



COUNTY CAPS AND COLOURS

COUNTY CAPS

1968-1969

R Badger, Thetford Town
T Boast, Norwich City
M Couzens, Great Yarmouth Town
W Dowel, Gorleston
J McGuinness, York Athletic
C McManus, CNSOBU
C Rushmere, Gothic
A Skippen, Great Yarmouth Town
P Taylor, Norwich City
A Thurlow, Gothic
A Tooley, Great Yarmouth Town
C Watts, Thetford Town
C Woods, Gothic

1970-71

G Snowling, Gorleston
T Snowling Gorleston

1972-73

P Sussams, Gothic

1973-74

G Sutton, Thetford Town
G Wilton, CNSOBU

1975-76

M Turner, Gorleston

1976-77

I Stagg, St Andrew's

1977-78

D Yarham, Great Yarmouth Town
K Dennington, Lowestoft Town

1978-79

K Franklin, Great Yarmouth Town
N.Hart, Great Yarmouth Town

1980-81

M Sutton, Great Yarmouth Town

1981-82

M Alcock, Dereham Town
A Arber, Wroxham
S Henning, Great Yarmouth Town
L Parke, St Andrew's
S Rushbrook, Dereham Town
K Woodcock, Gorleston

1982-83

C Bottomley, Lowestoft Town
B Cockerill, Gorleston
G Sutton, Wroxham

1984-85

D Nelson, Wroxham
N Twaits, Lowestoft Town

1985-86

J Applegate, Great Yarmouth Town
C Brighton, Wroxham

P Grady, Great Yarmouth Town
M Money, Unity Emeralds
R Oates, Watton
D Steward, Coltishall HV

1986-87

M Patterson, Watton Utd

1987-88

G Reeve, Wroxham
M Waters, Wroxham

1989-90

M Oliver, Great Yarmouth Town
C Watts, Watton Utd
M Woolsey, Great Yarmouth Town

1990-91

A Barnard, Diss Town
T Saunders, King's Lynn

1991-92

S Larter, Wroxham
K Prior, Wroxham
T Sayer, Norwich Utd

1992-93

S McIntosh, Diss Town

1994-95

T Casey, King's Lynn
M Howard, Wisbech
J McNally, Diss Town
D Prior, Bury Town
L Steward, Wroxham

1995-96

C Danby, Gorleston
J Fletcher, Gorleston
P Hartle, Gorleston
M Keeley, Diss Town
M Vincent, Great Yarmouth Town
G Wilson, Lowestoft Town

1996-97

S Miles, Diss Town
P Reeve, Fakenham Town

1997-98

M Bond, Watton Utd
N Prior, Diss Town

COUNTY COLOURS

1888-89

C S W Barwell, Thorpe
J Bates, North Walsham
A Clifton, King's Lynn
W J Cruickshank, North Walsham
H W Doughty, Lynn Alex
J H Fernie, Wymondham
E J Fryer, Wymondham
PA Fryer, Wymondham

W S Hansell, Thorpe
G L Horne, CEYMS
P J D Johnson, Thetford
Rev T H Marsh, CEYMS
C Morley, CEYMS
J C Nutchey, CEYMS
R Pentney, Lynn Alexandra
H Plowright, Lynn Alexandra
G E Preston, Beeston Park
W A Rix, Thorpe
H C Scotter, CEYMS
R Webster, CEYMS
C J Wiltshire, Great Yarmouth Town

1889-90

H Morgan-Brown, Lynn Town
T N Perkins, Great Yarmouth Town
Rev C H Winter, Wymondham

1890-91

T Morley, Thorpe
E W Newby, CEYMS

1891-92

Rev W H Ainger, Dereham
S Aldred, Great Yarmouth Town
E A Everington, Dereham
H J Freeman, Thorpe
H J Mellerish, Thorpe
E Orams, Thorpe
P Wiltshire, Great Yarmouth Town

1892-93

F R Barwell, Thorpe
W T Barwell, Thorpe
G Burleigh, CEYMS
F Daines, CEYMS
A C Fellows, Diss
G B Raikes, Wymondham

1893-94

G J Barnes, Diss
A W Clarke, CEYMS
W Mason, Royal Artillery
B Proctor, Royal Artillery
E J Slator, Lynn Town
H Smith, Lynn Town
T C Neath, Lynn Town
County Caps and Colours

1894-95

W Macklin, Royal Artillery
J Sporne, Lynn Town
E Salisbury, Royal Artillery
H E Tooney, Royal Artillery
F Timoney, Royal Artillery
H St J Wimble, CEYMS
H P Wiltshire, Great Yarmouth Town

**1895-96**

N H Fletcher, CEYMS
Sgt C F Hunt, Royal Artillery
F Orviss, Lynn Town
Cpl Thurlow, Royal Artillery

1896-97

F Bedingfield, Fearnoughts
Pte Cooks, 7th Dragoon Guards
W Felmingham, Fearnoughts
H Goode, Fearnoughts
G L Miller, CEYMS
Rev A C Rogers, Lynn Town
E Stone, CEYMS
E C Snell, CEYMS

1897-98

E Bessey, Great Yarmouth Town
W Curtis, CEYMS
L Leman, Great Yarmouth Town
F Medlock, Lynn Town
J Perkins, Great Yarmouth Town

1898-99

W Browne, Great Yarmouth Town
G Girtton, Lynn Town
J H Holroyd, Lynn Town
R G Pilch, CEYMS
J H Stevens, Lynn Town
S H Smith, CEYMS

1899-1900

T H Newell, CEYMS
T Snelling, Norwich Artillery Vols
W Sparkes, CEYMS

1900-01

E Balls, CEYMS
R W Collinson, CEYMS

1901-02

E Gay, Lynn Town
B H Hull, Great Yarmouth Town
J Skippen, Great Yarmouth Town
H Spaulding, Lynn Town

1902-03

B L Brown, CEYMS
E W Bannister, Lynn Town
C J Lowings, Lynn Town
W Martin, Lynn Town
E Scott, CEYMS
F H C Wiltshire, Great Yarmouth Town

1903-04

L Baker, Norwich City
P Gooch, Norwich City
A Gowing, CEYMS
J Palmer, Norwich City
R Pointer, Norwich City
R Ransom, Lynn town
G Starling, CEYMS
S Stevens, Lynn Town

1904-05

R W Baker, Norwich City
G Lee, Great Yarmouth Town
A D C Sawford, CEYMS
H Vigar, Norwich City
H Kirk, Norwich City

1905-06

H Bryant, Cromer
J Dines, Lynn Town
L G Hill, CEYMS
E G Hill, CEYMS
E Housego, Great Yarmouth Town
W Jex, CEYMS
G Martin, Lynn Town
G S Stevens, CEYMS

1906-07

A Brooks, Gorleston
A S Cook, CEYMS
S Long, King's Lynn
J Pegg, Cromer
T Randall, Cromer
H Sayer, Norwich, London
W Taylor, St James'
C V Gay, Great Yarmouth Town

1908-09

Sgt Connolly, 19th Hussars
C E Dunning, Norwich City
G Gemmell, King's Lynn
T Lathan, CEYMS
Pte Portfleet, 19th Hussars
Cpl Pressland, 19th Hussars

1909-10

W Cutmore, CEYMS
E Griffin, Cromer
G D Reed, CEYMS
C Sennitt, YMCA
R W Thurgar, CEYMS

1910-11

G Butcher, Carrow
R J Hemmell, CEYMS
J Page, Carrow
J Watts, Great Yarmouth Town

1911-12

A Gemmell, King's Lynn
Pte Osborne, 16th Lancers
W Turner, Great Yarmouth Town
C Waters, Cromer

