

| Date | Sport | Fixture type | Competition | Home | Home Score | Away Score | Away | Winner |
|------------|--------------|--------------|--|------------------------------------|------------|------------|----------------------------|--------------------------|
| 12/10/2022 | Golf | League | Western Tier 1 | Exeter Mixed 3 | 1.5 | 4.5 | Swansea Mixed 1 | Swansea Mixed 1 |
| 12/10/2022 | Tennis | League | Teach First Men's Premier (North/South) | Bath Men's 2 | 1 | 5 | Exeter Men's 1 | Bath Men's 2 |
| 12/10/2022 | Tennis | League | Teach First Women's Premier (North/South) | Oxford Women's 1 | 1 | 5 | Exeter Women's 1 | Exeter Women's 1 |
| 12/10/2022 | Tennis | League | Teach First Women's Western Tier 1 | Southampton Women's 1 | 3 | 3 | Exeter Women's 2 | DRAW |
| 12/10/2022 | Tennis | League | Teach First Men's Western Tier 2 | Bournemouth Men's 2 | 0 | 6 | Exeter Men's 5 | Exeter Men's 5 |
| 12/10/2022 | Tennis | League | Teach First Men's Western Tier 3 (FAST4) | Exeter Men's 8 (FAST4) | 6 | 0 | Winchester Men's 2 (FAST4) | Exeter Men's 8 (FAST4) |
| 12/10/2022 | Tennis | League | Teach First Men's Western Tier 2 | Bristol Men's 4 | 0 | 6 | Exeter Men's 3 | Exeter Men's 3 |
| 12/10/2022 | Football | League | Aldi Men's Western Tier 4 | Southampton Men's 2 | 3 | 1 | Exeter Men's 4 | Southampton Men's 2 |
| 12/10/2022 | Tennis | League | Teach First Men's Premier (North/South) | Imperial Men's 1 | 4 | 2 | Exeter Men's 2 | Imperial Men's 1 |
| 12/10/2022 | Tennis | League | Teach First Women's Western Tier 1 | Exeter Women's 3 | 6 | 0 | Cardiff Met Women's 1 | Exeter Women's 3 |
| 12/10/2022 | Tennis | League | Teach First Men's Western Tier 2 | Exeter Men's 6 | 6 | 0 | Winchester Men's 1 | Exeter Men's 6 |
| 12/10/2022 | Tennis | League | Teach First Women's Western Tier 2 | Exeter Women's 4 | 6 | 0 | Cardiff Women's 4 | Exeter Women's 4 |
| 12/10/2022 | Tennis | League | Teach First Women's Western Tier 3 (FAST4) | Gloucestershire Women's 1 (FAST 4) | 2 | 4 | Exeter Women's 6 (FAST4) | Exeter Women's 6 (FAST4) |
| 12/10/2022 | Hockey | League | Men's Western Tier 2 | Exeter Men's 4 | 3 | 1 | UWE Men's 1 | Exeter Men's 4 |
| 12/10/2022 | Fencing | League | Men's Western Tier 1 | Southampton Men's 1 | 110 | 130 | Exeter Men's 1 | Exeter Men's 1 |
| 12/10/2022 | Lacrosse | League | Women's Western Tier 1 | Exeter Women's 4 | 10 | 13 | Bristol Women's 2 | Bristol Women's 2 |
| 12/10/2022 | Rugby League | League | Western Tier 1 | Swansea Men's 1 | 4 | 29 | Exeter Men's 2 | Exeter Men's 2 |
| 12/10/2022 | Hockey | League | ICG Women's Western Tier 2 | Bournemouth Women's 1 | 2 | 0 | Exeter Women's 5 | Bournemouth Women's 1 |
| 12/10/2022 | Football | League | Aldi Women's Western Tier 2 | Gloucestershire Women's 1 | 0 | 1 | Exeter Women's 2 | Exeter Women's 2 |
| 12/10/2022 | Netball | League | EY Western Tier 3 | Exeter Women's 6 | 38 | 43 | Winchester Women's 1 | Winchester Women's 1 |
| 12/10/2022 | Rugby Union | League | Men's Western Tier 2 | Cardiff Men's 4 | 31 | 10 | Exeter Men's 6 | Cardiff Men's 4 |
