAST4) | Exeter Men's 8 (FAST4) | 0 | 0 | Plymouth Men's 2 (FAST4) | Exeter Men's 8 (FAST4) |
| 01/02/2023 | Tennis | League | Teach First Women's Western Tier 1 | Exeter Women's 3 | 0 | 6 | Exeter Women's 2 | Exeter Women's 2 |
| 01/02/2023 | Tennis | League | Teach First Men's Western Tier 3 (FAST4) | Bath Spa Men's 1 (FAST4) | 0 | 6 | Exeter Men's 7 (FAST4) | Exeter Men's 7 (FAST4) |
| 01/02/2023 | Tennis | League | Teach First Men's Premier (North/South) | Imperial Men's 1 | 0 | 6 | Exeter Men's 1 | Exeter Men's 1 |
| 01/02/2023 | Squash | League | Women's Western Tier 1 | Bristol Women's 2 | 0 | 4 | Exeter Women's 1 | Exeter Women's 1 |
| 01/02/2023 | Volleyball | League | Men's Premier (North/South) | Exeter Men's 1 | 2 | 3 | Imperial Men's 1 | Imperial Men's 1 |
| 01/02/2023 | Golf | League | Western Tier 2 | Swansea Mixed 3 | 0 | 6 | Exeter Mixed 4 | Exeter Mixed 4 |
| 01/02/2023 | Rugby League | Tournament | National Trophy | Swansea Men's 1 | 16 | 18 | Exeter Men's 2 | Exeter Men's 2 |
| 01/02/2023 | Badminton | Tournament | Men's Western Conference Cup | Cardiff Met Men's 1 | 3 | 5 | Exeter Men's 2 | Exeter Men's 2 |
| 01/02/2023 | Hockey | League | Men's Western Tier 3 | Southampton Men's 2 | 6 | 3 | Exeter Men's 6 | Southampton Men's 2 |
| 01/02/2023 | Football | League | Aldi Women's Western Tier 2 | Cardiff Women's 2 | 1 | 0 | Exeter Women's 2 | Cardiff Women's 2 |
| 01/02/2023 | Hockey | League | ICG Women's Premier (North/South) | Exeter Women's 2 | 2 | 1 | Swansea Women's 1 | Exeter Women's 2 |
| 01/02/2023 | Basketball | League | BT Group Men's Western Tier 2 | Exeter Men's 1 | 84 | 70 | Bristol Men's 1 | Exeter Men's 1 |
| 01/02/2023 | Netball | League | Western Tier 3 | Exeter Women's 5 | 48 | 36 | Southampton Women's 2 | Exeter Women's 5 |
| 01/02/2023 | Badminton | Tournament | Men's National Trophy | Bath Men's 2 | 2 | 6 | Exeter Men's 1 | Exeter Men's 1 |
| 01/02/2023 | Lacrosse | Tournament | Women's National Trophy | Exeter Women's 3 | 9 | 7 | Bristol Women's 2 | Exeter Women's 3 |
| 01/02/2023 | Hockey | Tournament | Men's National Trophy | Nottingham Men's 4 | 2 | 1 | Exeter Men's 3 | Nottingham Men's 4 |
| 01/02/2023 | Water Polo | Tournament | Men's National Trophy | Exeter Men's 1 | 12 | 15 | Loughborough Men's 1 | Loughborough Men's 1 |
| 01/02/2023 | Netball | League | Western Tier 3 | Bournemouth Women's 2 | 44 | 58 | Exeter Women's 6 | Exeter Women's 6 |
| 01/02/2023 | Squash | League | Women's Western Tier 1 | Cardiff Women's 1 | 3 | 1 | Exeter Women's 2 | Cardiff Women's 1 |
| 01/02/2023 | Football | League | Aldi Men's Western Tier 3 | Winchester Men's 1 | 0 | 4 | Exeter Men's 3 | Exeter Men's 3 |
| 01/02/2023 | Basketball | Tournament | BT Group Women's National Trophy | Sussex Women's 1 | 52 | 61 | Exeter Women's 1 | Exeter Women's 1 |
| 01/02/2023 | Lacrosse | League | Men's Western Tier 2 | Exeter Men's 2 | 8 | 1 | Aberystwyth Men's 1 | Exeter Men's 2 |
| 01/02/2023 | Rugby Union | League | Men's Premier (North/South 1) | Bath Men's 2 | 31 | 28 | Exeter Men's 3 | Bath Men's 2 |
| 01/02/2023 | Lacrosse | League | Women's Western Tier 2 | Exeter Women's 5 | 0 | 0 | Bournemouth Women's 2 | Exeter Women's 5 |
| 01/02/2023 | Lacrosse | League | Women's Premier (North/South 1) | Cambridge Women's 1 | 12 | 13 | Exeter Women's 1 | Exeter Women's 1 |
| 01/02/2023 | Squash | League | Men's Western Tier 2 | Exeter Men's 2 | 5 | 0 | Bournemouth Men's 2 | Exeter Men's 2 |
| 01/02/2023 | Ultimate | League | Men's Western Tier 2 | Exeter Men's 2 | 8 | 10 | Swansea Men's 1 | Swansea Men's 1 |
