

| Home Team | Result | Away Team | Date | Time | Status |
|---------------------|---------------|---------------------|---------------|-------------|---------------|
| Lowestoft A | 2 - 1 | Norfolk & Norwich A | Tue 12 Sep 23 | 19:30 | OV |
| Wymondham A | ½ - 2½ | Norfolk & Norwich A | Tue 12 Sep 23 | 19:50 | OV |
| Norfolk & Norwich A | 3 - 0 | St Johns Musketeers | Tue 12 Sep 23 | 20:10 | OV |
| St Johns Stooges | 1 - 2 | Norfolk & Norwich A | Tue 12 Sep 23 | 20:40 | OV |
| Norfolk & Norwich A | 2½ - ½ | Aylsham | Tue 12 Sep 23 | 21:00 | OV |
| Broadland Bitterns | 1 - 2 | Norfolk & Norwich A | Tue 12 Sep 23 | 21:20 | OV |
| Norfolk & Norwich A | 2 - 1 | Dons Avengers | Tue 12 Sep 23 | 21:50 | OV |