

Home Team	Result	Away Team	Date	Time	Status
Lowestoft	8 - 0	Aylsham Lightnings B	Mon 28 Nov 22	19:30	OV
Norfolk & Norwich B	4½ - 3½	Norfolk & Norwich A	Tue 29 Nov 22	19:30	OV
St Johns Crusaders	6 - 2	North Norfolk	Thu 1 Dec 22	19:30	OV
Lowestoft	3½ - 4½	Norwich Dons	Mon 16 Jan 23	19:30	OV
Broadland Swallowtails	1 - 7	Aylsham Lightnings A	Tue 17 Jan 23	19:30	OV
Norfolk & Norwich B	6½ - 1½	Broadland Swifts	Tue 17 Jan 23	19:30	OV
St Johns Templars	3 - 5	St Johns Crusaders	Thu 19 Jan 23	19:30	OV
Norfolk & Norwich B	7 - 1	St Johns Templars	Tue 28 Feb 23	19:30	OV
Norwich Dons	6½ - 1½	Aylsham Lightnings A	Tue 21 Mar 23	19:30	OV
Norfolk & Norwich B	4 - 4	Norwich Dons <	Tue 25 Apr 23	19:30	OV