| 01/02/2023 | Football | League | Aldi Men's Western Tier 2 | Exeter Men's 2 | 1 | 0 | Bristol Men's 3 | Exeter Men's 2 |
| 01/02/2023 | Rugby Union | League | Women's Premier (National) | Exeter Women's 1 | 15 | 27 | Hartpury Women's 1 | Hartpury Women's 1 |
| 01/02/2023 | Football | League | Aldi Men's Western Tier 4 | Exeter Men's 4 | 1 | 2 | SGS Men's 1 | SGS Men's 1 |
| 01/02/2023 | Rugby Union | League | BUCS Super Rugby | Leeds Beckett Men's 1 | 17 | 24 | Exeter Men's 1 | Exeter Men's 1 |
| 01/02/2023 | Football | League | Aldi Men's Premier (North/South) | Exeter Men's 1 | 1 | 1 | East London Men's 1 | DRAW |
| 01/02/2023 | Football | Tournament | Aldi Women's National Trophy | Hertfordshire Women's 1 | 1 | 6 | Exeter Women's 1 | Exeter Women's 1 |
| 01/02/2023 | Rugby Union | League | Men's Premier (North/South 1) | Exeter Men's 2 | 29 | 19 | Bristol Men's 1 | Exeter Men's 2 |
| 01/02/2023 | Rugby Union | Tournament | Men's Western Conference Trophy | Exeter Men's 8 | 15 | 49 | Cardiff Met Men's 7 | Cardiff Met Men's 7 |
| 01/02/2023 | Table Tennis | Tournament | Men's Western Conference Cup | Exeter Men's 2 | 12 | 5 | Southampton Men's 2 | Exeter Men's 2 |
| 01/02/2023 | Hockey | League | ICG Women's Western Tier 4 | Bournemouth Women's 2 | 1 | 6 | Exeter Women's 7 | Exeter Women's 7 |
| 01/02/2023 | Badminton | Tournament | Women's Western Conference Cup | Exeter Women's 2 | 7 | 1 | Bournemouth Women's 2 | Exeter Women's 2 |
| 01/02/2023 | Fencing | Tournament | Women's National Trophy | Exeter Women's 1 | 106 | 135 | King's College Women's 1 | King's College Women's 1 |
| 01/02/2023 | Table Tennis | Tournament | Women's National Trophy | Exeter Women's 2 | 3 | 13 | Bath Women's 1 | Bath Women's 1 |
| 01/02/2023 | Volleyball | Tournament | Women's National Trophy | Exeter Women's 1 | 2 | 3 | Imperial Women's 1 | Imperial Women's 1 |
| 01/02/2023 | Basketball | League | BT Group Men's Western Tier 2 | Bournemouth Men's 2 | 88 | 44 | Exeter Men's 2 | Bournemouth Men's 2 |
| 01/02/2023 | Hockey | League | Men's Western Tier 4 | Bristol Men's 6 | 0 | 9 | Exeter Men's 7 | Exeter Men's 7 |
| 01/02/2023 | Hockey | League | Men's Premier (North/South) | Exeter Men's 2 | 6 | 0 | Bristol Men's 2 | Exeter Men's 2 |
| 01/02/2023 | Hockey | League | ICG Women's Premier (National) | Exeter Women's 1 | 2 | 2 | Edinburgh Women's 1 | DRAW |
| 01/02/2023 | Rugby Union | Tournament | Men's National Trophy | Hartpury Men's 3 | 68 | 0 | Exeter Men's 5 | Hartpury Men's 3 |
| 01/02/2023 | Netball | League | Western Tier 2 | Exeter Women's 4 | 33 | 51 | Bournemouth Women's 1 | Bournemouth Women's 1 |
| 01/02/2023 | Rugby League | League | Premier (North/South) | Gloucestershire Men's 1 | 16 | 38 | Exeter Men's 1 | Exeter Men's 1 |
| 01/02/2023 | Hockey | Tournament | ICG Women's National Trophy | Queen Mary Women's 1 (Barts) | 0 | 6 | Exeter Women's 4 | Exeter Women's 4 |
| 01/02/2023 | Hockey | League | Men's Western Tier 2 | Exeter Men's 5 | 8 | 0 | UWE Men's 2 | Exeter Men's 5 |
| 01/02/2023 | Hockey | League | Men's Premier (National) | Exeter Men's 1 | 5 | 3 | Edinburgh Men's 1 | Exeter Men's 1 |
| 01/02/2023 | Fencing | Tournament | Men's National Trophy | Exeter Men's 1 | 135 | 67 | Bath Men's 2 | Exeter Men's 1 |
| 01/02/2023 | Netball | League | Premier (North/South) | Exeter Women's 1 | 52 | 36 | Hertfordshire Women's 1 | Exeter Women's 1 |
| 01/02/2023 | Hockey | Tournament | ICG Women's National Trophy | Southampton Women's 1 | 3 | 4 | Exeter Women's 3 | Exeter Women's 3 |