

Home Team	Result	Away Team	Date	Time Status
Norfolk & Norwich A	3½ - ½	St Johns Templars	Tue 4 Oct 22	19:30 OV
Lowestoft A	1½ - 2½	Norfolk & Norwich A	Mon 10 Oct 22	19:30 OV
Norfolk & Norwich A	2½ - 1½	Norwich Dons Avengers	Tue 15 Nov 22	19:30 OV
Norwich Dons Buccaneers	1 - 3	Norfolk & Norwich A	Tue 22 Nov 22	19:30 OV
Norfolk & Norwich A	2 - 2	Broadland Bitterns	Tue 13 Dec 22	19:30 OV
St Johns Templars	1 - 3	Norfolk & Norwich A	Thu 12 Jan 23	19:30 OV
Norfolk & Norwich A	3½ - ½	Lowestoft A	Tue 24 Jan 23	19:30 OV
Norwich Dons Avengers	3 - 1	Norfolk & Norwich A	Tue 7 Feb 23	19:30 OV
Norfolk & Norwich A	3 - 1	Norwich Dons Buccaneers	Tue 21 Feb 23	19:30 OV
Broadland Bitterns	½ - 3½	Norfolk & Norwich A	Tue 14 Mar 23	19:30 OV
Norfolk & Norwich A	2½ - 1½	St Johns Crusaders	Tue 28 Mar 23	19:30 OV
St Johns Crusaders	3 - 1	Norfolk & Norwich A	Thu 11 May 23	19:30 OV