

Home Team	Result	Away Team	Date	Time Status
Aylsham Hurricanes	1½ - 2½	North Norfolk Seals	Mon 24 Oct 22	19:30 OV
North Norfolk Seals	3 - 1	St Johns Knights	Fri 4 Nov 22	19:30 OV
Norwich Dons Daredevils	½ - 3½	North Norfolk Seals	Tue 15 Nov 22	19:30 OV
North Norfolk Seals	2½ - 1½	Kings Lynn	Fri 25 Nov 22	19:30 OV
Broadland Swallowtails	1½ - 2½	North Norfolk Seals	Tue 6 Dec 22	19:30 OV
North Norfolk Seals	2 - 2	Lowestoft C	Fri 13 Jan 23	19:30 OV
North Norfolk Seals	3½ - ½	Norwich Dons Daredevils	Fri 17 Feb 23	19:30 OV
Kings Lynn	2½ - 1½	North Norfolk Seals	Thu 23 Feb 23	19:30 OV
North Norfolk Seals	4 - 0	Aylsham Hurricanes	Fri 24 Mar 23	19:30 OV
St Johns Knights	1 - 3	North Norfolk Seals	Thu 6 Apr 23	19:30 OV
North Norfolk Seals	3½ - ½	Broadland Swallowtails	Fri 14 Apr 23	19:30 OV
Lowestoft C	½ - 3½	North Norfolk Seals	Mon 5 Jun 23	19:30 OV