

| Home Team | Result | Away Team | Date | Time Status |
|------------------------|---------------|------------------------|---------------|--------------------|
| Norwich Dons Cavaliers | 4 - 0 | Lowestoft B | Tue 3 Oct 23 | 19:30 OV |
| Wymondham Eagles | 3 - 1 | Norwich Dons Cavaliers | Fri 10 Nov 23 | 19:30 OV |
| Norwich Dons Cavaliers | 1½ - 2½ | Lowestoft A | Tue 14 Nov 23 | 19:30 OV |
| Fakenham Oddfellows | 1½ - 2½ | Norwich Dons Cavaliers | Tue 5 Dec 23 | 19:35 OV |
| Norwich Dons Cavaliers | 3½ - ½ | St Johns Bishops | Tue 12 Dec 23 | 19:30 OV |
| North Norfolk Seals | 1 - 3 | Norwich Dons Cavaliers | Fri 5 Jan 24 | 19:30 OV |
| Lowestoft B | 1½ - 2½ | Norwich Dons Cavaliers | Mon 22 Jan 24 | 19:30 OV |
| Norwich Dons Cavaliers | 2 - 2 | Wymondham Eagles | Tue 30 Jan 24 | 19:30 OV |
| Lowestoft A | 0 - 4 | Norwich Dons Cavaliers | Mon 4 Mar 24 | 19:30 OV |
| Norwich Dons Cavaliers | 4 - 0 | Fakenham Oddfellows | Tue 12 Mar 24 | 19:30 OV |
| St Johns Bishops | 2 - 2 | Norwich Dons Cavaliers | Thu 28 Mar 24 | 19:30 OV |
| Norwich Dons Cavaliers | 2½ - 1½ | North Norfolk Seals | Tue 23 Apr 24 | 19:30 OV |