

Ruth Kennedy

Call: 2015 England & Wales Call: 2025 BVI

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Ruth specialises in all areas of commercial, employment, human rights, international, public and sports law.

She acts in the most high-profile and complex cases. She is consistently recognised in the legal directories as a leading junior across her areas of practice: in administrative law, civil liberties and human rights; commercial dispute resolution; employment, public inquiries and sport.

She has been described as *"a real star of the future and a star of the junior bar already", "absolutely fantastic", "a superb advocate", "a real rising star", "a brilliant barrister", "brilliant in everything she does", "exceptionally hard-working", "a pleasure to work with"* and having *"superstar quality."*

A member of both the Attorney General's London B panel and specialist Public International B panel, Ruth has acted and appeared in various domestic courts and tribunals up to and including the Supreme Court, as well as international courts including the DIFC, European Court of Human Rights and the International Court of Justice. She has experience of acting in arbitrations under the LCIA, ICC and UNCITRAL rules and under specialist sports arbitrations.



Ruth is very strong on human rights law. A very insightful analyst and a very clear, concise and effective communicator

LEGAL 500 2025

Expertise

Sport

Ruth is recognised as a leading junior in sport in Chambers & Partners and Legal 500.

Ruth has extensive experience of acting for sports regulatory bodies, clubs, players and associations across the range of forums including arbitrations, tribunals, disciplinary proceedings and Court of Arbitration for Sport ("the **CAS**"). She has particular expertise in claims relating to football, rugby and athletics.



Absolutely excellent

CHAMBERS & PARTNERS

The English Football League v Sheffield Wednesday and Dejphon Chansiri

(2025)

acted for the English Football League in proceedings against the Club and its owner for failure to pay other clubs and players on time

The English Football League v Sheffield United

(2023 – 2024)

acted for the English Football League in proceedings against the club alleging breach of the league's financial regulations, resulting in a two point deduction with two further points suspended

Imali v World Athletics

(2023 – 2024)

acting for World Athletics in a challenge to its regulations relating to who can compete in women's competitions before the CAS

Premier League v A Club

(2023 – PRESENT)

acting for a Club in ongoing disciplinary proceedings

Former CEO/Team Principal v Leading F1 Team

(2023 – 2024)

acted for a leading F1 team defending claims brought former CEO and team principal in the High Court for constructive dismissal and shares

The English Football League v Cardiff City FC

(2023)

acted for the English Football League defending arbitral proceedings brought by Cardiff City Football Club against a 3 window fee restriction after its failure to pay an instalment of the transfer fee of Emiliano Sala on time

Wathan v Welsh Rugby Union

(2022 – 2023)

acted for the Welsh Rugby Union defending claims of sex discrimination brought by the former Head of Women's Rugby

Achievements

Appointments

Attorney General's London B panel

Public International Law B panel

News, Articles & Publications

The ECHR Grand Chamber judgment in Semenya v Switzerland and its wider impact on international sport, co-authored with Chris Lavey of Bird & Bird, Law in Sport, 3 October 2025

For Women Scotland Ltd v The Scottish Ministers and Haynes v English Blackball Pool Federation: considerations for sports organisations, co-authored with Rachel Nolloth and Siobhan Murray of Farrer & Co, 22 September 2025

Conveyancing fraudsters – who picks up the bill after P&P & Dreamvar? Journal of Professional Negligence, December 2018

Pure omissions and public authorities, Personal Injury Law Journal, May 2018

Unlawful fees & Out of time claims, New Law Journal, September 2017

Clarity provided for insurers aggregating claims, Insurance Day, August 2017

The Scope and Effect of Purdah, Judicial Review, December 2017

The Scope and Effect of Purdah, Judicial Review, December 2017

Education, Scholarships & Awards

BA (Hons) Pembroke College, Oxford University LLM (Distinction) University College London

Lord Justice Holker Award (Gray's Inn) Residential Scholarship (Gray's Inn)

Lee Essay Prize (second place, Gray's Inn) Advocacy Scholarship (University of Law) Monk Prize (Pembroke College)

Hogan Lovells Prize for Law (Pembroke College)

South Eastern Circuit Florida Bar Civil Advocacy Course

Memberships

ALBA

COMBAR

LawInSport

BASL

ELA

Additional Information

For the legal year 2016-2017 Ruth was Judicial Assistant to Sir Terence Etherton, Master of the Rolls. Prior to becoming a barrister, Ruth was a Research Assistant to Professor Philippe Sands KC working on public international law, ICSID Arbitrations and Court of Arbitration for Sport cases. She also previously worked as a Research Associate at UCL's Judicial Institute and a Teaching Fellow in public law at UCL.

“

She is a superb operator, being technically excellent but also hard-working and hyper commercial and practical.

LEGAL 500 2025

“

A cerebral and hard-working junior with extensive expertise in issues of public and private international law.

LEGAL 500 2021

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She's a pleasure to work with: insightful and extremely responsive.
"She is very calm, personable and thorough.

CHAMBERS UK 2021

“

Ruth is very commercial and cuts through to the key issues for clients. Ruth is also incredibly personable.

LEGAL 500 2022

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An up and coming star. Brilliant in everything she does, and so user friendly.

CHAMBERS UK 2022



She is good at cross-examination and client management, and her presentation of a respondent's case to the client is respectful of their experiences.

CHAMBERS UK 2022



Ruth is a highly intelligent, all-round impressive lawyer, who works well on her own or as part of a large team. Ruth is a clear and persuasive advocate.

LEGAL 500 2023



Ruth is a diligent and exceptionally hard-working junior barrister with a formidable work ethic and attention to detail. She is a real rising star in the field of administrative law.

CHAMBERS UK 2023



Ruth is excellent – she is commercial and practical in her approach and her advocacy is concise and considered. Ruth also has exceptional client-care skills and very much works as a team with instructing solicitors to deliver for the ultimate client.

CHAMBERS UK 2023