

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

Environmental

Sarah is regularly instructed to defend both individuals and companies charged with regulatory offending.

She has defended in cases prosecuted by the Environment Agency, including waste disposal and waste management cases.

Sarah brings her 25 years of experience at the criminal bar to bear when examining both the evidence of witnesses and documentary evidence.

Sarah is keen to be involved in the case from an early stage, especially where there may be anticipated or concurrent civil proceedings.

Approachable and level-headed, she is well-placed to defend companies and individuals facing allegations that can have extremely serious commercial consequences and she has extensive experience in dealing with cases that are very sensitive in nature.

Environmental Cases

R v Warren, Leeds Crown Court, Environment Agency prosecution, waste disposal.

R v Hirst & Others, York Crown Court, Environment Agency prosecution, waste disposal.

R v Barraclough & Others, Sheffield Crown Court, fraud involving the disposal of scrap metal.

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