

Sara Lewis KC

Year of Call: 1996
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ADR/NCDR

ADR Group Accredited Civil and Commercial Mediator
Member of the Sport Resolutions Panel of Arbitrators.

Sara Lewis KC is an ADR Group Accredited Civil and Commercial Mediator. She combines substantial trial and tribunal advocacy experience with her work as an independent decision-maker and investigator. She helps parties consider the risks involved in litigation, restore communication and reach workable outcomes. Sara brings calm authority, effective communication and discretion.

Experience

Sara is regularly appointed to independent panels and appeal panels, and to conduct investigations and independent reviews. In particular she has conducted independent investigations and reviews into safeguarding complaints and concerns; and provided independent arbitration in place of a national governing body's (NGB's) disciplinary or appeals panel. In 2022 she was also appointed to the Commonwealth Games Federation Court.

Across disciplinary, regulatory and governance matters, she deals with disputes involving national governing bodies, clubs, coaches, athletes and volunteers. This experience helps her identify the real issues and create an environment in which participants can engage in constructive dialogue.

Mediation approach

Neutrality is central to Sara's practice. Her trial and tribunal experience allows her to help participants evaluate the legal and practical risks of continued litigation. She also helps them weigh the potential costs in time, money, exposure and emotional energy.

Her independence gives parties confidence that their perspectives will be considered with total impartiality. She focuses on facilitating communication, identifying the interests behind stated positions and helping participants develop durable, workable outcomes.

Sara has extensive experience of high-conflict and sensitive matters, contested technical facts and complex expert evidence. She knows how to ask difficult questions with care, manage strong emotions and foster an atmosphere of trust and fairness. Her Master's degree in psychology informs her understanding of the personal dynamics that can make disputes appear intractable.

Areas of focus

Sara accepts civil and commercial mediation appointments across the UK and internationally, with a focus in:

Commercial, Sports & Governance

- Sports regulatory, disciplinary and integrity disputes involving governing bodies, clubs, athletes, agents and sponsors
- Commercial contracts, joint ventures, shareholder and partnership disputes
- Board, executive and governance disputes
- Professional disciplinary and regulatory proceedings

Construction & Development

- Construction, building contract and property development disputes
- Defect, delay and construction-related professional liability claims

Private Wealth & Property

- Contentious probate, inheritance and will disputes
- Co-ownership and trusts disputes under the Trusts of Land and Appointment of Trustees Act 1996 (TOLATA)
- High-value property, boundary and land-use disputes

Based in London, Sara is available for mediation appointments at short notice, nationally and internationally, online or in person.

Recommendations

"Sara is always one of my top three King's Counsel. Her advocacy is incredibly robust."
"Sara is well-respected, easy to work with and really thorough."
Chambers and Partners, 2027

"Sara is a thorough, considered, and yet tenacious barrister. Her advocacy is often commented on by clients as being exceptionally nuanced and intelligent, yielding results that go against the odds. She deals with complex issues in a clear, capable, and persuasive manner." **Legal 500, 2027**

"Sara is the KC you want on your case for any complex care proceedings involving non-accidental injury; she is the full package. Her knowledge of the area is impeccable, her research is deep and thorough, her client manner is sympathetic, but firm and realistic, and her advocacy really is exceptional." **Legal 500, 2026**

"Sara is a very robust advocate who is not afraid to rock the boat where necessary. Sara has a medical background which is immensely helpful in cases of non-accidental injury and means her ability to cross-examine medical experts is second-to-none." **Legal 500, 2025**

"Sara is an exceptional silk and has a wealth of experience, and she is extremely thorough in her preparation. She has a store of knowledge and is incredibly well thought of and respected in cases involving serious allegations of non-accidental injury. Her courtroom manner is unfaltering, and cross-examination is bespoke and effective." **Legal 500, 2024**

"Sara is always impeccably prepared for all her cases. She has an excellent rapport with clients and is extremely approachable. She cross-examines witnesses, particularly experts, with skill and care and is particularly impressive in cases where complex medical analyses are required. She is diligent, hard-working and demonstrates real integrity, and is an extremely impressive advocate." **Legal 500, 2023**

"Sara is extremely empathetic, and her client care is second to none. Her written work is of a high quality, and she is particularly skilful in cross-examining witnesses." **Legal 500, 2022**

"Very quickly gets to grips with complex medical issues." **Legal 500, 2021**

"A vigorous advocate in court; clients like her." **Legal 500, 2020**

"Regularly handles care cases where there are concerns over the mental wellbeing of parents." **Legal 500, 2019**

"Singled out for childcare matters." **Legal 500, 2018**

"Sara Lewis commended for childcare work." **Legal 500, 2017**

"An incredibly hard-working barrister who strives to do all that she can to put the best interests of her clients forward, no matter how hard the battle may be. A dedicated barrister who can be relied on for her honest and expert advice." **Instructing Solicitor**

Academic qualifications

- M.A (Hons)
- CPE
- BVC, Commendation

Professional qualifications & appointments

- Family Law Mediator, accredited by Regents College SPC, 2003
- Sports Resolutions Panel of Arbitrators, Chairpersons List
- Assistant Coroner, Manchester (City), 2009-2018
- Queen's Counsel (now King's Counsel), 2021-
- Qualified Children's Arbitrator, 2026

Professional bodies

- Member of Resolution
- Member of Family Law Bar Association
- Member of the Chartered Institute of Arbitrators (CIArb)
- Associate Member of the Civil Mediation Council

Direct Access

Sara Lewis KC is qualified to accept instructions directly from members of the public and professional clients under the Direct Public Access scheme.