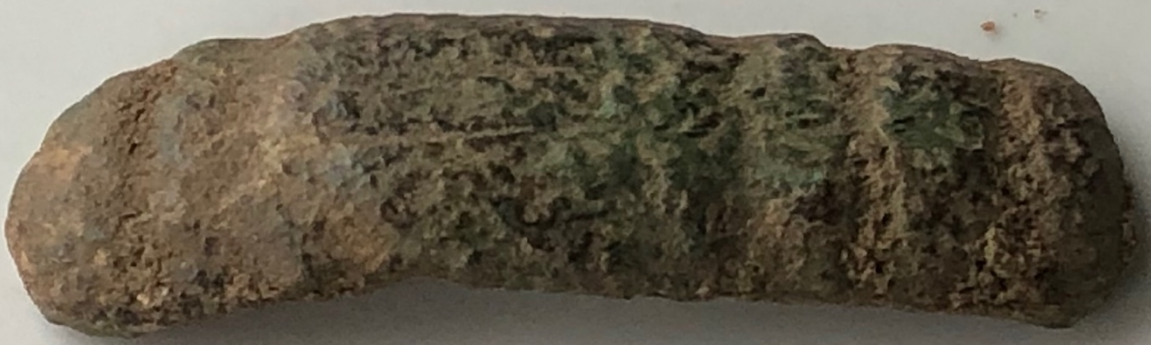
As part of 'Norfolk Metal Detecting'
Steve from the USA shows a
3rd Century Roman coin.

A section of a bronze bracelet from the same period, that would have been left by a worshiper as a temple offering. Both objects were found in March 2022 in the highest field in Blo Norton, apparently the site of an early Roman church.