

<b>Home Team</b>	<b>Result</b>	<b>Away Team</b>	<b>Date</b>	<b>Time Status</b>
St Johns Knights	2½ - 1½	Broadland Swallowtails	Thu 6 Oct 22	19:30 OV
Norwich Dons Daredevils	1½ - 2½	Kings Lynn	Tue 11 Oct 22	19:30 OV
Aylsham Hurricanes	1½ - 2½	North Norfolk Seals	Mon 24 Oct 22	19:30 OV
Broadland Swallowtails	1 - 3	Norwich Dons Daredevils	Tue 25 Oct 22	19:30 OV
Lowestoft C	2 - 2	Aylsham Hurricanes	Mon 31 Oct 22	19:30 OV
Kings Lynn	2½ - 1½	Broadland Swallowtails	Thu 3 Nov 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
St Johns Knights	0 - 4	Lowestoft C	Thu 17 Nov 22	19:30 OV
Aylsham Hurricanes	2 - 2	St Johns Knights	Mon 21 Nov 22	19:30 OV
North Norfolk Seals	2½ - 1½	Kings Lynn	Fri 25 Nov 22	19:30 OV
Lowestoft C	3 - 1	Norwich Dons Daredevils	Mon 5 Dec 22	19:30 OV
Broadland Swallowtails	1½ - 2½	North Norfolk Seals	Tue 6 Dec 22	19:30 OV
Norwich Dons Daredevils	1½ - 2½	Aylsham Hurricanes	Tue 13 Dec 22	19:30 OV
Kings Lynn	2 - 2	St Johns Knights	Thu 5 Jan 23	19:30 OV
Lowestoft C	2 - 2	Broadland Swallowtails	Mon 9 Jan 23	19:30 OV
Broadland Swallowtails	2½ - 1½	Aylsham Hurricanes	Tue 10 Jan 23	19:30 OV
Kings Lynn	2½ - 1½	Norwich Dons Daredevils	Thu 12 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
Norwich Dons Daredevils	2 - 2	Broadland Swallowtails	Tue 31 Jan 23	19:30 OV
North Norfolk Seals	3½ - ½	Norwich Dons Daredevils	Fri 17 Feb 23	19:30 OV
Lowestoft C	3 - 1	St Johns Knights	Mon 20 Feb 23	19:30 OV
St Johns Knights	1 - 3	Norwich Dons Daredevils	Thu 23 Feb 23	19:30 OV
Kings Lynn	2½ - 1½	North Norfolk Seals	Thu 23 Feb 23	19:30 OV
Norwich Dons Daredevils	½ - 3½	Lowestoft C	Tue 7 Mar 23	19:30 OV
St Johns Knights	1½ - 2½	Aylsham Hurricanes	Thu 9 Mar 23	19:30 OV
Aylsham Hurricanes	2½ - 1½	Norwich Dons Daredevils	Mon 13 Mar 23	19:30 OV
Kings Lynn	1½ - 2½	Lowestoft C	Thu 16 Mar 23	19:30 OV
North Norfolk Seals	4 - 0	Aylsham Hurricanes	Fri 24 Mar 23	19:30 OV
Norwich Dons Daredevils	1½ - 2½	St Johns Knights	Tue 28 Mar 23	19:30 OV
Broadland Swallowtails	1½ - 2½	Lowestoft C	Tue 4 Apr 23	19:30 OV
St Johns Knights	1 - 3	North Norfolk Seals	Thu 6 Apr 23	19:30 OV
Kings Lynn	2½ - 1½	Aylsham Hurricanes	Thu 6 Apr 23	19:30 OV
St Johns Knights	½ - 3½	Kings Lynn	Thu 13 Apr 23	19:30 OV
North Norfolk Seals	3½ - ½	Broadland Swallowtails	Fri 14 Apr 23	19:30 OV
Broadland Swallowtails	2 - 2	Kings Lynn	Tue 18 Apr 23	19:30 OV
Aylsham Hurricanes	3½ - ½	Broadland Swallowtails	Mon 24 Apr 23	19:30 OV
Lowestoft C	3½ - ½	Kings Lynn	Mon 15 May 23	19:30 OV
Broadland Swallowtails	2 - 2	St Johns Knights	Tue 16 May 23	19:30 OV
Aylsham Hurricanes	2½ - 1½	Kings Lynn	Mon 22 May 23	19:30 OV
Lowestoft C	½ - 3½	North Norfolk Seals	Mon 5 Jun 23	19:30 OV