

Lara Thomas

Call: 2022
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AREAS OF EXPERTISE

Personal Injury, Employment & Discrimination, Clinical Negligence, Industrial Disease, International & Travel, Credit Hire, Inquests, Abuse, Public Authority Liability

Lara joined chambers in October 2025 following the successful completion of her pupillage under the supervision of Nina Ross, Rachit Buch, James Sullivan, and David Green.

She has experience in all core areas of Chambers' practice and has a particular interest in clinical negligence, inquests, abuse and disease work.

Lara has a busy court practice, regularly being instructed in liability and quantum disputes and stage 3 hearings.

She has a growing paperwork practice and accepts instructions for both claimants and defendants in all areas of personal injury.

Prior to commencing pupillage, Lara worked as a Legal Assistant at Medical Protection Society where she developed a predominantly inquest-based caseload, providing legal support to doctors appearing at inquests often spanning a wide range of complex medical issues.

Lara obtained her undergraduate degree in Biological Sciences from Wadham College, Oxford and subsequently achieved a distinction on both the Graduate Diploma in Law (GDL) and the Barrister Training Course (BTC).

Qualifications & Awards

- Barrister Training Course (Distinction), BPP University (2022)
- Graduate Diploma in Law (Distinction), BPP University (2020)
- BA Biological Sciences (2.1), Wadham College, University of Oxford (2018)