



Lara Kuehl

Call: 2012

Lara is truly exceptional on her feet. Extremely smart and commercial, she is all over the detail.

LEGAL 500 2026, COMPANY

✉ lkuehl@serlecourt.co.uk ☎ +44 (0)20 7242 6105

Lara Kuehl is a leading commercial and chancery junior, with particular expertise in high value disputes in England & Wales and offshore.

Lara's practice spans all aspects of commercial litigation and arbitration, company law, restructuring and insolvency, property litigation and civil fraud.

In the main legal directories, Chambers UK and Chambers Global, Legal 500 and Lexology UK Bar, Lara holds current rankings across five practice areas (Commercial Litigation, Commercial Chancery, Insolvency / Restructuring, Company and Property Litigation).

Lara is highly regarded for her advocacy and, in the majority of her cases, she acts as lead or sole advocate. She frequently appears (unled) against senior juniors or KCs. However, she is equally comfortable acting as junior counsel led by more senior barristers from within or outside chambers, as she is currently doing across a range of cases in England and internationally.

In addition to her private work, Lara also undertakes work on behalf of the UK Government. She is on the Attorney General's B Panel of Junior Counsel to the Crown and represents the Government in commercial, property, company and insolvency matters.

Before transferring to the English Bar, Lara was a solicitor in the London Commercial Disputes teams of two US firms: Weil, Gotshal & Manges and McDermott Will & Emery UK LLP. Between 2013 and 2015, Lara practised as a Cayman Islands attorney in the Dispute Resolution and Insolvency group at Maples and Calder.

Expertise

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Commercial Litigation

Lara is recommended as a leading Commercial Litigation junior in Legal 500 (London Bar) and as a leading Chancery:Commercial junior in Chambers (UK Bar) and Chambers (Global). Comments include:

- “Lara produces amazing performances in court because she is very well prepared and aware of the court and its reactions as the day progresses. She is able to adapt very quickly to changing situations.” (Chancery: Commercial, Chambers & Partners 2026)
- “Lara has always been very reliable and very, very good in court. Her written work is excellent, and she is very, very user friendly.” (Chancery: Commercial, Chambers & Partners 2026)
- “An excellent advocate. Her written work is first class and she is very responsive and extremely easy to work with.” (Chancery: Commercial, Chambers & Partners 2026)
- “Lara is a robust advocate who is confident and persuasive. She is a delight to work with and always has a commercial, bigger-picture view in mind.” (Commercial Litigation, Legal 500, 2026 and 2025)
- “A bright and hardworking junior with a good grasp of company law and a zest for commercial litigation. Her pleadings are excellent and she is an assured performer in court.” (Commercial Litigation, Legal 500, 2024)

She has significant experience of complex commercial litigation, particularly involving cross-border issues. She has appeared in the English Courts and offshore in disputes relating to a range of industry sectors, including (for example) financial services and banking, private healthcare, petrochemicals and energy, pharmaceutical, luxury hotel chains, the film industry and household utilities.

Lara’s practice covers all the key areas of contractual disputes, including the sale of goods and supply of services; joint venture and shareholder disputes; and claims arising from guarantees and indemnities. Her clients include individuals, large corporate entities, the UK Government and litigation funders.

Lara is a member of COMBAR. She writes regularly about subjects relating to commercial litigation for several legal journals including the Butterworths Journal of International Banking & Financial Law and the New Law Journal.

Recent Cases

- *Re: New Frontier Health Corporation* – Acting (led by Richard Millett KC) for the dissenting shareholders in s238 fair value appraisal proceedings before the Grand Court of the Cayman Islands.
- *Re: 51job, Inc.* – Acted (led by **Jonathan Adkin KC**) for the dissenting shareholders in the 6-week trial of s238 fair value appraisal proceedings before the Grand Court of the Cayman Islands
- *Mornington 2000 LLP (t/a Sterilab Services) v The Secretary of State for Health and Social Care* – Acted (led by Michael Bowsher KC and Brendan McGurk KC) for the Secretary of State for Health and Social Care in three substantial connected £500 million+ claims concerning contracts for the manufacture and sale of Covid lateral flow tests.
- *NWA v NVF* [2021] EWHC 2666 (Comm) – Appeared as sole counsel for the Second Claimant in this significant case regarding whether the failure of a party to comply with a contractual term requiring mediation before arbitration affected the jurisdiction of an arbitral tribunal in the context of an international commercial arbitration. This judgment is now referred to in several academic and practitioner texts, including the White Book (Civil Procedure); K. Lewison’s “The Interpretation of Contracts”; Lindley & Banks on Partnership and Keating on Construction Contracts.
- *Ernst & Young v The Immigration Department of the Cayman Islands* [2015] (1) CILR 151 – Appeared before the Grand Court

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of the Cayman Islands on behalf of a number of accountancy and law firms seeking an urgent ex parte injunction (the first of its kind in the Cayman Islands) against the Department of Immigration, persons unknown and contra mundum (against the world) to prevent publication of personal and commercially sensitive information relating to all 21,000 work permit holders in the jurisdiction.

