



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 practitioner who brings thoroughness and empathy to each of her cases. She has been described by her clients as “the only person I would turn to”.

Criminal practice

Grace’s recent cases include successful defence of murder as junior counsel as well as acquittals whilst acting alone in cases of section 18 GBH, robbery, firearms trafficking and multi-kilogram drugs conspiracies. Her current instructions include attempted murder, death by driving and large-scale importation of drugs into the UK. She is instructed in ongoing appeals in relation to terrorism and serious violent crime.

Grace has particular interest in crimes committed within the prison establishment. She is also experienced in protest related matters, acting for defendants in relation to a variety of different causes. 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.

Actions against prisons and the police

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.

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 [Haldane Society of Socialist Lawyers](#)
Young Legal Aid Lawyers
Inner Temple

CASES

R v RG & Others [2025] Crown Court at Basildon

Grace Cowell represented a client found not guilty at trial of a £1.5 million conspiracy to steal motor vehicles.

Over the course of the five-week trial the jury were told that Grace's client, along with four others, conspired to steal and actioned the thefts of dozens of vehicles in Essex. The group allegedly conspired to steal the cars for onward exportation overseas. The case heavily involved cell-site analysis and expert evidence relating to communications data. Grace's client was acquitted unanimously by the jury at the conclusion of the trial.

Grace was instructed by Sarah Moulange, Hodge Jones & Allen Solicitors.

Area of Law:

[Crime](#)

Related Barristers:

[Grace Cowell](#)

R v AHJ [2025] Crown Court at Southwark

Grace was instructed to represent a vulnerable asylum seeker who was charged with robbery, having taken a high-value watch from a complainant in London.

Following a trial at the Crown Court at Southwark where Grace argued that the defence of duress was applicable, the jury unanimously acquitted the Defendant.

Grace was instructed by Just For Kids Law.

Area of Law:

[Crime, General Crime](#)

Related Barristers:

[Grace Cowell](#)

R v H [2025] Crown Court at Southwark

Grace Cowell recently represented a man charged with robbery using a machete. The defence was that the complainant had set up the robbery as an insurance fraud.

Following an abandoned first trial and substantial representations regarding an extensive disclosure exercise, the Crown discontinued the case against Grace's client, offering no evidence after conducting a full review of the case.

Grace was instructed by Sam Yazigi at Waterfords Solicitors

Area of Law:

Crime

Related Barristers:

[Grace Cowell](#)

Minimum term sentence secured

Grace Cowell acted as junior counsel for Defendant in rival drug dealer murder case. Client sentenced to minimum term of 15 years.

Grace was led by Mathew Sherratt KC Thomas More Chambers.

View news coverage via: [BBC](#), [Sky News](#) and [ITV](#).

Area of Law:

Crime, Serious and Organised Crime

Related Barristers:

[Grace Cowell](#)

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:

[Grace Cowell](#)

R v A [2021] Crown Court at Reading

Related Barristers:

[Grace Cowell](#)

R v B [2021] Crown Court at Woolwich

Related Barristers:

[Grace Cowell](#)

R v A [2021] Crown Court at Wood Green

Related Barristers:

[Grace Cowell](#)