



Lauren Bell celebrates at Sire Vivian Richards Stadium, Antigua. Credit: CWI Media

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Career best for Lauren Bell as England Women seal ODI Series

[England Women 260-10 beat West Indies Women 118-10 by 142 runs.](#)

Lauren Bell bowled career-best figures of 4-33 and vice-captain Amy Jones scored 70* to take CG United One-Day International Series in Antigua 2-0.

England's batters did well to reach 260 with Sophia Dunkley scoring a needed 57 at the top of the order supported by captain Heather Knight (25) and Tammy Beaumont (21) before Jones came in to take the side to the end.

Three overs into the second innings, West Indies were just 9 for 4 thanks to a brilliant opening partnership between Bell and Kate Cross (2-35). Bell continued her fine form until the end, finishing with a well deserved 4-33.

QUOTE

England seamer, **Lauren Bell**, said: "It was a great team performance today, we're really proud of the way we played. Lewy [new Head Coach Jon Lewis] has talked a lot about playing without fear and there being no limit on what we can achieve, I feel like we saw that today.

"Personally, I just stuck to my plan and to get a career best in a game that sealed the ODI series is really cool.

"We're not particularly looking at changing our game plan as we continue the rest of the tour, our minds are on each game as they come and playing with the same aggression and positivity we did today, it's very freeing."

Please click [HERE](#) for Lauren Bell's full post match reaction, available for immediate use (credit ECB).

England Women v West Indies Women

CG United One-Day Series

Sunday December 4: 1st CG United ODI. [England Women win by 142 runs.](#)

Tuesday December 6: 2nd CG United ODI. [England Women win by 142 runs.](#)

Friday December 9: 3rd CG United ODI. England Women v West Indies Women (Sir Vivian Richards Stadium, Antigua).

T20I Series

Sunday December 11: 1st T20I. England Women v West Indies Women (Sir Vivian Richards Stadium, Antigua).

Wednesday December 14: 2nd T20I. England Women v West Indies Women (Kensington Oval, Barbados).

Saturday December 17: 3rd T20I. England Women v West Indies Women (Kensington Oval, Barbados).

Sunday December 18: 4th T20I. England Women v West Indies Women (Kensington Oval, Barbados).

Thursday December 22: 5th T20I. England Women v West Indies Women (Kensington Oval, Barbados).

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