1912-13

C Abbs, Cromer
C Adams, Great Yarmouth Town
J Allen, King's Lynn
E Ames, Great Yarmouth Town
J Buck, Wymondham
O Davison, King's Lynn
H Holmes, Norwich, London
W Mountain, CEYMS

1913-14

J Allen, St James'
M Chase, King's Lynn
B Harris, Great Yarmouth Town
R Kirby, Cromer
F Malachowski,
Great Yarmouth Town
B G Smith, CEYMS
H Strachan, Great Yarmouth Town

1919-20

W Barclay, Norwich City
C Bradbrook, Great Yarmouth Town
W Daniels, Norwich City
L Easter, King's Lynn
A W Frosdick, Norwich City
A Gresham, Gorleston
A R Hawes, Norwich City
D W S Jarvis, King's Lynn
A P King, Norwich City
W Kirk, Norwich City
F Littlewood, Gorleston

1920-21

H Haney, Norwich City
J Hannah, Sheringham

1921-22

A Allen, Cromer
G R Baker, Cromer
W C Bell, Norwich City
A R Croskill, CEYMS
A Gostling, Great Yarmouth Town
H Johnson, Sheringham
R Page, Norwich City
A H Portfleet, King's Lynn
R Page, Norwich City
A Slater, Great Yarmouth Town
J Terry, King's Lynn
W Watson, Carrow

1922-23

G Abel, NUFO
W G Bedwell, King's Lynn
S Cousins, 5th Co BBOB
J Massingham, King's Lynn
W Millican, Gorleston
F R Nichols, King's Lynn
C Strong, Gorleston
A Wick, Wells Town

1923-24

C Alderton, Thetford
C Allison, Thetford
O Beevor, Great Yarmouth Town
S Earl, Norwich City
L R Featherby, King's Lynn
I Gardner, Cromer
W C Mayes, YMCA
P Rice, Sheringham
N Turner, King's Lynn
E R Wooderhouse, King's Lynn

**1924-25**

M Massingham, King's Lynn
C Moore, Great Yarmouth Town
V Myhill, Great Yarmouth Town
B Rope, Norwich City
J Storton, CEYMS
C Swann, Cromer

1925-26

W Dennis, Great Yarmouth Town
H Kirk, King's Lynn
C Smith, Great Yarmouth Town

1926-27

C Cousins, Great Yarmouth Town
R T Osborne, King's Lynn
T Owen, Thetford Town
F Oxborough,
Great Yarmouth Town
H Rose, Gorleston
J R Thomas, Gorleston

1927-28

S W E Andrews, CEYMS
W Brown, Great Yarmouth Town
E Chance, YMCA
V J Moore, CEYMS
A Noble, Norwich City
R Randall, Great Yarmouth Town
C S Trapp, Norwich Civil Service

1928-29

J Field, Carrow Works
C Hook, CEYMS
C Hulley, Great Yarmouth Town
J Jobling, Gorleston
J Lingham, Great Yarmouth Town
J Proudfoot, Gorleston

1929-30

C Bowles, CEYMS
H S Childs, Sheringham
F Morlett, Cromer
J D Raper, King's Lynn

1930-31

J Daley, CEYMS
J Deacon, CEYMS
T Pye, Norwich YMCA
D Thomas, Great Yarmouth Town

1931-32

J Kelf, CEYMS
B Robinson, King's Lynn

1932-33

F Clarke, CEYMS
A Hawkshaw, St Andrew's H
P Henry, King's Lynn
S Looe, CEYMS
F Perfect, Gorleston
S Pestell, Cromer
G South, Great Yarmouth Town

1933-34

R Campling, Gorleston
F D Cunliffe, Norwich YMCA

1934-35

C Allison, Thetford Town
P Archer, Great Yarmouth Town
F Bonney, Gorleston
A W Haddon, Thetford Town
R Read, Boulton & Paul
A Sizeland, King's Lynn
J T Snow, King's Lynn

1935-36

W Chittock, CEYMS
J Long, Sheringham
L J Maskell, Norwich City 'A'
L H Reilly, Norwich City 'A'
L J Savage, King's Lynn
W J West, CEYMS

1936-37

S W Cutting, Norwich City 'A'
G Dunthorne, CEYMS
L Harrison, Cromer
F High, Gorleston
D H Walker, Nor Elec Works
A Watson, Cromer
G Wright, Holt Utd

1937-38

P T Fakenbridge, King's Lynn
R P Mitchley, King's Lynn
I N Woodcock, Holt Utd

1938-39

C Burrage, CEYMS
L Hannant, Cromer
L G Moores, RAF Marham
H Parker, CEYMS
H Spinks, CEYMS
A Sterry, Cromer

1948-49

G Cruickshank, Gorleston
D Dye, CEYMS
M Evans, King's Lynn
F Gill, CEYMS
W Green, Great Yarmouth Town
J Humphrey, Mann Egerton
A Jones, Carrow
N Rowe, King's Lynn

1949-50

R J Goodings, Carrow
D Hardiment, Gothic
A Niblett, Carrow

1950-51

R J Halliday, Norwich City
R Hammond, Gothic
W Harvey, Gorleston

1951-52

P Blythe, Boulton & Paul
D Bullock, Great Yarmouth Town
N Coleman, Gorleston
D A Ellis, Gorleston
R C Grey, Holt Utd
E W Kirk, Gorleston
R Ramsbottom, Gothic
J C Wilson, Norwich City

1952-53

A Atkins, Gothic
A Goodings, CNSOBU
K Newland, Great Yarmouth Town

1953-54

E Allen, King's Lynn
A Briggs, Thetford Town
A Bullimore, Norwich City
J Geatrex, Norwich City
L Green, Great Yarmouth Town
R Isbill, King's Lynn
E Lewis Great Yarmouth Town
J Tyler, Thetford Town
A Welton, Gorleston

1954-55

A Harrington, Thetford Town

1955-56

R Laskey, Norwich City
N Powles, Gorleston
K Smith, King's Lynn
G Thompson, Tottenham Hotspur
M Valentine, King's Lynn

1956-57

S Farrow, Sheringham
R Pointer, CNSOBU

1957-58

L Bayfield, Sheringham
G Beckett, Gothic
R Culyer, CNSOBU
J Nobel, Gorleston

1958-59

C Bidewell, Fakenham
R Downing, Gothic
J Ford, Gothic
M Fowle, Fakenham
P Grills, Boulton & Paul
D Stimpson, Gothic
J Woodcock, CNSOBU
W Woodcock, North Walsham

1959-60

B Batteley, Dereham Town
G Ford, Yarmouth Town
B Roberts, Yarmouth Town
K Snowling, Yarmouth Town
D Thomas, Yarmouth Town

**1960-61**

E Fletcher, Boulton & Paul
R Matthews, North Walsham
G Smith, CNSOBU
J Thompson, CNSOBU

1961-62

D Bailey, Thetford Town
J Dowling, Thetford Town
E Edwards, Dereham Town
D Etheridge, Great Yarmouth Town
P Moss, Gothic
M Paveley, Gothic
D Warr, Gothic

1963-64

T McBride, CNSOBU
R Myhill, Great Yarmouth Town
B Nobel, Great Yarmouth Town

1964-65

A Bealey, Great Yarmouth Town
A Ellis, CNSOB
D Fox, Norwich Electricity
T Franklin, Norwich City
T Phillips, CNSOBU
P Taylor, Norwich City
D Turner, CNSOBU

