

Home Team	Result	Away Team	Date	Time Status
Lowestoft A	2½ - 1½	North Norfolk Seals	Mon 25 Sep 23	19:30 OV
North Norfolk Seals	3½ - ½	Fakenham Oddfellows	Fri 6 Oct 23	19:30 OV
St Johns Bishops	1½ - 2½	North Norfolk Seals	Thu 26 Oct 23	19:30 OV
North Norfolk Seals	1 - 3	Lowestoft B	Fri 24 Nov 23	19:30 OV
North Norfolk Seals	1 - 3	Wymondham Eagles	Fri 8 Dec 23	19:30 OV
North Norfolk Seals	1 - 3	Norwich Dons Cavaliers	Fri 5 Jan 24	19:30 OV
North Norfolk Seals	3 - 1	Lowestoft A	Fri 12 Jan 24	19:30 OV
Fakenham Oddfellows	2 - 2	North Norfolk Seals	Tue 23 Jan 24	19:35 OV
North Norfolk Seals	2½ - 1½	St Johns Bishops	Fri 2 Feb 24	19:30 OV
Lowestoft B	1 - 3	North Norfolk Seals	Mon 11 Mar 24	19:30 OV
Norwich Dons Cavaliers	2½ - 1½	North Norfolk Seals	Tue 23 Apr 24	19:30 OV
Wymondham Eagles	1½ - 2½	North Norfolk Seals	Fri 26 Apr 24	19:30 OV