

Sarah Barlow



Call 1993



Clerks

 Ian Spencer
 0113 203 1971

 Kate Heald
 0113 203 1983

 Zoe Tinnion
 0113 518 2599

Memberships

- Member of the Association of Regulatory and Disciplinary Lawyers
- Criminal Bar Association
- Former Junior of the North Eastern Circuit

Overview

Sarah has been practising as a barrister for over 25 years. She has a wealth of trial experience and is regularly instructed in demanding and complex cases.

She is known for her fearless advocacy as well as for the clarity of her advice and written work. Sarah is approachable and gains the trust and confidence of her clients from the outset; providing clear, and where necessary, robust advice throughout proceedings.

Sarah predominantly practices in regulatory work, providing advice and representation to police officers and other professionals in both criminal and disciplinary proceedings.

She is also on the list of practitioners approved by the GMC to present cases before the MPTS.

Recommendations

“Forthright and knowledgeable, Sarah understands police misconduct and has a great approach to interactions with clients. She is a go-to advocate when it comes to police misconduct work.”
Chambers and Partners 2025

“A tactically astute, razor-sharp cross-examiner.”
The Legal 500 2025

“Very good reputation as an advocate.”

“Immediately grasps the key issues of a case and is always a pleasure to work with.”

“Her knowledge of law and procedure is superb.”
Chambers and Partners 2024

“Sarah Barlow must now be regarded as one of the slickest and competent juniors in the country. Her tactical awareness is astonishing. Her advocacy now oozes class and she does not take a single bad point. Outstanding.”

“Sarah’s advocacy is very effective – she commands the attention and respect of the court and never takes bad points. She exudes confidence, and is excellent with clients and can get on their wavelength.”
The Legal 500 2024

“Sarah is very good, particularly in her ability to command a room.”
Chambers and Partners 2023

“Sarah is a silk in the making, who is highly adept at making sure no stone is left unturned in a case.” “A brilliant cross-examiner, who is very tactical and knows which questions to ask and which not to. Great at calming clients down and a real pleasure to work with.”
The Legal 500 2022

“A brilliant cross-examiner, who is very tactical and knows which questions to ask and which not to. Great at calming clients down and a real pleasure to work with.”

“She is one of the best juniors.” “An approachable and fearless advocate who provides clear and concise advice.”
Chambers and Partners 2021

“Fantastic ability to communicate with all clients on their level. Nothing is ever too much for her and she is readily available to provide advice whenever it is needed. She is incredibly knowledgeable on all aspects of police misconduct and brings her wealth of knowledge from her GMC work into this arena with great success.”
The Legal 500 2021