1965-66

R Badger, Norwich City
M Blyth, Norwich Electricity
A G Ellis, CNSOBU
R Grimmer, Yarmouth Town
C McManus, CNSOBU
M J Robinson, CNSOBU
A Skippen, Yarmouth Town
B Smith, Gothic

1966-67

R Cann, Great Yarmouth Town
W Clarke, Gothic
M Couzens, Great Yarmouth Town
S Deere, Norwich City
D Linstead, CNSOBU
J McGuinness, Gothic
M Munday, Gothic
J Page, York Athletic
J Saunders, Watton
A Thurlow, Gothic
C Watts, Great Yarmouth Town
A Whitmore, King's Lynn

1967-68

K Pointer, Norwich City
C Rushmer, Gothic
A Smith, Great Yarmouth Town
P Taylor, CNSOBU
C Warner, Watton
C Woods, Gothic

1969-70

M Bloxham, York Athletic
S Morgan, Gorleston
G Snowling, Gorleston
T Snowling, Gorleston

1970-71

J Lowe, Thetford Town
A Osborne, Downham Town
J Rudd, Wisbech and Norwich
Busmen
P Sussams, Gothic and Unity
J Sutton, Thetford Town
G Wilton, CNSOBU

1972-73

K Dennington, Norwich City
D Fox, Hellesdon
A Munday, Gothic
M Turner, Gorleston
C Warner, Watton Utd
A Whitmore, King's Lynn

1974-75

N Hart, Yarmouth Town
K Rudd, Sheringham
I Stagg, Hoveton
J Stewart, King's Lynn

1975-76

R Brett, St Andrews
G Morgan, CNSOBU
D Smith, CNSOBU
S Smith, CNSOBU
R Taylor, Diss Town
D Yarham, Fakenham Town

1976-77

K Franklin, Yarmouth Town
T Johnson, Gorleston

1977-78

A Claxton, Gothic
C Sutton, Yarmouth Town
C Watts, Gorleston

1978-79

W Tyler, Yarmouth

1979-80

A Arber, Hoveton
J Blyth, Gorleston
G Darnell, Great Yarmouth
S Hennings, Great Yarmouth
A Lockhead, Norwich Union
L Parkes, St Andrew's
R Thompson, Great Yarmouth
K Woodcock, Gorleston

1980-81

M Allcock, Dereham
S Bottomley, Gorleston
P Dungar, Fakenham
S Rushbrook, Dereham

1981-82

G Brighton, Wroxham
M Carver, Great Yarmouth
B Cockerill, Gorleston
P Grady, Great Yarmouth
D Nelson, Wroxham
G Sutton, Wroxham

1983-84

L Steward, Wroxham
N Twaits, Quebec

1984-85

J Applegate, Great Yarmouth
K Bristow, Watton Utd
M Money, Unity Emeralds
R Oates, Watton Utd
D Steward, Hoveton
K Trudgill, St Andrew's

1985-86

M Howard, King's Lynn
P Jarvis, Watton
M Patterson, Watton
G Reeve, Wroxham
L Rollingson, Diss
T Saunders, Great Yarmouth
M Waters, St Andrew's

1986-87

A Campbell, Watton Utd
N Keeley, Watton Utd
A Wiles, Watton Utd

1988-89

A Barnard, Great Yarmouth Town
S Falgate, St Andrews
S McGavin
M Nash, St Andrew's
M Oliver, Great Yarmouth Town

1989-90

S Foyster, Braintree
S Latter, Wroxham
S McIntosh, Great Yarmouth Town

1990-91

M Crowe, Thetford Town
S Gook, Diss Town
D Massingham, Wisbech Town
M McGill, Thetford Town
J McNarry, Diss Town
K Prior, Wroxham
T Sayer, Norwich Utd
A Taylor, Thetford Town
K Topping, Fakenham Town

1991-92

T Casey, Norwich Utd
S Playford, Diss Town

1992-93

J Carter, Diss Town
N Jarvis, Fakenham Town



R Lemon, Wroxham
M Metcalf, Wroxham
D Prior, Wroxham
M Vincent, Great Yarmouth Town

1993-94

M Bond, Watton Utd
J Fletcher, Diss Town
J Miles, Diss Town
J Scott, Great Yarmouth Town

1994-95

K Barth, Gorleston
L Blissett, Fakenham Town
W Coe, Fakenham Town
P Hartle, Diss Town
M Keeley, Diss Town
S Lewis, King's Lynn
P Reeve, Fakenham Town
R Musgrave, Diss Town
R Sullivan, King's Lynn
G Wilson, Wroxham

1995-96

S Barnes, Wroxham
J Bibb, Diss Town
C Danby, Gorleston
M Pilborough, Diss Town
N Prior, Mulbarton Utd
G Smith, Diss Town
K Turner, Horsford Utd
R Wilcox, Diss Town
R Woodcock, Diss Town

1996-97

N Bennett, Wroxham
M Hemmings, Great Yarmouth
C Neale, Dereham Town
P Warne, Wroxham

1997-98

L Read, Watton Utd
Intermediate Colours

1998-99

C Armes, Mulbarton Utd
D Nichols, Madra Utd
D Youngs, Wymondham Town

1999-2000

K Abbs, Wroxham
G Barrett, Dereham Town
J Bensley, Acle Utd
M Henman, Dereham Town
S Nichols, Norwich Utd

YOUTH CAPS**1971-72**

N Bateman, C of N School
G Darnell, Technical OBs
B Gray, Norwich City and Hoveton
P Green, King's Lynn

C Sutton, Norwich City
B White, Gorleston
E Whittle, Gorleston

1972-73

S J Davey, York Athletic
M Mann, Sheringham

1973-74

B Haggerty, Reepham Town
A Lansdale, Lakeford Rangers
M McNeil, King's Lynn
G Sutton, Norwich City

1974-75

C McNeilly, Thetford Minors

1975-76

H Carpenter, Norwich City
Lads Club
B McClinton, Thetford Town
P Marshall, Norwich Lads Club

1976-77

P Allcock, Red Star
C Baker, Paston Grammar
A Fuller, Norwich Lads Club
D Nelson, Catton Rovers

1977-78

K Barham, Gorleston GS
I Batch, Earlham SM
G Brighton, Norwich Lads Club
R Carter, Lynn CAT
P Dungan, Fakenham
T Fisher, Norwich Lads Club
G Jervis, Lakeford Rangers
C Kerrigan, Lakeford Rangers
S Rushbrook, Sprowston High

1978-79

J Banbury, CNSOBU
S Bird, Caister
I Moore, Hewett

1979-80

T Bemrose, Dereham
S Gooderham, Diss
P Nicholls, Dereham
A Taney, Fakenham
N Twaits, Dereham

1980-81

G Bailey, Thetford Rovers
J Steer, Diss

1981-82

M Nash, Wroxham

1982-83

D Osborne, Dereham Town
A Robertson, Hoveton

1983-84

C Andrews, Hellesdon HW
S Blackett, Hellesdon Wanderers

N Hotchkin, Wymondham Town
T Saunders, Norwich City Youth

1984-85

P Allcock, Wroxham
I Clayton, Norwich City
K Robinson, Poringland
T Sayer, Hellesdon Hospital
J Thomas, Thetford Town
T Walpole, Fakenham Town

1985-86

C Brown, Wroxham
N Browne, Wroxham
S Ely, West Lynn
D Massingham, King's Lynn

1986-87

G Holden, Dereham Hobbies Utd
D Rolph, King's Lynn

1987-88

T Casey, Poringland Youth
A King, Great Yarmouth
K Marsh, Acle
D Tilford, Watton Utd

1989-90

J Alexander, Great Yarmouth Town
L Crabtree, Overstrand
J Fletcher, St Andrew's
T Hacon, Great Yarmouth Town
G Pebberday, Coltishall HV
M Tunmore, Great Yarmouth Town

