




Catherine Knowles

Call 2004



Clerks

 Leigh Daniels
 0161 817 2768

 Joe Mawson
 0161 817 2753

 Olivia Cleere
 0161 817 7138

Appointments

- Junior Counsel to the Crown – Regional Panel A

Memberships

- Employment Law Bar Association
- Employment Lawyers' Association
- Personal Injury Bar Association
- Licensed for Direct Access

Education

- BA Jurisprudence, St Edmund Hall, University of Oxford (Class II.i, 2002)
- Bar Vocational Course, Inns of Court School of Law (Outstanding, 2004)

Overview

Catherine practises in all areas of employment law and personal injury law.

She is on the Attorney-General's Regional A Panel of Junior Counsel and she is regularly instructed to act on behalf of government departments and agencies in cases concerning her areas of expertise.

Catherine has a well-earned reputation for her organisation, her teamwork and her ability to merge sensitivity with strength when instructed.

The fact that Catherine's practice encompasses both employment and personal injury means that she is well placed to advise in cases which require consideration of both areas of law. This includes claims in the County and High Courts involving allegations that the employer has failed to protect the Claimant from suffering psychiatric injury due to stress at work, claims under the Protection from Harassment Act 1997, and Employment Tribunal discrimination claims which involve allegations of personal injury and claims for substantial compensation.

Recommendations

"Catherine is not fazed by huge volumes of evidence or complexities and last minute uncertainties created by claimants' last minute attempts to change the issues and bring in lots of additional evidence. Catherine quickly, calmly and confidently gets to grips with the issues and evidence in the case, works well in preparing witnesses for hearing, and is able to flex her preparation and approach as cases evolve."

“Catherine is extremely thorough and detailed. Her written advice is second-to-none and always clear and well thought out, she is a gritty and smart negotiator, she is excellent on her feet, and she has a broad knowledge on a wide range of topics.”

The Legal 500 2025

“Catherine is responsive, practical and approachable, and her advice is always detailed, sensible and takes into account wider issues. She is an extremely calming and an impressive advocate.”

“Catherine is a well-prepared and thorough advocate who is confident but not aggressive. She is reasonable in her arguments.”
Chambers and Partners 2025

“Catherine is an excellent advocate; calm, precise, and she presents her arguments in a clear and persuasive manner.”

The Legal 500 2024

“We really value Catherine’s advice and level of expertise. Her attention to detail is second to none and she views everything through a commercial and reputational lens.”

Chambers and Partners 2024

“Catherine is very experienced and well versed in military claims. She is incredibly thorough in her work and advice. In addition, she is very approachable and a very good advocate. One of the best barristers operating in the field.”

The Legal 500 2023

“Catherine is thorough, has great attention to detail and is a particularly good advocate. Not only is she a fantastic barrister she is very approachable. Catherine deals with high value military claims and is able to provide clear and concise advices, deals with quantum matters effectively and produces good results.”

The Legal 500 2022

“An exceptional barrister who’s attention to detail is second to none. Very logical stance and would not hesitate to recommend to anyone needing an employment barrister in the Northern circuit.”

The Legal 500 2022

“Very straightforward and strong on her feet. A strong and approachable barrister.”

Chambers and Partners 2021

“Catherine is a particularly thorough and efficient advocate, who we know we can rely on to perform and achieve good results.”

“She has particular expertise in military claims.”
The Legal 500 2021

“Efficient, thorough and articulate.”
The Legal 500 2020

“Noted for her expertise in discrimination claims.”
The Legal 500 2018/19

“Recommended for discrimination matters.”
The Legal 500 2017

“A tenacious advocate with a great eye for detail and commercial acumen.”
The Legal 500 2016

“Her workload spans areas such as whistleblowing, discrimination and TUPE.”
The Legal 500 2015