- *Madoff Securities International Limited (In Liquidation) v Raven & Ors* [2013] EWHC 3147 (Comm) (Poplewell J) – A 5-week trial, led by Ian Clarke, successfully represented one of the defendant directors against claims alleging fraudulent breaches of fiduciary duty brought in the Commercial Court by the liquidators of the Madoff UK corporate entity. This case was listed as one of the Lawyer's top ten cases of 2013.

As a solicitor, Lara advised and acted in a number of very significant high-profile commercial disputes, including:

- *In the matter of Coroin Limited* [2012] EWHC 2343 (Ch) – Successfully represented Sir David and Sir Frederick Barclay and their interests in a high profile 30 day expedited trial concerning a dispute over the ownership of Coroin Limited, which owned Claridge's, The Connaught and The Berkeley hotels.
- *VTB v Nutritek* [2011] EWHC 3107 (Ch) – Represented Nutritek in a major 6-day jurisdiction challenge, requiring extensive Russian law expert evidence, in relation to a US\$250m civil fraud and deceit claim. The case produced a landmark ruling on the circumstances in which the corporate veil may be pierced, as well as on issues concerning the applicable law, forum non conveniens and loss in tort claims. Jurisdiction was successfully resisted and the decision was upheld on appeal to the Court of Appeal and Supreme Court.
- *Lehman Brothers Special Financing (LBSF) v Carlton Communications* [2012] EWCA Civ 419 – Acted for LBSF in the High Court and the Court of Appeal in a claim relating to the construction of the ISDA Master Agreement, including whether reliance on s2(a)(iii) against an insolvent swap counterparty was contrary to English insolvency law. The appeal was heard together with three other appeals on a similar point of law and attracted considerable attention from the legal and financial press, due to its impact on global derivatives trading.
- *Lehman Brothers Commodity Services (LBCS) v Crédit Agricole Corporate and Investment Bank (formerly Calyon)* [2011] EWHC 1390 (Comm) – Represented LBCS in a Commercial Court claim for €11 million relating to the construction of an English law letter of credit and a New York law ISDA Master Agreement, involving complicated cross-border issues.

Arbitrators

Lara has significant experience in international commercial arbitration, having represented clients in high-value and complex matters heard under ICC, LCIA, SIAC, SCC and UNCITRAL rules, as well as in ad hoc arbitrations.

Lara has a Diploma in International Arbitration from the Chartered Institute of Arbitrators and is a Fellow of the Chartered Institute of Arbitrators (FCIArb). She accepts instructions to act as an arbitrator and is a panel arbitrator for the Asian International Arbitration Centre (Kuala Lumpur).

Recent Cases

- Appeared (as sole counsel) for a respondent to a US\$7 million SIAC arbitration concerning alleged breaches of a consultancy agreement concerning a substantial construction contract.
- Appeared (as sole counsel) for one of the respondents to a multi-party LCIA arbitration in relation to a long-running dispute allegedly worth over £20m.
- Appeared for a global manufacturing conglomerate in a US\$250 million SIAC arbitration concerning breaches by a Chinese

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company of a confidentiality agreement relating to production and development technology.

- Representing a major shipbuilding company in a LMAA arbitration governed by English law with the arbitration seated in London regarding consequential loss issues.
- Representing an international financial institution in an UNCITRAL arbitration governed by Czech law with a London arbitration seat relating to a shareholders' dispute.

