

Sarah Barlow



Call 1993



Clerks

 Ian Spencer
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 Kate Heald
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Memberships

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

Health and Safety & Trading Standards

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

She has defended in cases prosecuted by the Trading Standards and the Health and Safety Executive; including:

- Conspiracy to defraud (sub-standard works);
- Fraud involving trade descriptions;
- Negligence causing death (including representation at inquest).

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 criminal and 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.

Health and Safety & Trading Standards Cases

R v Northern Structure LTD, Acted on behalf of a company where an employee had fallen through a fragile roof while working at height.

R v Deaney, Nottingham, Inquest & subsequent HSE prosecution, negligence causing death.

R v Croft, Nottingham Crown Court, Trading Standards prosecution, trade descriptions (deeds of trust designed to protect property against care costs).

R v Quinn, York Crown Court, conspiracy to defraud, sub-standard construction work.

R v Doran, Leicester Crown Court Trading Standards prosecution fraud, sub-standard construction work involving a great deal of expert construction evidence.

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