1990-91

C Lark, Wroxham
J Makin, Newton Flotman
M Sinclair, Gorleston
M Spauls-Keasey, Swaffham Town
P Warne, Diss Town

1991-92

D Harmer, Norwich United
D Parfitt, Norwich United
D Ruff, Acle Rangers Youth

1992-93

M Fendley, Downham Town
D Hoadley, Great Yarmouth Town
J Howard, Mulbarton Utd
S Murphy, Overstrand

1993-94

J Bensley, Great Yarmouth Town
I Thornton, Gorleston Utd

1994-95

P Bradshaw, Mulbarton Utd
L Gooda, Great Yarmouth Town
R Grover, Fakenham Town
T Hoadley, Great Yarmouth Town
C Lamb, Thorpe Rovers
J Lincoln, Mulbarton Utd
C Neale, Fakenham Town



N Prior, Newton Flotman
P Smith, Thetford Town
L Snowling, Caister Utd
D Tarr, Mulbarton Utd

1995-96

N Adcock, Great Yarmouth Town
S Flanz, King's Lynn
G Murphy, Blofield Utd
M Pert, Coltishall HV
R Price, Wroxham

1996-97

K Abbs, Coltishall HV
G Barrett, Dereham Town
R Connelly, Wroxham
A Hunter, Swaffham Town
L Moon, Wymondham Town
L Read, King's Lynn
G Rowland, Coltishall HV
B Watkins, Attleborough Town

1997-98

S Barker, Fakenham Town
D Bloomfield, Diss Town
G Challen, St Andrew's
D Cresswell, Halvergate Utd
K Eagleton, St Andrew's
C Frary, King's Lynn
D Terrington, St Andrew's

1998-99

M Atkins, Coltishall HV85
R Bevis, Cromer Utd
N Bugdale, Diss Town
R Carter, Dereham Town
A Gleave, Fakenham Town
D Sheppard, St Andrew's

1999-00

D Crosbie, Blofield Utd
M Fowler, Swaffham Town
B Hobbs, Harford Tornadoes
R McNeilly, Watton Utd
D Meier, Lakeford Rangers
A Pentecost, Fakenham Town
I Spinks, Diss Town

2000-01

M Nixon, Wroxham

2002-03

Craig Knowles, Wroxham
James Wilson, Cambridge City

2003-04

Daniel Allen, Wroxham
Adam Ferguson, Mulbarton Hewett
Michael Withers, King's Lynn

2004-05

Adam Burton, King's Lynn
Andrew Bunn, Gorleston

Mark Shadrack,
Stevenage Borough
Chris Squires, Gorleston

2005-06

Daniel Cable, Easton College
Jim Cole, Easton College
David Rawlings, Swaffham Town
Laurence York, Gorleston Town

2006-07

Jamie Atkins, Wroxham
Liam Campbell, Fakenham Town
Ben Furlong, Wroxham

2007-08

Charlton Halliday, Wroxham
Ross Durrant, Norwich Utd
Peter Worsencroft, Aylsham
Wanderers

2008-09

Marcus Godbold,
North Walsham Town
Patrick Yates, Downham Town

2009-10

Joel Brien, Dereham Town
Sam Goff, Norwich United
Ben Latimer, Dereham Town

2010-11

Thomas Barnes, King's Lynn Town
Sam Borrer, Dereham Town
Lewis Butcher, Dereham Town
Ryan Fryatt, King's Lynn Town
Jamie George, Wroxham
Kai Hewitt, Wroxham
Ben Jones, Wroxham
Gino Livoti, King's Lynn Town
Joe Manning, Dereham Town
Joe Marsden, Lowestoft
Thomas McLeish, King's Lynn Town
Dan Savory, Fakenham Town
Jordan Southgate, Wroxham

2011-12

Nathan Howard, Dereham Town
Lewis Sturman, Boston United
Lee Woolmore, Swaffham Town

2012-13

Louis Ayres, Lowestoft Town
Reece Borrett, Kirkley & Pakefield
Matthew Castellán, Downham Town
Sam Harty, Wroxham
Ryan Hawkins, Dereham Town
Toby Hilliard, Swaffham Town
Nick Hook, Dereham Town
Gabriel Mansbridge, Kirkley & Pakefield
Nathan Russell, Kirkley & Pakefield
Rio Starkings, Wroxham

Shaun Stocker, King's Lynn Town
Luke Thacker, Wroxham

2013-14

Jake Cox, Dereham Town
Lewis Gibson, King's Lynn Town
Connor Laskey, Dereham Town
Elliot Wesby, Wroxham

2014-15

Charlie Clarke, Dereham Town
Matthew Cook, Dereham Town
Connor Deeks,
Great Yarmouth Town
Dion Frary, Fakenham Town
Mac Gee, Wroxham
Chris Greenslade, Dereham Town
Ethan Hall, Dereham Town
Liam Jackson, Eaton College
Eoin McQuaid, King's Lynn Town

2015-16

Liam Clayton, Dereham Town
Ryan Fuller, Dereham Town
Robbie Linford, Derham Town
Callum Olpin, Diss Town
Tom Wright, Long Stratton

2016-17

Jack Barber, Fakenham Town,
Wroxham
Josh Hazell, NCSS,
King's Lynn Town
Connor Ingram, Gorleston
Billy Johnson, NCSS,
Norwich United
Will Sainsbury Logan,
Dereham Town
Kieren Shipp, King's Lynn Town

2017-18

Archie Galley, Wroxham

2018-19

Josh Ford, Great Yarmouth Town
Lewis Johnson, Dereham Town,
Norwich CBS

2019-20

Brady Philpott, Great Yarmouth Town

YOUTH COLOURS**1935-36**

E Bates, Norwich City 'A'
K Burwood, Great Yarmouth Town
F Edwards, King's Lynn
A King, King's Lynn
A Weston, Blofield & District

1936-37

R C Barratt, Wroxham
I Berniston, Yarmouth Cals
J Mayes, SS&E

**1937-38**

A Ayres, Thetford Town
 Driver P Brett, 117 Batt RA
 Corp Cooper, RAF Marham
 B Hammond, Burnham Utd
 J W Soanes, King's Lynn Reserves
 B Spalding, Christchurch, Catt
 S P Spicer, Walsingham United
 H Spinks, Norwich St Paul's
 L Warner, Yarmouth Cals

1938-39

G E Chapman, CNSOBU
 C Daniels, St Andrew's Hospital
 C Donger, King's Lynn Reserves
 E Manship, Yarmouth Cals

1944-45

L Best, Freethorpe
 H J Boldra, Yarmouth St Paul's
 P N Brock, Fakenham S School
 R J Cator, Winterton
 T Chapman, Norman YC
 D J Hanton, Reedham
 R D Ottaway, Sprowston YC
 E J Pogue, Downham ATC
 W E Pointer, Sprowston YC
 T R Ryder, Norwich St Mark's

1945-46

E Anderton, Thorpe Village
 A F Bradford, Nor Fitness
 B W Bugdale, Norwich ILP
 L G Francis, Norman YC
 A D Fryatt, West Lynn YC
 R A Green, Gorleston
 R J Hammond, Norwich City
 B C Harvey, Diss Town
 S R Ireson, Nor Co-op Cent
 R Isbil, King's Lynn North End
 C B Meachan, Norwich St Mark's
 A D Skipper, Wymondham Mini's
 H G Wodehouse, Carrow
 D Woodrow, Wymondham Mini's
 D F Wilson, Norwich City

