

| Home Team | Result | Away Team | Date | Time Status |
|---------------------|---------------|---------------------|---------------|--------------------|
| Broadland Bitterns | 2½ - ½ | St Johns Stooges | Tue 12 Sep 23 | 19:30 OV |
| St Johns Stooges | ½ - 2½ | Dons Avengers | Tue 12 Sep 23 | 19:50 OV |
| Lowestoft A | 1½ - 1½ | St Johns Stooges | Tue 12 Sep 23 | 20:10 OV |
| St Johns Stooges | 1 - 2 | Norfolk & Norwich A | Tue 12 Sep 23 | 20:40 OV |
| St Johns Musketeers | 1 - 2 | St Johns Stooges | Tue 12 Sep 23 | 21:00 OV |
| Wymondham A | 0 - 3 | St Johns Stooges | Tue 12 Sep 23 | 21:20 OV |
| St Johns Stooges | 3 - 0 | Aylsham | Tue 12 Sep 23 | 21:50 OV |