Insolvency & Restructuring

Lara is ranked by both Legal 500 (London Bar) and Chambers & Partners (UK Bar: London Bar) as a leading junior in Insolvency / Restructuring. Comments include:

- "Lara's written work and advice is extremely good. She knows what clients need and is all over the detail." (Insolvency, Legal 500, 2026)
- "She gets on well with clients and is clear in court and in her communications." (Restructuring / Insolvency, Chambers & Partners 2026)
- "Lara is personable, really responsive and hugely knowledgeable." (Restructuring / Insolvency, Chambers & Partners 2026)
- "Her written work is first class. She is very responsive and extremely easy to work with." (Restructuring / Insolvency, Chambers & Partners 2026)
- "She really helps to streamline processes and her written work truly stands out." (Restructuring / Insolvency, Chambers & Partners 2026)
- "Lara is very thorough and precise. She comes across as very reliable and trustworthy. She is not easily thrown and is a strong and careful advocate." (Insolvency, Legal 500, 2025)

Lara's practice includes acting and advising in relation to corporate and personal insolvency matters of all sizes, including: hostile administration applications; challenges to company voluntary arrangements; challenges to decisions of insolvency officeholders; applications for validation orders; challenges to officeholders' remuneration and expenses; appeals of liquidators' rejections of proofs of debt; contested winding up petitions and bankruptcy petitions; applications to set aside statutory demands and injunctions to retrain the presentation of winding up petitions.

Lara is on the Attorney General's B Panel of Junior Counsel to the Crown and regularly advises and represents HMRC, the Secretary of State for Business and Trade, the Official Receiver and the Insolvency Service in insolvency-related matters, including winding-up petitions (and related injunctions) and directors disqualification proceedings.

As a solicitor, Lara advised and acted for a number of financial institutions in relation to matters arising from high-profile insolvencies, including: representing Lehman Brothers Holdings Inc. and various of its subsidiaries in UK proceedings related to their US Chapter 11 bankruptcies; acting for the Icelandic bank, Kaupthing, in relation to various litigation and recovery proceedings in the UK; advising and acting for creditors of Madoff "feeder funds". She represented Lehman Brothers Special Financing in one of the four conjoined appeals regarding (among other things) whether the operation of s2(a)(iii) of the ISDA 1992 Master Agreement in an insolvency context engaged the anti-deprivation principle or infringed the pari passu principle: *Lomas v FJB Firth Rixson* [2012] EWCA Civ 419.

Recent Cases

- *Paramount Licensing Inc. v Batty & Anr (also known as Re London Resort Co Holdings Ltd)* [2024] EWHC 3287 (Ch) –

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Appeared as sole counsel for the successful applicant, Paramount Licensing Inc., in this widely reported case concerning irremediable breaches of the terms of a company voluntary arrangement (CVA) by an insolvent company and the refusal by the CVA supervisor to terminate the CVA in response to such breaches. The case is a rare example of a successful challenge to a decision/omission of a CVA supervisor under section 7(3) of the Insolvency Act 1986 and it is now referred to in the leading insolvency texts, including Sealy & Milman's Annotated Guide to the Insolvency Legislation and Totty, Moss & Segal: Insolvency. Lara subsequently appeared again for Paramount in opposition to an administration application by the company's directors and successfully obtained a winding up order instead (judgment unreported).

- Lara is acting as sole counsel for the Official Receiver in an application by a creditor under section 303 of the Insolvency Act 1986 to challenge the Official Receiver's decision to sell the beneficial interest in foreign land back to a bankrupt.
- Advising a specialist insolvency litigation financing company in relation to several substantial claims relating to preferences/transactions at an undervalue.
- Lara is currently instructed in relation to multiple directors disqualification proceedings relating to the misuse of the Covid Bounce Bank Loan scheme.
- Representing trustees in bankruptcy in an application pursuant to s339 of the Insolvency Act 1986 (transactions at an undervalue).
- *Randhawa v Bridgeco Ltd* [2019] EWHC 1811 (Ch) – Appearing for the successful creditor in the one-day hearing of an application by a debtor to set aside a statutory demand for £4.5 million.
- Numerous matters in which Lara successfully obtained urgent injunctions from the High Court to prevent the advertisement of winding up petitions
- Acting for creditors and debtors in several contested set-aside applications and bankruptcy petitions in which the debt has been substantial (in each case, between £1m-£4m).
- Acting for directors of an insolvent company in a successful application for validation orders to allow a company to carry on trading (by paying employee salaries and suppliers) while a winding up petition was pending.