1946-47

P H Blyth, Crome 'A'
 C R C Young, Hilgay
 D I Greengrass, N St Barn
 L J Harbord, Caister
 D C Howard, South Lynn
 E W Kirk, Gorleston
 L G Landamore, Coltishall YC
 R P Thorne, South Lynn
 R R Turrell, Great Yarmouth Town
 K N Wakefield, KL NE
 D G Wickham, Crome 'A'
 L V Wilgress, KL Chemicals

1947-48

D H Abbs, N St Barnabas
 G F Bishop, CNS
 R G Burnham, N St Barnabas
 O M Cary, Thorpe Village
 D A Cox, Nor St Barnabas
 B R Fulcher, Thorpe Village
 R A Hansell, N St Barnabas,
 D F Kirby, Esdelle Works
 C Lincoln, Wymondham Minors

1948-49

P A G Bantock, N C Coll
 D C Clayton,
 Yarmouth St George's,
 S A Farrow, Sheringham
 L Flaxman, North Walsham
 R Kidd, Wymondham Minors
 B J Pegg, Sheringham
 K T Smith, King's Lynn NE
 A G Whitmore, Gothic

1949-50

L Adams, King's Lynn NE
 T F Groom, West Lynn YC
 P O Metcalfe, Norman YC
 D R Rackham, Norman YC
 O Scarborough, Terrington Lads
 D A Tye, Diss Town

1950-51

G W Barnard, CNS
 H Fisher, Gorleston
 M A Gorrod, CNS
 B Johnson, N City College
 J Leban, Gorleston
 J Parker, North WalshamYC
 L Spencer, Norwich Argyle
 D A Tebble, North Walsham
 M C Tomlinson, Carrow

1951-52

J P Davey, CNSOBU
 C T Garrod, Norwich Lads Club
 C H Holmes, Mann Egerton
 G F Jeffrey, Ald Jex YC
 M P Larke, Gorleston
 J K Macdonald, Norwich City
 E B Pilgrim, Norwich City
 G E Saltmarsh, CNSOBU
 D J Shackloth, Wymondham Min's
 D G Todd, King's Lynn
 J C Wilson, Norwich City
 D J Woodcock, Norwich City

1952-53

R W Baker, North End United
 A W Bowles, Great Yarmouth Town
 G Bullock, Norwich City
 J Dyson, Norwich City
 R Jeffries, Norwich City

R G Laskey, Gothic
 D W Thaxter, Hunstanton
 R A Wilkinson, Deopham

1953-54

B L Battelley, Dereham
 P Brown, CNS
 P McCall, King's Lynn
 A W Nobbs, Nor CEYMS
 B B Simpson, Gorleston
 H E Skoyles, Ald Jex YC
 K G Smith, Gothic
 P Stimpson, N Lib Minors
 R J Thomas, Gorleston
 T H Woodcock, Gothic

1954-55

B Allen, North Walsham
 C Bowling, CNSOBU
 R Carter, Gorleston
 T Dixon, North Walsham
 J Eastall, Norwich City
 G R Groom, King's Lynn
 D James, Downham Town
 J Kemp, Thorpe Village CEYMS
 N Wharton, Norwich CEYMS

1955-56

P G Applegate, Norwich City
 C N Bidewell, Fakenham Town
 A H Cator, Dereham Town
 G N Clingo, Norwich City
 J M Eagle, Norwich City
 F E Newman, Norwich City
 B J Roberts, Thorpe Village
 R J Savino, Thorpe Village
 R E Spellman, CNSOBU
 M G Sutton, Norwich City

1956-57

H Hare, Gothic
 P Jermy, Norwich City
 J March, Norwich City
 J Nottley, Thorpe Village
 J Nutman, Gorleston
 D Potter, Trowse Villa
 J Reeve, Norwich Lads' Club
 P Sharred, Terrington Boys

1957-58

M A Bailey, Gorleston
 A Bloom, Diss Town
 J Copeman, Thetford Town
 F Frow, King's Lynn
 B Gardiner, CNSOBU
 B Martell, CNSOBU
 R McIntosh, Norwich City
 M Raines, Terrington Lads
 R Richardson, Old Hun SC
 M Robinson, Nor Socialists
 R Scoutt, Norwich City



M Tooley, Norwich City
P Underwood, North Walsham

1958-59

P Broughton, Norwich City
D Clarke, Terrington Lads
M Daynes, CEYMS
A Ellis, CNSOBU
T Gallant, Gorleston
D King, East Harling
M Raines, Terrington Lads
P Thoulless, Norwich City
D Turner, Norwich City

1959-60

M Alexander, Gorleston
P Brett, Paston Grammar
J Buckley, South Creake
G Gonnnett, Gorleston
P Hawes, CNSOBU
T McBride, CNSOBU
B Noble, Yarmouth Town
D Smith, Thetford Town
J Smith, Norwich City
D Turner, Nor Electricity

1960-61

D Bealey, Norwich City
R Bills, Norwich City
A Goreham, CNS
T E Hawes, King's Lynn
P McMahon, CNSOBU
R Nex, RAF B Norton
A Storkey, CNS
C Worrell, Norwich City

1961-62

T Beckett, Gorleston
R Gavin, RAF Birch Norton
R Goat, King Edward VII Gr Sch
M Hoods, Gorleston
C Houghton, Gorleston
J Maskell, Diss Town
D Stringer, Gorleston
M Sutton, Norwich City
C Watts, Norwich City

1964-65

B Basted, Norwich City
L Beane, Norwich City
T Boost, Norwich City
J Cockaday, Reepham
E Eastick, Norwich City
T Franklin, Gothic
J Hewitt, Norwich City
P Kilshaw, Gothic
A Marjoram, Gorleston
D Newland, Great Yarmouth TH
P Taylor, Norwich City

1965-66

M Briggs, Norwich City
S Deere, Norwich City
M J Furie, Great Yarmouth GS
J Goat, King's Lynn
T Howard, Lynn North End
D Norris, Reepham Town
P Scott, Norwich City CNSOBU
B Varnon, CNSOBU
P Way, Norwich City
D Welch, East Harling
G Wilton, Paston GS
P Worden, Watton
T Whymark, Diss Town

1966-67

P D Funnell, Thorpe Village
A Green, Norwich City
K Holt, Gorleston
R A Kidd, Norwich City
D Lewellyn, Norwich City
S McMahon, Eaton Wanderers
C Patrick, Bintree
K Pointer, Norwich City
S Reynolds, Costessey Sports
R Wyand, Reepham Town

1967-68

L J Andrews, Norwich City
M Bray, Walton Highway
C Brennan, CNS
P Clarke, Thorpe
F Hayward, Gorleston
T R Herring, Fakenham GS
S Reynolds, Norwich City

1968-69

D Cook, Spartak
T Gardner, Spartak
K O Grady, King's Lynn GS
B Howes, Yarmouth GS
F Ireson, Norwich City
G Lewis, Norwich City
F Rowe, Cromer
A Rudd, Sheringham
C Scott, CNS
R Short, Norwich City

1969-70

S Armstrong, Downham Market
A Bullen, Norwich City
C Dann, Norman OB
C Fox, Sprowston Athletic
P Fryer, Gorleston
A Magill, Lads' Club
J McManus, Walton Highway
D Metcalf, York Athletic
A Playford, Sprowston Athletic
H Ruff, Lads' Club
K Self, Lads' Club
J Spooner, CEYMS

