The prosecution alleged that, on 25 May 2008, you went the address of your expartner, Julie King, at 5 China Street, Llanidloes, approached her new partner, George Stooke-Vaughan, and said in an aggressive manner, "Get out. You've no right to be here. Shit, you're a dirty bit of shit." Ms King asked you to leave and Mr Stooke-Vaughan tried to make his way out of the property in an attempt to cool things down. He alleged that you would not let him past and, as he felt threatened by you, he took hold of your shirt and gently moved you to one side. This caused you to lose your temper and you grappled with Mr Stooke-Vaughan, ending up with you both outside on the pavement with you having Mr Stooke-Vaughan in a headlock.

Mr Stooke-Vaughan alleged that you kicked his legs from underneath him, causing him to fall to the ground. You then kicked him a number of times to the middle body area. Mr Stooke-Vaughan said that he tried to get to his feet, but you jumped on his right side, holding him down on the floor. He said that you stuck your finger in his mouth and forcefully started to rip at his lower jaw so he bit your finger. Mr Stooke-Vaughan tried to get to his feet again and you rammed his head against the pavement three times. He then felt two hard blows to the left side of his face and felt a knuckle go into his eye socket.

Mr Stooke-Vaughan gradually got to his feet and realized that there were a number of other people gathered around.

Ms King and three independent witnesses saw the incident and gave evidence at trial.

Dr Norris confirmed that Mr Stooke-Vaughan had attended his surgery on 27 May 2008 with a black eye and a tender nose which had been bleeding. On examination, the medial aspect of his left eye socket was bruised with some evidence of a subconjunctival haemorrhage on the medial aspect of his left eye.

In your police interview, you stated that you had asked your ex-partner, Ms King, not to allow her new partner, Mr Stooke-Vaughan, into 5 China Street until 31 May 2008 as you had paid half the rent for the property up until that date. You said that you drove past the address on 25 May and saw Ms King and Mr Stooke-Vaughan outside the address. You approached Mr Stooke-Vaughan and told him to leave the property until 31 May. You accepted that you had used insulting words towards Mr Stooke-Vaughan.

You stated that Mr Stooke-Vaughan struck you to the chest with two open hands and you then dropped down and put your arms around his legs. You both staggered out of the door onto the pavement. You said that you got on top of Mr Stooke-Vaughan and intended to thump him but refrained, fearing that it would cause too much damage.