Property

Lara is highly regarded for her property work and is ranked as a leading junior in both Chambers & Partners (UK Bar: London Bar) and The Legal 500 (London Bar) for Property / Real Estate Litigation. Comments include:

- "Lara is excellent. She is pragmatic, responsive and commercial, with a meticulous eye for detail, and provides very clear advice." (Property Litigation, Legal 500, 2026)
- "Lara is exceptional at promptly mastering facts and arguing complex law"; "Lara is so approachable and a great lateral thinker which makes her drafting skills top notch"; "She is very intelligent in negotiations as well as being thoughtful, practical, calm, organised and a pleasure to work with." (Real Estate Litigation, Chambers & Partners 2026)
- "An absolute star, razor sharp and fearless in submissions and cross-examination" (Property Litigation, Legal 500, 2025)
- "Lara's advice on complex matters is always timely and easy to understand. Her drafting skills are excellent, being clear, concise and pragmatic, and her advocacy style is calm but confident"; and "Lara is highly competent, attentive and generates a positive client experience" (Real Estate Litigation, Chambers & Partners 2025)
- "Bright, thorough, responsive and very easy to work with. She adds value to all that she has been asked to assist with." (Property Litigation, Legal 500, 2024)
- "An intelligent tactician"; "determined, tenacious and gets to the heart of an issue with practical solutions"; "incredibly diligent." (Real Estate Litigation, Chambers & Partners, 2024)

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- “Covers every angle and has brilliant drafting abilities.” (Property Litigation, Legal 500, 2023)

Her practice encompasses a broad range of real property and landlord and tenant related litigation and advice. Given her expertise in relation to insolvency matters, she is frequently instructed on complex property cases which require experience of both practice areas.

Lara is on the B Panel of Junior Counsel to the Crown and advises and acts for several Government bodies in relation to property matters which have a public law aspect.

Landlord & Tenant

Lara has considerable experience of representing both landlords and tenants across a range of commercial and residential disputes. She regularly advises and acts in opposed and unopposed lease renewal claims under the Landlord and Tenant Act 1954 and in matters concerning forfeiture, service charges, breaches/enforceability of leasehold covenants, dilapidations and rent reviews.

- *Natural England v The Trustees of the Melbourne Heritage Fund* – Lara acted (as sole counsel) for Natural England in a complex contested lease renewal claim involving a split reversion and sporting rights over a site of special scientific interest.
- Represented the Government in terminal dilapidations proceedings relating to premises previously occupied by Government entities for over 70 years.
- *Samantha Aspey v Bartley Way Limited* – Appeared as sole counsel in a long-running dispute between the leaseholders of 57 flats and their claims against their landlord and the developer for serious breaches of covenant and contract. In 2021, Lara successfully obtained an order for the appointment of a manager after a 2-day trial before the First Tier Tribunal (Residential Property) (reported as CHI/24UG/LAM/2020/0008) and has subsequently appeared several times recently for related orders to enable claims to be pursued against the landlord and developer.
- Lara is currently instructed on multiple cases involving the landlord’s opposition to the grant of a new lease under grounds 30(1)(f) and (g) of the Landlord and Tenant Act 1954, including cases involving the practical application of the Supreme Court’s decision in *S Franses Ltd v Cavendish Hotel (London) Ltd* and business tenancies affected by the Covid-19 lockdowns.
- Acted for a commercial tenant in a substantial service charge dispute which raises issues of fairness in apportioning service charges in mixed use premises and breaches of covenant by the landlord.
- Represented a tenant of commercial premises alleging unlawful re-entry and seeking associated damages, in a case which raises unusual issues regarding the right to forfeit where a managing agent has acted outside its authority in affirming the lease.
- Advising and drafting proceedings for a holiday let company against individuals who claim to have acquired a periodic tenancy.

Real Property

Lara accepts instructions in relation to all real property matters, including co-ownership disputes, applications under the Trusts of Land and Appointment of Trustees Act 1996, claims concerning proprietary estoppel, easements, nuisance, trespass, disputed boundaries and party wall litigation.

- Acting for the claimant property developer in a High Court claim relating to misrepresentations made by a seller during the sale of a development site.
- *Maypole Dock Ltd v Catalyst Housing Ltd* – Acted for Maypole Dock Limited in its claim against a housing developer,

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Catalyst Housing Limited, for breaches of an overage agreement in relation to land. Significant reported interim decisions in these proceedings include [2021] EWHC 1742 (TCC) (injunction to restrain an expert determination) and [2022] EWHC 701 (TCC) (security for costs).