D Smith, Norwich CNS
A Trett, Lads' Club
S Websdale, Lakenham Youth

1970-71

G Bottomley, Gorleston
D Brown, Rackheath Red Star
A Carter, King's Lynn
D Czapp, Norwich City
P Gibbs, Lakenham YC
B Gray, Rackheath Red Star
I Guyton, Sheringham Athletic
S Hurrell, York Athletic
R Kerry, Attleborough
J Landamore, Gothic
G Rollingson, Diss Town
I Slaughter, Gorleston
D Smith, Rackheath Red Star

1971-72

K Barber, Hellesdon
M Batch, CNSOBU
N Bateman, C of N School
K Boardman, Downham Town
A Churchyard, Syderston
R Crisp, Dersingham
G Darnell, Tech OBs (Gt Y)
M Foulger, Attleborough Town
P Green, King's Lynn
T Harmer, Norwich City
R Knight, Hunstanton
R Leggett, Great Yarmouth GS
M Mann, Sheringham
C Sutton Norwich City
R Sweeney, Gorleston
D Tuck, Dereham Town
M T Ward, York Athletic
S Watling, York Athletic
P Whittle, Gorleston

1972-73

C Adams, King's Lynn
J Burton, Norwich City
S Cullington, Gothic
S J Davey, York Athletic
J Denton, Gothic
R Furness, Sprowston Athletic
I Goffin, CNSOBU
B Haggerty, Fakenham GS
C Jacobs, Gorleston
A Lansdale, Lakeford Rangers
N Lee, Gorleston
G McClennan, King's Lynn
K McIlwraith, King's Lynn
M McNeil, Bees
J Overton, King's Lynn
D Sadler, Paston GS
J Searle, Norwich City
P Smith, Gothic
F Stokes, Gorleston GS



G Sutton, Norwich City
I Tarry, Dereham Town
C Watts, Watton

1973-74

M Allcock, Thorpe GS
R Briggs, Gothic
K Burman, Eaton CNS
D Coman, Gothic
S Goods, Gorleston
W Hagon, Gorleston
M Harwood, Eaton CNS
T Hannant, Eaton CNS
R Johnson, King's Lynn
M Landamore, Gothic
B McLinton, Thetford Town
C McNeeley, Thetford Town
C Mooney, Gothic
N Richards, Downham Town
K Steward, Hellesdon
S R Thurtle, Gorleston

1974-75

C Baker, Paston GS
S Cann, Norwich Lads' Club
H Carpenter, Norwich City
K Denmark, CNS
E Fenn, Gothic
D Furguson, Catton Rovers
E Head, Swaffham
R Linford, Gaywood Park School
P Marshall, Norwich Lads Club
C Murphy, CNS
M Shaw, CNS
P Wallace, Gothic
J Willis, Lakeford Rangers

1975-76

P Allcock, Norwich Lads Club
D Beales, Fakenham Town
A Campbell, KL Tech School
B Cooper, Thetford Town
A Fuller, Norwich Lads' Club
G Jervis, Blyth/Jex
P Mendham, Gaywood Park School
D Nelson, Catton Rovers Youth
P Nichols, Paston GS
N Page, Newton Flotman Youth
K Ready, Norwich Lads' Club
S Sayer, Norwich Lads' Club
K Woodcock, Thetford Town

1976-77

R Carter, Norwich City
S Chapman, Stanton Sports
A Debenham, Attleborough SMS
R Dungar, Fakenham Town
J Fashanu, Attleborough SMS
S Goble, Norwich
A Heavens, Paston Grammar
P Holmes, Eaton GS

D McMillan, Lakeford Rangers
D Moore, Lakeford Rangers
S Rushbrook, Sprowston High School

1977-78

J Banbury, Norwich Lads' Club
R Barham, Gorleston GS
I Batch, Earlham SM
P Benefer, King's Lynn
S Bird, Caister
G Brighton, Norwich Lads' Club
J Fincham, Attleborough Juniors
T Fisher, Norwich Lads Club
C Kerrigan, Lakeford Rangers
C Medwin, Norwich Lads' Club
I Moore, Hewett
J Osborne, Eaton CNS
J Read, Norwich Lads' Club
D Smith, Heartsease Towers

1978-79

J Alden, Lakeford
M Anderton, Thorpe
T Bemrose, Dereham
J Causton, Lakeford
D Colman, Fakenham
K Davey, Eaton Athletic
G Fox, Wymondham Town
S Gooderham, Diss
P Hartle, CEYMS
P Nicholls, Hewett
A Ridler, Oriel School
A Tany, Fakenham
N Twaites, Dereham
R Venemore, King's Lynn

1979-80

G Bailey, Thetford Rovers
D Bamment, Lowestoft
S Bartram, Wortwell
M Grealy, Great Yarmouth
G Jermy, Gorleston
D McGregor, Gorleston
M Patterson, Great Yarmouth
S Pearce, Gorleston United
D Pinkowski, Thetford Town
T Sadd, Wortwell
J Steer, Diss
M Walters, Lowestoft
P Woodhouse, Fakenham

1980-81

S Brock, Gorleston
M. Dickerson, Horsford
G Fullers, Dereham
D Greygoose, Thetford Rovers
G Jones, St Andrew's
I Knights, Norwich City SY
M Lynn, St Andrew's
M Nash, Thorpe

D Mancine, Gorleston
D Osborne, Dereham
K Riches, Harford Tornadoes
N Riley, Norwich City
J Toyne, Lakeford Rangers
M Woolsey, Norwich City
M Yaxley, Gorleston

1981-82

N Dawson, CNSOBU
S Goddard, Diss Town
K Grainger, Southrepps
D Harty, Harford Tornadoes
S Hutt, Wroxham
K Malle, King's Lynn
A Robertson,
Great Yarmouth Town
T Stevens, Thetford Rovers
S Thompson, Dereham Town
L Toffts, Bradenham Wands
G Williams, Norwich Sunday
T Yaxley, Great Yarmouth Town

1982-83

P Allcock, Dereham
C Andrews, Hellesdon
J Applegate, Horsford
C Austin, Harford Tornadoes
S Barnes, Dereham
S Blackett, Great Yarmouth
G Blunt, Lowestoft
M Buckenham, Hellesdon HW
P Cunningham, Loddon
J Delf, Harford Tornadoes
P Eastell, Hellesdon, HW
N Hatchin, CNSOBU
D Lancaster, Downham
T Hilling, Wortwell
J Martin, Thetford Town
C Simpson, Great Yarmouth
P Terry, Thetford Town
J Waddell, Norwich City Youth
M Oliver, Fakenham
T Saunders, Dereham

1983-84

N Bartram, Poringland
M Chandler, Great Yarmouth Town
I Clayton, Norwich City Youth
S Ely, West Winch
S Garrett, Great Yarmouth Town
D Massingham, Watlington
J Myland, King's Lynn
M Spillman, Hellesdon HW
M Taylor, Norman Old Boys
J Thomas, Thetford Town
T Walpole, Fakenham

1984-85

B Bircham, Hoveton
C Brown, Wymondham Town



N Brown, Wroxham
 A Carpenter, Great Yarmouth Town
 I Craig, Norwich City
 M Dix, St Andrew's
 M Cracknell, Thorpe
 M Hedge, Harford Town
 C High, Gorleston
 D Ives, Mundham
 A Kiddell, Norwich City
 S MacDonald, King's Lynn

1985-86

P Burnham, Norwich Union
 I Hardcastle, Great Yarmouth
 G Holden, Reepham
 P Howard, Reepham
 G Moore, Thetford Town
 M Murphy, Blofield
 J Norbury, Poringland
 D Rolph, King's Lynn
 D Scales, Gorleston
 N Spilling, Acle
 A Steward, King's Lynn
 N Wooltorton, Wortwell

