

Home Team	Result	Away Team	Date	Time Status
Lowestoft C	2 - 2	Aylsham Hurricanes	Mon 31 Oct 22	19:30 OV
St Johns Knights	0 - 4	Lowestoft C	Thu 17 Nov 22	19:30 OV
Lowestoft C	3 - 1	Norwich Dons Daredevils	Mon 5 Dec 22	19:30 OV
Lowestoft C	2 - 2	Broadland Swallowtails	Mon 9 Jan 23	19:30 OV
North Norfolk Seals	2 - 2	Lowestoft C	Fri 13 Jan 23	19:30 OV
Aylsham Hurricanes	2½ - 1½	Lowestoft C	Mon 30 Jan 23	19:30 OV
Lowestoft C	3 - 1	St Johns Knights	Mon 20 Feb 23	19:30 OV
Norwich Dons Daredevils	½ - 3½	Lowestoft C	Tue 7 Mar 23	19:30 OV
Kings Lynn	1½ - 2½	Lowestoft C	Thu 16 Mar 23	19:30 OV
Broadland Swallowtails	1½ - 2½	Lowestoft C	Tue 4 Apr 23	19:30 OV
Lowestoft C	3½ - ½	Kings Lynn	Mon 15 May 23	19:30 OV
Lowestoft C	½ - 3½	North Norfolk Seals	Mon 5 Jun 23	19:30 OV