

Sam Pentony

Year of Call: 2019
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Overview

Sam is a family barrister specialising in financial remedies and private children matters. Prior to joining the bar, he held positions in a variety of roles in commerce and industry, latterly as a policy adviser on sustainability and environmental regulation for the manufacturing sector.

Sam brings commercial awareness and pragmatism to his family finance practice and is skilled at representing litigants where there is a family business or complex trusts issue.

He has a growing specialism in matters relating to Trusts of Land and Appointment of Trustees 1996 (Tolata) claims, particularly where there is a chancery or commercial crossover and additional causes of action such as conversion and unjust enrichment.

In private child work, Sam is resolution focussed and practical but also a robust advocate when the matter requires it. His specialism as a children practitioner extends to the often-complex field of international relocation at High Court level. He appeared for the respondent in the reported case of Z v X (Visit to Ukraine) [2024] EWHC 314 (Fam) before Cobb J.

FDR Hearing Service

Sam Pentony is available for private remote FDR hearings. For more information on private remote FDR hearings please click here.

Recommendations

"Sam is a brilliant negotiator. He is thorough, collaborative, and extremely well prepared. Notwithstanding his negotiation skills, he is an adept and direct advocate who is not scared to pursue his client's instructions."

Legal 500 2027/Family: children and domestic abuse/Midland Circuit

"Sam is knowledgeable and robust as an advocate while being extremely personable and empathetic towards clients and their needs. His advice is measured and resolution-focused. He is a fantastic negotiatior."

Legal 500 2027/Family: children and domestic abuse/South Eastern Circuit

"Very calm and measured. Well prepared and good with clients. Calming. Decent paperwork clearly thought through. Able to hold his own in testy discussions with the other side, without losing patience."

Legal 500 2027/Family: divorce and financial remedy/Midland Circuit

"Sam is very approachable and is very kind and empathetic. He can put them at ease and explain matters in an easy-to-understand manner, but still comes across with an air of authority and tells clients those aspects that they don't want to hear. He will be honest and realistic with clients about expected outcomes but still fights their corner to achieve the best outcomes possible. He is always well prepared and has a good handle on the case and is also very happy to pick up the phone and discuss matters and advise where needed. I highly recommend him and have used him on numerous cases, and clients always speak highly of him."

Legal 500 2027/Family: divorce and financial remedy/South Eastern Circuit

'Sam is knowledgeable and robust as an advocate whilst being extremely personable and empathetic towards clients and their needs. His advice is measured and resolution-focused. He is a fantastic negotiator.'
Legal 500 2026/Family: children and domestic violence/South Eastern Circuit/Rising Star

`Sam is a robust and reliable advocate with a keen eye for detail. His meticulous preparation allows him to drill down to the real issues at hand, with ease, and he is an incredibly hardworking individual who approaches every task with a level of commitment and precision that is truly commendable.'
Legal 500 2026/Family: children and domestic violence/Midlands Bar/Rising Star

`Sam is knowledgeable and robust as an advocate, whilst being extremely personable and empathetic towards clients and their needs. His advice is always measured and resolution focused. Sam is a fantastic negotiator.'
Legal 500 2025/Family: children and domestic violence/South Eastern Circuit/Rising Star
Legal 500 2025/Family: children and domestic violence/Midlands Bar/Rising Star

'Sam is a very confident advocate and will fiercely fight for his clients.'
Legal 500 2024/Family: children and domestic violence/Midlands Bar/Rising Star

'Sam can get to grips with a case quickly and provide constructive advice delivered in a way the client fully understands. He is always well-prepared and has impressive advocacy skills. He will go the extra mile to try and get the best outcome for a client wherever possible.'
Legal 500 2024/Family: children and domestic violence/South Eastern Circuit/Rising Star

Academic qualifications

- LLM in Legal Practice, BPP Law School (Distinction)
- LLB Law, Birkbeck University of London (First-Class)
- BA Sociology and Philosophical Studies, UWE

Scholarships

- Leonard Woodley Scholar, Inner Temple