1986-87

D Cann, Wroxham
 T Casey, Poringland Wanderers
 M Dewson, Fakenham Town
 M Frosdick, Dereham Hobbies
 R Hamilton, Diss Town
 A Hawes, Berol
 R Hogg, Harford Tornadoes
 P Ivary, Coltishall HV
 R Jeckells, Norwich City Youth
 A King, Poringland Wanderers
 K Marsh, Acle
 R Mather, Wymondham GE
 S Skitmore, Wroxham
 R Spillman, Watton Utd
 I Sutton, Hellesdon HS
 D Tilford, Watton Utd
 M Wrath, Poringland Utd

1987-88

M Hardesty, St Andrew's
 M Henman, Dereham Hobbies
 A Inham, Thorpe SOB
 K Overton, Sprowston Lads
 G Paddan, Blofield
 M Palmer, St Andrew's
 D Prior, Coltishall HV
 S Reeve, Acle
 S Robert, Watton Utd
 J Silvester, Harford Tornadoes
 L Sturgeon, Diss Town
 R Taylor, Watton Utd

1988-89

J Alexander, Mundesley
 D Ashworth, Great Yarmouth Town

L Crabtree, Overstrand
 J Fletcher, Norwich Utd
 S Merrick, King's Lynn
 G Peberday, Coltishall HV
 P Riseborough, Coltishall HV
 S Rumbelow, Coltishall HV
 J Rush, Norwich Utd
 J Spalding, Watton Utd
 N Trett, Norwich Utd
 M Tunmore, East Harling

1989-90

T Hacon, Great Yarmouth Town
 C Lark, Wroxham
 J Makin, Newton Flotman
 M Spauls-Keasey, Swaffham Town
 W Skippen, Gorleston
 J Turner, King's Lynn
 P Warne, Great Yarmouth Town

1990-91

J Bussell, CNSOBU
 P Gray, Carrow
 D Parfitt, Newton Flotman
 D Ruff, Acle Rangers Youth
 M Sinclair, Gorleston
 L Stone, Carrow
 A Thornley, Martham

1991-92

T Bennis, Norwich St John's
 D Dyson, Lakeford Rangers
 S Davison, Thorpe Village
 J Edridge, Norwich Utd
 R Gallop, Acle Rangers Youth
 D Harmer, Great Yarmouth Town
 B King, Dereham Town
 A Prior, Norwich City Youth
 A Rasberry, King's Lynn
 A Stannard, King's Lynn
 R Woodcock, Carrow

1992-93

P Bugg, Lakeford Rangers
 S Catchpole, Norwich Utd
 S Cubit, Norwich Utd
 M Fendley, Downham Town
 S Hall, Gorleston
 D Hoadley, Norwich Utd
 J Howard, Mulbarton Utd
 S Murphy, Overstrand
 N Randall, Harford Tornadoes
 I Thornton, Gorleston
 M Tyler, Diss Town

1993-94

O Christie, Harford Tornadoes
 T Hoadley, Holt Utd
 M Hubbard, Wymondham Town
 J Lincoln, Norwich City
 N Maguire, Norwich Utd
 N Page, Chatteris Town

N Prior, Mulbarton Utd
 K Simpson, Norwich City
 P Smith, Thetford Town
 L Snowling, Caister Utd
 P Warnes, Great Yarmouth Town

1994-95

P Bradshaw, Mulbarton Utd
 S Flanz, King's Lyn
 R Grover, Fakenham Town
 P Hood, Gorleston
 C Lamb, Thorpe Rovers
 C Neale, Wells Town
 D Tarr, Mulbarton Utd
 R Price, Mulbarton Utd
 M Pert, Great Yarmouth Town

1995-96

J Bibb, Diss Town
 K Connelly, Diss Town
 L Moon, Attleborough Town
 G Murphy, Blofield United
 K Stagles, Dereham Town
 B Watkins, Sprowston Wanderers
 R Young, Coltishall HV

1996-97

K Abbs, Coltishall HV
 G Barrett, Dereham town
 G Challen, Wymondham Town
 D Cresswell, Gorleston
 C Frary, King's Lynn
 A Hunter, Swaffham Town
 L Knell, Great Yarmouth Town
 G Joynson, Wroxham
 L Read, King's Lynn
 G Rowland, Coltishall HV
 S Voutt, Swaffham Town

1997-98

M Atkins, St Andrew's
 S Barker, Fakenham Town
 D Bloomfield, Diss Town
 P Bullen, Diss Town
 D Butters, Coltishall HV
 R Carter, Fakenham Town
 S Davies, East Harling
 K Eagleton, St Andrews
 A Gleave, Fakenham Town
 S Kent, Wroxham
 D Sheppard, St Andrew's
 D Terrington, St Andrew's

1998-99

R Bevis, Cromer United
 N Buggdale, Diss Town
 M Fowler, Fakenham Town
 D Meier, Lakeford Rangers
 D Tanti, St Andrew's
 M Woods, East Harling

**1999-2000**

D Cox, Blofield United
 S Feeke, St Andrew's
 K Hart, Wroxham
 S Jackson, Diss Town
 M Nixon, St Andrew's
 J Tebble, Wroxham
 M Thurlow, St Andrew's
 O Witard, St Andrew's
 M Woods, Diss Town

2001-02

Ashley Watson, Harford Tornados
 James Wilson, Diss Town

2002-03

Daniel Allen, Wroxham
 Cameron Brown, Dereham Town
 Alex Edmonds, Wroxham
 Craig Knowles, Wroxham
 Darren Maxey, Wroxham
 James Moore, Swaffham
 Danny Pennell, Wroxham
 Oliver Savage, Swaffham Town
 Lee Summerscales, Fakenham
 Michael Thorpe, Norwich Utd
 Michael Withers, King's Lynn

2003-04

Daniel Boswell, Wroxham
 Andrew Bunn, Wroxham
 Sean Burden, Wroxham
 Adam Burton, King's Lynn
 Gavin Coe, Wroxham
 Martin Failes, Aylsham Wanderers
 Adam Ferguson, Mulbarton Hewett
 Daniel Goffin, Wroxham
 Oliver King, Wroxham
 Liam Landamore, Norwich Utd
 Darren Miller, East Ruston
 Mark Shadrack, Stevenage

2004-05

Daniel Cable, Easton College
 Daniel Cullington, Norwich United
 Rafal Gil, Gorleston
 Robbie Lawrence, Wroxham
 Ryan Lythgoe, Easton College
 Andy Marshall, Blofield United
 David Rawlings, Downham Town
 Chris Squires, Gorleston
 Laurence York, Wroxham

2005-06

Liam Campbell, Fakenham Town
 Ben Darby, Fakenham Town
 Matthew Eves, Wroxham
 Ben Furlong, Wroxham
 Jamie Furlong, Wroxham
 Matthew Garnham, Diss Town
 Oly Major, Fakenham Town

Ben Morgan, Wroxham
 Simon Mowbray, Mattishall
 Scott Woodcock, Wroxham

2006-07

Jamie Atkins, Wroxham
 Daniel Broom, North Walsham
 Michael Cameron, Fakenham Town
 Ross Durrant, Wroxham
 Scott Gray, Fakenham Town
 Charlton Halliday, Wroxham
 Kane Taylor, Wroxham

2007-08

Joe Setchell, King's Lynn
 Alex Vincent, King's Lynn
 Patrick Yates, Downham Town
 Cameron Copeland, Dersingham
 Richard Brett, Wroxham

2008-09

Joel Brien, Dereham Town
 Alex Fitzgerald, North Walsham
 Marcus Godbold,
 Great Yarmouth Town
 Chris Hall, Easton College
 Luke Winter, Easton College