- *Demetriou v Mapara* [2022] EWCA Civ 1001 – Lara (led by Justin Kitson) appeared before the Court of Appeal in this appeal relating to the nature of burial rights over land.
- Currently instructed by both claimants and defendants on multiple cases involving easements by prescription.
- Represented a developer and freeholder of a high value Central London development in a substantial claim relating to alleged defects in the construction of certain apartments and an alleged easement over a parking space.
- As junior counsel, led by Mark Warwick KC, represented a defendant to a possession claim in respect of land charged by the claimant, which raised issues of duress, undue influence and unconscionable dealing.
- Appeared for the successful claimants in a 3-day trial concerning the beneficial ownership of a central London house.
- Acted for the successful defendants in a 4-day trial concerning whether a mortgagee had become entitled to enforce a charge over commercial property.

International

Lara has substantial experience appearing in, or assisting with, disputes in other jurisdictions, including Anguilla, the Cayman Islands, the British Virgin Islands and Singapore. She is called to the Bar of the British Virgin Islands and has limited admission in two long-running matters in the Cayman Islands. Between 2013 and 2015, Lara practised as a Cayman Islands attorney in the Dispute Resolution and Insolvency group at Maples and Calder.

Recent Cases

- *Re: New Frontier Health Corporation – Acting* (led by Richard Millett KC) for the dissenting shareholders in s238 fair value appraisal proceedings before the Grand Court of the Cayman Islands.
- *Re: 51job, Inc. – Acted* (led by **Jonathan Adkin KC**) for the dissenting shareholders in the 6-week trial of s238 fair value appraisal proceedings before the Grand Court of the Cayman Islands.
- Acted (led by **Jonathan Adkin KC**) for the 58.com dissenting shareholders opposing an interlocutory application before the Grand Court of the Cayman Islands for access to court documents under open justice principles – [2025] CIGC (FSD) 37.
- Advising (as sole counsel) several BVI companies in relation to their ownership of real property in the UK.
- Appeared (unled) in late 2024 for a respondent in a confidential US\$7 million arbitration in the Singapore International Arbitration Centre concerning alleged breaches of a consultancy agreement concerning a substantial multibillion-dollar construction contract.
- *Ernst & Young v The Immigration Department of the Cayman Islands* [2015] (1) CILR 151 – Appeared before the Grand Court of the Cayman Islands on behalf of a number of accountancy and law firms seeking an urgent ex parte injunction (the first of its kind in the Cayman Islands) against the Department of Immigration, against persons unknown and contra mundum (against the world) to prevent publication of personal and commercially sensitive information relating to all 21,000 work permit holders in the jurisdiction.
- *Tempo v Fortuna* [2014] 2 CILR 191 – Representing the plaintiffs in a shareholder dispute in respect of a very substantial Cayman Islands company before the Grand Court of the Cayman Islands.
- *In the matter of the Shiu Pak Nin Discretionary Trust* (2014) (1) 1 CILR 173 – Appeared before the Grant Court of the Cayman 7

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Islands on behalf of a professional trustee (an HSBC entity) seeking the Court's sanction of the proposed exercise of powers in relation to a discretionary trust established by the late Mr Shiu Pak Nin (a resident of Hong Kong) for the benefit of his "issue".

- Appeared for a global manufacturing conglomerate in a US\$250 million Singapore International Arbitration Centre arbitration concerning breaches by a Chinese company of a confidentiality agreement relating to production and development technology.
- Representing an international financial institution in an UNCITRAL arbitration governed by Czech law with a London arbitration seat relating to a shareholders' dispute.

Company

Lara is recommended in the Legal 500 (London Bar) as a leading Company law junior.

Lara has considerable experience in contested Company law matters, both in England & Wales and offshore. She is currently instructed on several substantial unfair prejudice petitions, derivative claims and claims for breach of directors' duties. She also advises on matters such as directors' rights to access company documents, rectification of registers, and insolvency-related matters.

Lara is on the Attorney General's B Panel of Junior Counsel to the Crown and in that role frequently advises and represents the Government in relation to Company law matters. She is regularly instructed by the Secretary of State for Business, Energy & Industrial Strategy in claims for disqualification against delinquent company directors.

Recent Cases

- *Re: New Frontier Health Corporation* – Acting (led by Richard Millett KC) for the dissenting shareholders in s238 fair value appraisal proceedings before the Grand Court of the Cayman Islands.
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- As an instructing solicitor, Lara acted for Sir David and Sir Frederick Barclay and their interests in *Re Coroin Limited* [2012] EWHC 2343 (Ch), a high profile 30-day expedited trial concerning a dispute over the ownership of Coroin Limited, which owned Claridge's, The Connaught and The Berkeley hotels, worth about £1 billion.

