



Benjamin Myers KC

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Clerks

 Nick Buckley
 0161 817 2757

 Dave Haley
 0161 817 7118

 Andy Leech
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 Anthony Brown
 0161 833 2722

Appointments

Master of the Bench – Honourable
Society of the Inner Temple

Deputy Head of Chambers, Exchange
Chambers

Member of Government Panel of
Approved Silks

Assistant Coroner

Memberships

- Northern Circuit
- Criminal Bar Association
- Fraud Lawyers Association
- JUSTICE

Education

Professional Discipline

Benjamin Myers KC specializes in Business and Financial Crime, General Crime, Regulatory Law, Professional Discipline and Inquests and Inquiries. Described as ‘brilliant’, ‘extremely astute’ ‘a superb jury advocate and lawyer’ with ‘an exceptional ability to digest complex cases’, he appears in courts and tribunals across the country and is ranked at the top of his field in crime and financial crime in Chambers Guide to the Legal Profession and in the Legal 500.

Ben provides advice and representation to professionals from the earliest stage of investigations and proceedings. He is experienced in leading large teams in substantial, complex and sensitive cases, many of which have a high public profile. His work includes judicial review, privacy and media-related applications. He has a wide experience of appellate work and provides advice and representation on appeal.

Ben has provided advice and representation to police officers at every level of seniority in relation to investigations and proceedings. He is experienced in handling matters in both the criminal and the disciplinary jurisdictions.

Recent cases include defending in disciplinary proceedings brought against MH, a senior officer in the Metropolitan Police accused of data breaches; representation of TS, a senior officer facing multiple allegation of sexual misconduct; advice and representation of SW, a retired senior officer under investigation for multiple allegations in relation to professional misconduct and associated criminal proceedings; and the representation of DD, match commander at the Hillsborough Tragedy.

Ben is a member of Government Panel of Approved Silks.

Recommendations

- LLM – International and European Human Rights Law (Distinction) – University of Leeds
- BA – Joint Honours – University of Leeds

Ben has been ranked consistently as a leading practitioner in crime in Chambers Guide to the UK Legal Profession and in the Legal 500.

“Benjamin is absolutely at top of his game. He is very well respected for his skill and wider contribution to the Bar.”

“Benjamin is tactically astute and his ability to quickly understand complex issues is second to none.”

“Benjamin is a class act. He is very hard-working and is a brilliant advocate.”

“Benjamin Myers is absolutely exceptional. His attention to detail and his forensic approach in advocacy are second to none.”
Chambers and Partners 2026

“Benjamin is very analytical in his approach. He has excellent client care skills.”
The Legal 500, 2026

“Benjamin is an exceptional advocate who is able to effectively communicate to judges and juries alike. His natural talent to communicate is supported by his work ethic and his tactical brilliance, and he is a barrister who thinks deeply about tactics, and because his judgement is second-to-none, he always makes the right choice.”
The Legal 500, 2025

“Ben is quite simply one of the best practitioners around. He is outstanding in terms of planning out his strategy for a case and then executing this through his advocacy.”

“An outstanding advocate, he is extremely hard-working, easy to work with and has great client care.”

“Ben is a master tactician. He is able to understand complex issues and explain them to clients in simple terms. He is very good with juries and has an excellent manner with judges and clients.”

“He is absolutely phenomenal and his attention to detail and work ethic are off the scale. His tactics in advocacy are absolutely top-drawer.”

“He has fantastic client care and is very thorough in the preparation of his cases. He can go into the detail of complex cases and communicates very well.”
Chambers and Partners 2025

“Ben is exceptionally hardworking and time and time again masters the most serious and complex technical information. In terms of advocacy, Ben is a true heavyweight of the Bar and with good reason, as he is able to bear the immense pressure of some of the most daunting and distressing cases brought before the courts with unwavering professionalism and integrity.”

The Legal 500, 2024

“He is a superb jury advocate and lawyer.”

“He is astonishingly hard-working and on top of the detail.”

Chambers and Partners 2024

“Ben is a premier league silk who has prosecuted and defended many of the gravest criminal cases to come before the English courts. He has an exceptional eye for detail and pursues his client’s case with vigour and integrity. He has an outstanding ability to explain complex legal and factual matters with seemingly effortless simplicity to judges and juries alike.”

The Legal 500, 2023

“Benjamin is very professional and conscientious and fights hard for his clients.”

“He is absolutely excellent.”

“He is extremely intelligent and excellent in court.”

Chambers and Partners 2023

“He is phenomenally hard-working and inspires confidence in his clients and solicitors.” “He is down to earth and will leave no stone unturned in the defence of his clients.” “He is brilliant.”

The Legal 500, 2022

“He has an exceptional ability to digest complex cases, nothing is too much.”

The Legal 500, 2021

“He is first rate – he has a good manner with clients and is very attentive and thorough in difficult circumstances.” “His preparation and his court manner are absolutely brilliant.” “He is absolutely excellent – approachable and conscientious.”

“He is well respected, a very safe pair of hands and a very pleasant advocate.”

Chambers and Partners 2021

“A very impressive silk who can handle difficult clients in very serious cases extremely well.”

Chambers and Partners 2020