

Sam Pentony

Year of Call: 2019

Email Address: sam.pentony@3pb.co.uk

Telephone: 0121 289 4333



Overview

Sam Pentony takes instructions for court representation, advocacy and advisory work - in 3PB's 70-strong team of family law barristers.

Sam joined 3PB in October 2020, having completed his first six pupillage at a specialist family set in the Midlands and became a tenant at 3PB in April 2021. He accepts instructions across the full spectrum of family matters including private and public law children proceedings and domestic abuse injunctions. Sam is developing his practice in financial remedies and is interested in matters relating to property including co-ownership and cohabitation of the family home. He is happy to accept instructions from first appointment to final hearing.

Prior to joining the bar, Sam held specialist policy roles for trade bodies in the manufacturing and resources sectors. His work focused on environmental regulation, including the development of the Environment Bill, chemicals regulation (REACH) and environmental permitting and licensing. Sam has led on discussions with the UK Government relating to the chemical supply chain after Brexit. He also spent time in Brussels working alongside European trade associations in the development of technical and regulatory recommendations to the EU.

Having worked with individuals and UK businesses across a variety of sectors, Sam is well known for his approachable manner and commercial outlook.

Sam also previously worked as a paralegal in the family team of a Cambridgeshire law firm and so understands some of the unique pressures faced by solicitors and lay clients in the field of family law.

When not working, Sam is passionate about blues music and plays the guitar when time allows. He recently took up running and when possible takes part in his local Parkrun.

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 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