



Ben Thompson

Year of Call: 2022

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Overview

Ben Thompson is a barrister and member of the Crime Group at 3 Paper Buildings (3PB) and accepts instructions from across the Western Circuit.

He joined 3PB from the Crown Prosecution Service where he completed his pupillage in September 2024. During his pupillage, Ben undertook a secondment in December 2023 with Jodie Mittell KC and other members of 3PB. He works from 3PB's Bournemouth office and handles cases across the Circuit.

As a diligent and attentive barrister, Ben excels at distilling complex cases into clear, compelling arguments for the court. His drafting skills have been described as "exceptional" by a member of the judiciary, and a judge has praised his advocacy for demonstrating "great skill and competence," underscoring his ability to present complicated matters succinctly and effectively.

Specialising in criminal law, Ben handles both prosecution and defence work across Crown and Magistrates' Courts in the Dorset, Hampshire, and Wiltshire areas. As a Grade 1 prosecutor, Ben frequently manages trials, sentencing, and procedural issues.

Ben has experience in cases involving serious violence, hate crimes, and domestic abuse amongst others, and is adept at tackling novel legal challenges, such as offences under the Laser Misuse (Vehicles) Act 2018, where there is little precedent. He recently prosecuted a convicted murderer who subsequently threatened to kill his mother, as well as a 65-year-old man who believed he was messaging a 12 year old girl, inciting her to engage in sexual activity.

Ben is also an active member of Advocate, the Bar's pro bono charity, where he recently represented an applicant in a two-day fact-finding hearing. In this case, the respondent's allegations of physical abuse against the children were found unproven.

Before joining the Bar, Ben worked with the charity APPEAL, which supports individuals wrongfully convicted or unfairly sentenced.

Outside of busy work demands, Ben enjoys skydiving and travelling.

Academic qualifications

- LLB Hons, 2:1, University of East Anglia, 2018
- Bar Vocational Studies, with LLM, Distinction, City Law School, 2022

Scholarships

- Advanced Mooting Competition Winner, UEA, 2018
- Exhibition Award, Inner Temple BPTC Award, 2020
- Duke of Edinburgh Entrance Award, Inner Temple BPTC Awards, 2020
- Advocate Prize of Excellence in Pro Bono, 2022