| 12/10/2022 | Rugby Union | League | Women's Premier (National) | Loughborough Women's 1 | 17 | 19 | Exeter Women's 1 | Exeter Women's 1 |
| 12/10/2022 | Squash | League | Men's Western Tier 1 | Bath Men's 2 | 2 | 3 | Exeter Men's 1 | Exeter Men's 1 |
| 12/10/2022 | Badminton | League | Men's Western Tier 2 | Exeter Men's 2 | 5 | 3 | Plymouth Men's 1 | Exeter Men's 2 |
| 12/10/2022 | Badminton | League | Men's Western Tier 1 | UWE Men's 1 | 3 | 5 | Exeter Men's 1 | Exeter Men's 1 |
| 12/10/2022 | Water Polo | League | Women's Western Tier 1 | Exeter Women's 1 | 26 | 16 | Cardiff Met Women's 1 | Exeter Women's 1 |
| 12/10/2022 | Squash | League | Women's Western Tier 1 | Cardiff Women's 1 | 2 | 2 | Exeter Women's 1 | Exeter Women's 1 |
| 12/10/2022 | Football | League | Aldi Women's Western Tier 3 | Bristol Women's 3 | 0 | 8 | Exeter Women's 3 | Exeter Women's 3 |
| 12/10/2022 | Rugby Union | League | Men's Western Tier 4 | Southampton Men's 3 (Medics) | 15 | 19 | Exeter Men's 8 | Exeter Men's 8 |
| 12/10/2022 | Football | League | Aldi Men's Western Tier 3 | Exeter Men's 3 | 5 | 2 | Plymouth Men's 1 | Exeter Men's 3 |
| 12/10/2022 | Rugby Union | League | Men's Western Tier 1 | Exeter Men's 4 | 20 | 19 | Bath Men's 3 | Exeter Men's 4 |
| 12/10/2022 | Tennis | League | Teach First Women's Western Tier 3 (FAST4) | Exeter Women's 7 (FAST4) | 0 | 6 | Exeter Women's 5 (FAST4) | Exeter Women's 5 (FAST4) |
| 12/10/2022 | Basketball | League | BT Group Women's Western Tier 1 | Bath Women's 1 | 58 | 51 | Exeter Women's 1 | Bath Women's 1 |
| 12/10/2022 | Lacrosse | League | Women's Western Tier 2 | Plymouth Women's 1 | 0 | 0 | Exeter Women's 5 | Exeter Women's 5 |
| 12/10/2022 | Rugby Union | League | Men's Western Tier 4 | Southampton Men's 2 | 15 | 38 | Exeter Men's 9 | Exeter Men's 9 |
| 12/10/2022 | Lacrosse | League | Men's Premier (North/South) | Exeter Men's 1 | 4 | 9 | Bath Men's 1 | Bath Men's 1 |
| 12/10/2022 | Rugby Union | League | Men's Premier (North/South 1) | Exeter Men's 2 | 27 | 26 | Exeter Men's 3 | Exeter Men's 2 |
| 12/10/2022 | Table Tennis | League | Women's Western Tier 1 | Exeter Women's 2 | 0 | 5 | Southampton Women's 1 | Southampton Women's 1 |
| 12/10/2022 | Football | League | Aldi Women's Western Tier 1 | Exeter Women's 1 | 2 | 0 | Swansea Women's 1 | Exeter Women's 1 |
| 12/10/2022 | Rugby Union | League | Men's Western Tier 3 | Exeter Men's 7 | 32 | 24 | Plymouth Men's 2 | Exeter Men's 7 |
| 12/10/2022 | Table Tennis | League | Men's Western Tier 1 | Exeter Men's 1 | 15 | 1 | Swansea Men's 3 | Exeter Men's 1 |
| 12/10/2022 | Volleyball | League | Women's Western Tier 1 | Southampton Women's 1 | 0 | 3 | Exeter Women's 1 | Exeter Women's 1 |
| 12/10/2022 | Squash | League | Men's Western Tier 2 | Exeter Men's 2 | 5 | 0 | Southampton Men's 2 | Exeter Men's 2 |
| 12/10/2022 | Squash | League | Men's Western Tier 2 | Exeter Men's 3 | 1 | 4 | Southampton Men's 1 | Southampton Men's 1 |
