

CUP - GROUP 1

A	Diss		v	B	Hadleigh		22-Jan-17
C	Cambridge		v	D	Braintree		05-Mar-17
E	Colchester		v	F	S Walden		22-Jan-17
B	Hadleigh		v	C	Cambridge		05-Feb-17
D	Braintree	0	v	E	Colchester	22	05-Feb-17
F	S Walden	10	v	A	Diss	44	05-Feb-17
A	Diss	30	v	C	Cambridge	22	19-Feb-17
E	Colchester		v	B	Hadleigh		05-Mar-17
D	Braintree		v	F	S Walden		19-Mar-17
A	Diss	10	v	D	Braintree	10	26-Feb-17
B	Hadleigh		v	F	S Walden		26-Feb-17
C	Cambridge	33	v	E	Colchester	38	26-Feb-17
E	Colchester		v	A	Diss		12-Mar-17
D	Braintree		v	B	Hadleigh		12-Mar-17
F	S Walden		v	C	Cambridge		12-Mar-17

CUP - GROUP 2

A	N Walsham		v	B	Bury St Eds		26-Mar-17
C	Woodbridge		v	D	Wymondham		05-Mar-17
E	Holt	24	v	F	Southwold	7	22-Jan-17
B	Bury St Eds	20	v	C	Woodbridge	24	05-Feb-17
D	Wymondham	12	v	E	Holt	17	05-Feb-17
F	Southwold	21	v	A	N Walsham	10	05-Feb-17
A	N Walsham		v	C	Woodbridge		19-Feb-17
E	Holt	0	v	B	Bury St Eds	47	19-Feb-17
D	Wymondham	20	v	F	Southwold	21	19-Feb-17
A	N Walsham		v	D	Wymondham		05-Mar-17
B	Bury St Eds		v	F	Southwold		26-Feb-17
C	Woodbridge	30	v	E	Holt	0	26-Feb-17
E	Holt		v	A	N Walsham		12-Mar-17
D	Wymondham		v	B	Bury St Eds		12-Mar-17
F	Southwold		v	C	Woodbridge		12-Mar-17

		P	W	D	L	F	A	Bonus Pts		Total	position
								Playing	Losing	Points	
A	Diss	3	2	1		84	42	3		16	
B	Hadleigh										
C	Cambridge	2			2	55	68	2	1	3	
D	Braintree	2		1	1	10	32	2		5	
E	Colchester	2	2			60	33	2		12	
F	S Walden	1			1	10	44	1		1	

		P	W	D	L	F	A	Bonus Pts		Total	position
								Playing	Losing	Points	
A	N Walsham	1			1	10	21	1		1	
B	Bury St Eds	2	1		1	67	24	2	1	8	
C	Woodbridge	2	2			54	20	2		12	
D	Wymondham	2			2	32	38	2	2	4	
E	Holt	4	2		2	41	96	4		14	
F	Southwold	3	2		1	49	54	3		13	

PLATE - GROUP 1

A	Norwich		v	B	Ely		22-Jan-17
C	Shelford		v	D	West Norfolk		05-Mar-17
B	Ely	10	v	C	Shelford	26	05-Feb-17
D	West Norfolk	24	v	A	Norwich	0	05-Feb-17
A	Norwich	0	v	C	Shelford	41	19-Feb-17
D	West Norfolk	5	v	B	Ely	29	19-Feb-17
A	Norwich		v	E	Ipswich		26-Feb-17
B	Ely		v	F	Sudbury		26-Feb-17
E	Ipswich		v	C	Shelford		12-Mar-17
F	Sudbury		v	D	West Norfolk		12-Mar-17

		P	W	D	L	F	A	Bonus Pts		Total	position
								Playing	Losing	Points	
A	Norwich	2			2	0	65	2		2	
B	Ely	2	1		1	39	31	2		7	
C	Shelford	3	3			96	22	3		18	
D	West Norfolk	2	1		1	29	29	2		7	

PLATE - GROUP 2

E	Ipswich		v	F	Sudbury		22-Jan-17
G	Ipswich YM	8	v	H	Colchester Dev	0	12-Feb-17
F	Sudbury	17	v	G	Ipswich YM	24	05-Feb-17
H	Colchester Dev	27	v	E	Ipswich	24	05-Feb-17
E	Ipswich	19	v	G	Ipswich YM	39	19-Feb-17
H	Colchester Dev	28	v	F	Sudbury	22	17-Feb-17
C	Shelford	29	v	G	Ipswich YM	12	26-Feb-17
D	West Norfolk		v	H	Colchester Dev		26-Feb-17
G	Ipswich YM		v	A	Norwich		12-Mar-17
H	Colchester Dev		v	B	Ely		12-Mar-17

		P	W	D	L	F	A	Bonus Pts		Total	position
								Playing	Losing	Points	
E	Ipswich	3			3	55	95	3	1	4	
F	Sudbury	2			2	39	52	2	2	4	
G	Ipswich YM	3	3			71	36	3		18	
H	Colchester Dev	3	2		1	55	54	3		13	