Adam Stachniewski



Junior Counsel - Under 15 Years

CALLED 2024

Adam is a criminal barrister.

Adam's practice involves defending and prosecuting a wide range of offences including violence, drug importation and supply, domestic abuse, dishonesty, sex, and driving matters.

Adam achieved distinctions in the GDL and Bar Course and was twice awarded the Queen Mother Scholarship from Middle Temple. Prior to the Bar his career involved working for leading strategy consultancies, the FA, and WWF.

Adam combines the intellectual ability to understand complex material with sound strategic judgment and a down-to-earth approach that gains the trust of clients.

Notable Cases

Drugs

R v L, 2025

Adam represented L, who pleaded guilty to PWITS Class A and B after he was found with multiple thousands of pounds worth of both drugs. Despite L making significant money from his drug dealing Adam persuaded the Court to impose a suspended sentence.

Worcester Crown Court

Drugs

General Crime

R v H, 2026

H pleaded guilty to Perverting the course of justice. In the face of the long-established principle that such offences require immediate custody, Adam successfully argued that this did not provide an exceptional circumstance under the new suspension rules.

St Albans Crown Court

R v A, 2025

Adam represented A, who was charged with dishonestly receiving stolen goods. A had an extensive record of dishonesty offences which were admitted as bad character evidence. Despite this, Adam secured an acquittal.

Bromley Magistrates' Court

Crime

Public Order

R v G, 2026

Adam represented G, a man of good character, who was accused of racially abusing an off-duty police officer and had been suspended from his job. G was found not guilty and awarded his legal costs.

Uxbridge Magistrates' Court

Public Order

Rape and Sexual Offences

R v A, 2026

Adam represented A in a two-day trial. A was charged with Sexual Assault, Threats to Kill, Criminal Damage, and Assault by beating x2. Despite A opening up his own extensive bad character from the dock and not giving evidence himself, effective cross-examination of the complainant led to the Bench acquitting A of the more serious offences and only convicting him of the Assaults by beating. A had been remanded in custody and was released that day due to time served.

Willesden Magistrates' Court

R v G, 2026

Adam successfully resisted the imposition of no-contact conditions in a SHPO following conviction for child image offences.

Uxbridge Magistrates' Court

Rape and Sexual Offences

Violence

R v O, 2026

Adam represented O at trial. O was acquitted of having assaulted his ex-girlfriend during their breakup, retaining his good character.

Isleworth Crown Court

R v B, 2026

B was charged with assaulting a police officer in the corridors of the Old Bailey, having left court during a murder trial. Cross-examination of two police officers led to the Bench stating that they did not find them to be credible, and B's acquittal.

City of London Magistrates' Court

R v R, 2026

Adam represented R, who was charged with threatening a 12 year old boy with a knife. The offence

was shown on CCTV so R pleaded guilty on the day of trial. Despite an 18 month starting point on the Sentencing Guidelines and a previous conviction for a knife offence, Adam persuaded the Court to sentence R to a 1 year suspended sentence with limited requirements (before the change in the sentencing regime).

Highbury Corner Magistrates' Court

R v K, 2025

Adam represented K, who was charged with Coercive or Controlling Behaviour, ABH, Common Assault, and Harassment. Thorough preparation led to a day of trial plea offer to summary only offences being accepted, resulting in K's immediate release from prison.

Guildford Crown Court

R v G, 2025

Adam represented G, who was charged with Strangulation, a prolonged ABH, and Assault by Beating against his partner. G was a serving prisoner, but following a advantageous plea negotiation on the day of trial, the Judge was persuaded to sentence him to a Community Order to start upon his release rather than further custody.

Maidstone Crown Court

R v B, 2025

Adam represented B, who was accused of assaulting his ex-partner and her sister. Despite a video showing B punching down at a complainant laying on the floor, Adam advanced that this was a selective misleading clip and that B had been acting in self-defence. B was acquitted of all charges.

Stratford Magistrates' Court

Violence

Driving

R v K, 2026

Adam represented the Crown in K's trial for Dangerous Driving, securing a conviction despite witnesses not attending and significant deficiencies in the police investigation.

Isleworth Crown Court

R v D, 2026

Adam represented D at his trial for Dangerous Driving. Despite it being a serious offence, originally indicted as a two Attempt s.18 counts, D avoided remand and received a suspended sentence.

Birmingham Crown Court

Driving

Achievements

Appointments

- CPS Panel General Crime (Grade 1)

Memberships

- The Honourable Society of the Middle Temple

Awards

- Queen Mother Scholarship, GDL, Middle Temple
- Queen Mother Scholarship, Bar Practice Course, Middle Temple

Education

- Bar Course, ICCA, Distinction
- GDL, University of Law, Distinction
- MA History, University of Edinburgh, 1st Class