



Barrister

GRACE COWELL

Email: gco@onepumpcourt.co.uk

Call: 2018



Specialist in
Crime
Family
Prison Law
Public Law
Civil Actions Against Public Authorities
Inquests & Public Inquiries Team

Experience

Grace is a skilled and thorough practitioner who brings empathy and a holistic view to each of her cases. She has been described by her clients as “the only person I would turn to”.

Criminal practice

Grace’s most recent cases include successful defence of murder as junior counsel as well as acquittals whilst acting alone in cases of section 18 GBH, firearms trafficking and multi-kilogram drugs conspiracies. She is currently instructed as junior counsel in a murder trial and junior alone in a multi-handed fraud.

Grace has particular interest in crimes committed within the prison establishment. She is experienced in protest related matters, including representing one of the defendants in the “Whole Truth Five” Just Stop Oil case.

Grace is experienced in appeals and parole hearings and has been successful in the Court of Appeal in relation to an appeal against sentence. She has drafted advices and grounds of appeal against convictions and sentences, as well as CCRC referrals, in complex cases involving murder, manslaughter, and serious sexual offences.

Civil and Inquests

Grace’s criminal practice, in particular her experience of crimes within the prison establishment, provide a strong foundation for her civil practice. Her current instructions include acting as junior counsel in civil claims on behalf of prisoners in the context of extremist oppression enforced by prisoners against other prisoners.

She is experienced in inquests, with particular expertise in cases involving the criminal justice system.

Most recently she represented the family at an inquest involving domestic abuse.

Family practice

Grace accepts instructions in a wide range of family law matters, including public and private law children cases. She is experienced in working with cases involving allegations of physical abuse, death of a child, emotional abuse and neglect. Grace represents parents and guardians throughout proceedings and is sought after by clients due to her approachability; she has been described as “fighting my corner brilliantly”. Grace is frequently instructed in care proceedings involving Deprivation of Liberty Orders and serious mental health concerns.

Further to her practice, Grace has written about international humanitarian law, criminal justice, and prison law reform for the International Review of Contemporary Law, the Socialist Lawyer magazine and the Justice Gap. Her interest in criminal law reform stems from her work during her Masters dissertation, focussed on rape law reform in the UK.

Education

Bar Professional Training Course, City Law School (Outstanding)

LLM in Bar Professional Training, City Law School (Distinction)

LLB Law, University of Bristol, (First Class Honours)

Memberships

Executive Committee of the [Criminal Bar Association](#)

Executive Committee of the [Haldane Society of Socialist Lawyers](#)

Young Legal Aid Lawyers

Inner Temple

CASES

R v ZC [2024] Crown Court at Sheffield

Grace Cowell successfully defended client in a murder trial. Grace's client was granted an intermediary throughout the trial and was alleged to have jointly murdered her friend, with her ex-partner. ZC was the only defendant to be acquitted. Grace was led by Mathew Sherratt KC of Thomas More Chambers.

Further information can be found here:

<https://www.bbc.co.uk/news/uk-england-south-yorkshire-67301509>

Related Barristers:

[Grace Cowell](#)

R v OR [2023] Crown Court at Wood Green

Grace successfully represented a client at trial charged with section 18 GBH, arguing mistaken identification. The client was unanimously acquitted by the jury despite a positive police station VIPER identification.

Related Barristers:

[Grace Cowell](#)

R v MA [2023] Crown Court at Basildon

Grace acted as junior counsel alone in multi-handed seven-week firearms and drug trafficking case. She successfully resisted the Crown's bad character application in relation to her client, who was unanimously acquitted by the jury of the trial counts. Having already pleaded guilty to transfer of firearms and ammunition, Grace's client was sentenced to a total of 11 years as leading role in this

agreement.

Related Barristers:

[Grace Cowell](#)

R v TF [2023] Crown Court at Snaresbrook

Grace recently argued for a sentence of six years in relation to a conviction after trial of section 18 GBH in an incident of multiple stabbings. The prosecution placed the matter on the sentencing guidelines at 12 years. After consideration of Grace's comprehensive sentencing note and submissions in court, the court sentenced the Defendant to six years custody.

Related Barristers:

[Grace Cowell](#)

R v WB [2023] Crown Court at Southwark

Related Barristers:

[Grace Cowell](#)

R v AC [2023] Crown Court at Croydon

Related Barristers:

[Grace Cowell](#)

R v P and S [2022] Crown Court at Sheffield

Related Barristers:

[Grace Cowell](#)

R V TW [2021] Crown Court at Bristol

Grace represented a client charged with multiple drug trafficking offences spanning a period of four months. Following a positive NRM referral and Grace's written representations, the Crown declined to pursue the prosecution of the drugs trafficking charges.

The client was further charged with one count of assault against an emergency worker. One week before trial, following receipt of Grace's amended defence statement, the Crown informed the defence that it would no longer be prosecuting the charge.

Related Barristers:

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R v A [2021] Crown Court at Reading

Related Barristers:

[Grace Cowell](#)

R v B [2021] Crown Court at Woolwich

Related Barristers:

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R v A [2021] Crown Court at Wood Green

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