Civil Fraud

Lara has experience in this field across a wide range of matters.

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Partnership

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Testimonials

"Lara is truly exceptional on her feet. Extremely smart and commercial, she is all over the detail."

Legal 500 2026, Company

"Lara is a robust advocate who is confident and persuasive. She is a delight to work with and always has a commercial, bigger-picture view in mind."

Legal 500 2026, Commercial Litigation

"Lara's written work and advice is extremely good. She knows what clients need and is all over the detail."

Legal 500 2026, Insolvency

"Lara is excellent. She is pragmatic, responsive and commercial, with a meticulous eye for detail, and provides very clear advice."

Legal 500 2026, Property Litigation

"I consider Lara Kuehl to be an excellent advocate. Her written work is first class and she is very responsive and extremely easy to work with."

Chambers & Partners 2026, Chancery: Commercial

"Lara has always been very reliable and very, very good in court. Her written work is excellent, and she is very, very user friendly."

Chambers & Partners 2026, Chancery: Commercial

"Lara produces amazing performances in court because she is very well prepared and aware of the court and its reactions as the day progresses. She is able to adapt very quickly to changing situations."

Chambers & Partners 2026, Chancery: Commercial

"She is very intelligent in negotiations as well as being thoughtful, practical, calm, organised and a pleasure to work with."

Chambers & Partners 2026, Real Estate Litigation

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"Lara is so approachable and a great lateral thinker which makes her drafting skills top notch."

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"Lara is exceptional at promptly mastering facts and arguing complex law."

Chambers & Partners 2026, Real Estate Litigation

"Her written work is first class. She is very responsive and extremely easy to work with'; 'She really helps to streamline processes and her written work truly stands out'."

Chambers & Partners 2026, Restructuring / Insolvency

"She gets on well with clients and is clear in court and in her communications'; 'Lara is personable, really responsive and hugely knowledgeable'."

Chambers & Partners 2026, Restructuring / Insolvency

"Lara is very thorough and precise. She comes across as very reliable and trustworthy. She is not easily thrown and is a strong and careful advocate."

Legal 500 2025, Insolvency

"An absolute star, razor sharp and fearless in submissions and cross-examination."

Legal 500 2025, Property Litigation

"Lara's advice on complex matters is always timely and easy to understand. Her drafting skills are excellent, being clear, concise and pragmatic, and her advocacy style is calm but confident."

Chambers & Partners 2025, Real Estate Litigation

"Lara is highly competent, attentive and generates a positive client experience."

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"A bright and hardworking junior with a good grasp of company law and a zest for commercial litigation. Her pleadings are excellent and she is an assured performer in court."

Legal 500 2024, Commercial Litigation

"An intelligent tactician'; 'determined, tenacious and gets to the heart of an issue with practical solutions'; 'incredibly diligent'."

Chambers & Partners 2024, Real Estate Litigation

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"Bright, thorough, responsive and very easy to work with. She adds value to all that she has been asked to assist with."

Legal 500 2024, Property Litigation

"Covers every angle and has brilliant drafting abilities."

Legal 500 2023, Property Litigation

Appointments

- Junior Counsel to the Crown – B Panel (current appointment)
- Junior Counsel to the Crown – C Panel (2022 – 2025)
- Called to the Bar of the British Virgin Islands (2024)
- General admission in the Cayman Islands whilst working for Maples and Calder (2013 – 2015)
- Solicitor of the Supreme Court of England & Wales (2007)

Recommendations

- Commercial Litigation (Legal 500)
- Company (Legal 500)
- Insolvency (Legal 500)
- Property Litigation (Legal 500)
- Chancery: Commercial (Chambers UK & Chambers Global)
- Restructuring / Insolvency (Chambers UK & Chambers Global)
- Real Estate Litigation (Chambers UK)
- Restructuring & Insolvency – Juniors (Lexology UK Bar, 2026)

Publications

- Lara contributes chapters on winding up, conduct of liquidation and receivership to Whittaker and Machell on the Law of Limited Liability Partnerships (6th ed.)

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- **Section 994 Petitions: Received Wisdom?** – New Law Journal, Vol 174, Issue 8069, 3 May 2024.
- **Foreign crypto arbitrations and UK consumer rights: a culture clash?** – Butterworths Journal of International Banking and Financial Law, March 2024
- **The Decentralised Governance of Bitcoin: Truth or Myth?** – Society for Computers and Law, May 2023

Memberships

- Chancery Bar Association (Committee Member)
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Education & Qualifications

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