| 12/10/2022 | Netball | League | EY Western Tier 3 | UWE Women's 2 | 47 | 55 | Exeter Women's 5 | Exeter Women's 5 |
| 12/10/2022 | Football | League | Aldi Men's Western Tier 2 | Exeter Men's 2 | 3 | 0 | Cardiff Met Men's 3 | Exeter Men's 2 |
| 12/10/2022 | Netball | League | EY Western Tier 1 | Bath Women's 2 | 67 | 34 | Exeter Women's 3 | Bath Women's 2 |
| 12/10/2022 | Hockey | League | ICG Women's Western Tier 1 | Cardiff Met Women's 2 | 1 | 3 | Exeter Women's 4 | Exeter Women's 4 |
| 12/10/2022 | Lacrosse | League | Women's Western Tier 1 | Southampton Women's 1 | 2 | 14 | Exeter Women's 3 | Exeter Women's 3 |
| 12/10/2022 | Hockey | League | Men's Western Tier 1 | Bournemouth Men's 1 | 3 | 3 | Exeter Men's 3 | DRAW |
| 12/10/2022 | Football | League | Aldi Men's Western Tier 5 | Cardiff Met Men's 5 | 2 | 0 | Exeter Men's 5 | Cardiff Met Men's 5 |
| 12/10/2022 | Netball | League | EY Western Tier 6 | Exeter Women's 7 | 55 | 30 | Bournemouth Women's 3 | Exeter Women's 7 |
| 12/10/2022 | Hockey | League | ICG Women's Premier (North/South) | King's College Women's 1 | 0 | 2 | Exeter Women's 2 | Exeter Women's 2 |
| 12/10/2022 | Lacrosse | League | Women's Premier (North/South 1) | Exeter Women's 1 | 14 | 7 | Oxford Women's 1 | Exeter Women's 1 |
| 12/10/2022 | Squash | League | Women's Western Tier 1 | Bath Women's 1 | 4 | 0 | Exeter Women's 2 | Bath Women's 1 |
| 12/10/2022 | Hockey | League | ICG Women's Western Tier 4 | Exeter Women's 7 | 5 | 1 | UWE Women's 2 | Exeter Women's 7 |
| 12/10/2022 | Basketball | League | BT Group Men's Western Tier 2 | Exeter Men's 2 | 67 | 51 | Plymouth Men's 1 | Exeter Men's 2 |
| 12/10/2022 | Badminton | League | Women's Premier (North/South) | Exeter Women's 1 | 2 | 6 | Bath Women's 1 | Bath Women's 1 |
| 12/10/2022 | Hockey | League | ICG Women's Western Tier 3 | Plymouth Women's 2 | 1 | 5 | Exeter Women's 6 | Exeter Women's 6 |
| 12/10/2022 | Rugby League | League | Premier (North/South) | Loughborough Men's 1 | 14 | 12 | Exeter Men's 1 | Loughborough Men's 1 |
| 12/10/2022 | Hockey | League | ICG Women's Western Tier 1 | Southampton Women's 1 | 2 | 6 | Exeter Women's 3 | Exeter Women's 3 |
| 12/10/2022 | Lacrosse | League | Women's Premier (North/South 2) | Exeter Women's 2 | 21 | 2 | King's College Women's 1 | Exeter Women's 2 |
| 12/10/2022 | Hockey | League | Men's Premier (North/South) | King's College Men's 1 (GKT) | 1 | 10 | Exeter Men's 2 | Exeter Men's 2 |
| 12/10/2022 | Netball | League | EY Premier (North/South) | Exeter Women's 1 | 39 | 44 | Bath Women's 1 | Bath Women's 1 |
| 12/10/2022 | Rugby Union | League | Men's Western Tier 1 | Bristol Men's 2 | 50 | 24 | Exeter Men's 5 | Bristol Men's 2 |
| 12/10/2022 | Rugby Union | League | BUCS Super Rugby | Cardiff Met Men's 1 | 21 | 23 | Exeter Men's 1 | Exeter Men's 1 |
| 12/10/2022 | Football | League | Aldi Men's Premier (North/South) | Exeter Men's 1 | 0 | 2 | Bath Men's 1 | Bath Men's 1 |
| 12/10/2022 | Netball | League | EY Western Tier 2 | Southampton Women's 1 | 51 | 34 | Exeter Women's 4 | Southampton Women's 1 |