2009-10

Daniel Cook, Norwich United
 Sam Goff, Norwich United
 Jacob Maitland,
 Great Yarmouth Town
 Sam Page, Dereham Town
 Jordan Southgate, Norwich United
 Oliver Thomson, Dereham Town
 George Wilson, Norwich United

2010-11

Thomas Barnes, King's Lynn Town
 Sam Borrer, Dereham Town
 Lewis Butcher, Dereham Town
 Ali Durrant, Wroxham
 Ryan Fryatt, King's Lynn Town
 Jamie George, Wroxham
 Kai Hewitt, Wroxham
 Ben Jones, Wroxham
 Gino Livoti, King's Lynn Town
 Joe Manning, Dereham Town
 Joe Marsden, Lowestoft
 Thomas McLeish, King's Lynn Town
 Dan Savory, Fakenham Town
 Lewis Sturman, King's Lynn Town

2011-12

Charlie Aulert, Dereham Town
 Sam Harty, Wroxham
 Nathan Howard, Dereham Town
 Freddie Minns, King's Lynn Town
 Rio Starkings, Wroxham
 Andrew Wilton, Dereham Town
 Lee Woolmore, Swaffham Town

2012-13

Louis Ayres, Lowestoft Town
 Reece Borrett, Kirkley & Pakefield
 Matthew Castellan, Downham Town
 Ryan Hawkins, Dereham Town
 Toby Hilliard, Swaffham Town
 Nick Hook, Dereham Town
 Gabriel Mansbridge, Kirkley & Pakefield
 Nathan Russell, Kirkley & Pakefield
 Kyran Stannard, King's Lynn Town
 Shaun Stocker, King's Lynn Town
 Luke Thacker, Wroxham

2013-14

Frazer Blake-Tracey, Dereham Town
 Jake Cox, Dereham Town
 Connor Deeks, Great Yarmouth Town
 Mac Gee, Wroxham
 Lewis Gibson, King's Lynn Town
 Chris Greenslade, Dereham Town
 Jack Guyton, Wroxham
 Connor Laskey, Dereham Town
 Elliot Wesby, Wroxham

2014-2015

Charlie Clarke, Dereham Town
 Matthew Cook, Dereham Town
 Dion Frary, Fakenham Town
 Ryan Fuller, Dereham Town
 Ethan Hall, Dereham Town
 Liam Jackson, Easton College
 Eoin McQuaid, King's Lynn Town
 Chris Skipper, Dereham Town
 Tom Wright, Norwich United

2015-16

Seb Bialasik, Dereham Town
 Liam Clayton, Dereham Town
 Lewis Edwards, Norwich United
 Connor Green, Dereham Town
 Robbie Linford, Dereham Town
 Callum Olpin, Diss Town
 Kieran Shipp, King's Lynn Town
 George Yusuff, Kirkley & Pakefield

2016-17

Jack Barber, Fakenham Town,
 Wroxham
 Ben Fowkes, Wroxham
 Archie Galley, Wroxham
 Ryan Harnwell, King's Lynn Town
 Josh Hazell, NCSS,
 King's Lynn Town
 Connor Ingram, Gorleston
 Billy Johnson, NCSS,
 Norwich United
 Kuda Nhiwatiwa, Dereham Town
 Jack Parker, NCSS, Wroxham
 Tom Rampling, Wroxham



Will Sainsbury Logan,
Dereham Town
Ollie Tarft, NCSS, East Harling
Jacob White, King's Lynn Town

2017-18

Isaac Burrage, Gorleston
Joshua Ford, Great Yarmouth
Town
Charlie Hitch, Gorleston
Lewis Johnson, Norwich CBS
Ryan Miles, Wroxham
Jimmy Morrissey, Wroxham
Miles Palmer, Great Yarmouth
Town

2018-19

James Bemrose, Long Stratton
Jordan Forbes, Norwich United
Harrison Gilding Hewitt, Wroxham
Connor Milligan, Gorleston
Brady Philpott, Gorleston

2019-20

Max Lane, Diss Town
Aaron Rich, Thetford Town,
Mattishall

WOMEN'S CAPS

2000-01

Gemma Farman, Racers
Emma Fletcher, Norwich City
Ladies
Vanessa Kemp, Racers

2001-02

Amanda Bayes, S & N Rangers
Kate McCabe, Norwich Racers
Jackie Payne, Norwich Racers

2002-03

Claire Rennie, Norwich City Racers
Vicki Stephens, Norwich City Racers
Shani Simmons, S & N Rangers
Tamar Upton, Norwich City Racers

2003-04

Emily Lown, Norwich City Ladies

2004-05

Isabelle Bertin, Norwich City Ladies
Gemma Cole, Norwich City Ladies
Jane Diver, Norwich City Ladies

2005-06

Beth Bygrave, Norwich City
Canaries

2006-07

Jenna Thurtle, Norwich City Ladies

2008-09

Nicola Bray, Norwich City Ladies
Jemma Smythe, Norwich City
Ladies

2009-10

Emily Coates, Hethersett Athletic
Kate Parsons, Norwich City Ladies

2010-11

Rebecca Burton, Norwich City
Ladies
Jodie Drake, Norwich City Ladies
Sarah Quantrill, Arsenal Ladies
Paige Shorten, Norwich City
Ladies

2011-12

Non awarded

WOMEN'S COLOURS

1999-00

Amanda Bayes, Stalham Knights
Louise Cartwright, Racers
Gemma Farman, Racers
Emma Fletcher, Norwich City
Ladies
Vanessa Kemp, Racers
Jackie Payne, Norwich City Ladies
Kirsty Poundall, Racers

2000-01

Vicky Bright, Racers
Rebecca Eagling, Norwich City
Ladies
Kate Murphy, Racers
Vicky Stephens, Racers
Vicki Turner, Stalham Rangers
Tamar Upton, Norwich City Ladies

2001-02

Claire Rennie, Norwich City
Racers
Shani Simmons, S & N Rangers

2002-03

Gemma Cole, S & N Rangers
Jenny Haughton, Norwich City
Racers
Emily Lown, Barnet FC

2003-04

Isabelle Bertin, Norwich City
Ladies
Jane Diver, Norwich City Ladies
Kelly Lindsay, Norwich City Ladies

2004-05

Vaila Barsley, Norwich City Ladies
Beth Bygrave, Norwich City Ladies

2005-06

Hayley Collison, Norwich City
Canaries
Jenna Thurtle, Norwich City Ladies
Shelley Wong, Norwich City
Ladies

2007-08

Kate Parsons, Norwich City Ladies
Luka Goodfield, Norwich City
Ladies
Fran Lambert, Norwich City Ladies
Jemma Smythe, Hethersett
Athletic
Emily Coates, Hethersett Athletic
Nicola Stolworthy, Hethersett
Athletic
Jody Allard, Hethersett Athletic
Nicola Bray, Hethersett Athletic
Sophie Fuller, Hethersett Athletic
Emily Lewin, Norwich City Ladies
Logan Shepherd, Hethersett
Athletic

2008-09

Sarah Quantrill, Arsenal
Rebecca Burton,
Norwich City Ladies

2009-10

Jodie Drake, Norwich City Ladies
Paige Shorten, Norwich City
Ladies
Shelley Woods, West Lynn

2010-11

Holly Clarke, Norwich City Ladies
Chelsea Garrett, Norwich City
Ladies
Anna Larkins, Norwich City Ladies
Laura Thacker, Norwich City
Ladies

2011-12

Jordan Arnoup, Norwich City
Ladies
Charlotte Branch, Norwich City
Ladies
Kirstie Kindred, Norwich City Ladies