

1GC | Family Law

Annabel Barrons

Year of Call: 2016



Practice Overview

Annabel is building a broad practice which reflects the range of chambers' expertise. She welcomes instructions across the full spectrum of family law.

She regularly represents clients at all levels of proceedings and has appeared independently at all levels up to and including the High Court.

Family Finance & Property

Annabel has a particular interest in financial remedy disputes and regularly represents clients across at all stages of financial remedy proceedings including applications for variation, enforcement and interim relief.

Her experience includes cases involving allegations of non-disclosure, analysis of company accounts, sham transactions and jurisdictional disputes.

She also acts and advises in cases involving financial provision for children under Schedule 1, and TOLATA.

Annabel combines a forensic approach with confident advocacy and clear advice. She welcomes instructions for advisory work, representation and drafting as required.

Children (Private Law)

Annabel regularly represents across the range of private children law. Her experience includes handling in cases with allegations of abuse against parents and issues of parental alienation and intractable contact.

She has a particular interest in applications for permission to relocate with children, and has represented parents in applications for relocation both internationally and within this jurisdiction.

In addition, Annabel has experience throughout her pupillage across the range of proceedings in the sphere of public children's law.

Children (Public Law)

Annabel has experience throughout her pupillage across the range of proceedings in the sphere of public children law.

Domestic Abuse & Injunctions

Annabel regularly represents and advises in applications under the Family Law Act on behalf of both applicants and respondents.

Divorce and matrimonial proceedings

Annabel accepts instructions in divorce and matrimonial issues including defended divorces and contested applications for Decree Absolute.

She has experience in cases in which divorce is sought in the context of allegations of sham marriage, and has appeared for a wife in a case concerning the Queen's Proctor.

Notable Cases

Re S (A Child) (Disclosure to SSHD) [2025] EWFC 453

AS v RS [2024] EWFC 32 (B)

P (Children: Disclosure) [2022] EWCA Civ 495

What the Directories Say

"Annabel knows the case inside out and is always on hand to help her instructing solicitors. Her advocacy rivals that of any silk and clients love her." **Band 3 - Chambers and Partners, 2026**

"A formidable advocate with incredible attention to detail. Annabel is an absolute dream to work with. She really goes above and beyond for her clients." **Band 3 - Chambers and Partners, 2026**

"Annabel is a really strong advocate in court. Clients always feel supported by her." **Band 3 - Chambers and Partners, 2026**

"Annabel is an absolute star. She has an astute awareness of the issues involved and a no-nonsense style when dealing with clients." **Leading Junior - Legal 500, 2026**

"Annabel is a firecracker of a barrister who operates years above her call. Her tactical advice is shrewd and calculating, she is able to communicate to clients in a straightforward and sensitive manner, and her advocacy is punchy, persuasive, and carefully tailored to fit the needs of her clients." **Leading Junior - Legal 500, 2026 (Finance)**

"Clients and solicitors feel confident knowing they have Annabel fighting their corner. She handles anything that comes her way with brilliance, and nothing is ever too much trouble for her."

Band 4 - Chambers and Partners, 2025

"She is great with the clients. She's assertive and straight-talking in a manner which gives them confidence." Band 4 - Chambers and Partners, 2025

"Annabel is very hard-working and goes above and beyond, producing well-detailed and clear advice. She is creative in putting her case forward and is brilliant on her feet." Band 4 - Chambers and Partners, 2025

"Her advocacy is powerful but humane. She is a star in the making." Band 4 - Chambers and Partners, 2025

"Annabel knows her cases inside and out. She is all over the details, her advocacy is brilliant, and she is a stand-out junior." Tier 5 - Legal 500, 2025

"Annabel is a great barrister. Her advice is thorough and clear, she is fantastic on her feet, and her cross-examination is impressive." Tier 4 - Legal 500, 2025

"Annabel is a conscientious barrister who strives to provide the best possible advice to clients and her instructing solicitors. She is thorough and has an eye for detail in all that she does. Her advocacy, similar to her written work, is considered and confident." Rising Star – Legal 500, 2024 - Finance

"Annabel is a conscientious barrister who strives to provide the best possible advice to clients and her instructing solicitors. She is thorough and has an eye for detail in all that she does. Her advocacy, similar to her written work, is considered and confident." Rising Star – Legal 500, 2024 - Children

"Annabel is very client-focused and understands clients' needs. Quick on her feet, intelligent and someone who easily grasps large amounts of information, she is an ally in financial remedy proceedings." Up and Coming - Chambers and Partners, 2023

"Annabel is an excellent junior. She can manage difficult clients and complex cases. Her advice is sound, and her advocacy is excellent." Up and Coming - Chambers and Partners, 2023

"Annabel is incredibly impressive, entirely committed to the case and the client. A tremendous advocate." Rising Star – Legal 500, 2022

"Incredibly impressive. She is so attentive and committed to the client, no matter how big or small the case." Chambers and Partners, 2021

"Honest and open in her approach." Chambers and Partners, 2021

Education

BA, History, First Class, King's College London

GDL, Distinction, City University

BPTC, Outstanding, University of Law

Awards

University of Law BPTC Advocacy Prize (for highest marks in year in advocacy exams)

University of Law BPTC Cross Examination Prize

Queen Mother Scholar, Middle Temple

Blackstone Exhibitioner, Middle Temple

Certificate of Honour for outstanding performance on BPTC, Middle Temple

University of Law BPTC Mooting Competition, Winner

University of Law BPTC Varsity Mooting Competition, Winner

Seminars, Publications and Training

Annabel gave a webinar on "[Variation of Periodical Payment Orders in the Time of a Pandemic](#)" as part of the 1GC Family Law Webinar series (April 2020).