

Lara's practice involves work across all areas of criminal defence. She represents clients in the magistrates' courts and in the Crown Court and has experience of dealing with vulnerable individuals.

Prior to starting her career at the bar, Lara worked for the Prisoners' Advice Service where she was responsible for advising clients on issues such as parole, categorisation, adjudications and appeals to the Prisons and Probation Ombudsman.

Lara provided legal assistance to individuals detained by the Immigration Service, taking instructions from clients at the Immigration Removal Centre and preparing Letters of Advice. She was ratified by the Free Representation Unit to represent clients in the Employment Tribunal and trained at the National Centre for Domestic Violence, where she handled sensitive cases involving victims of abuse.

Lara has recently been instructed reviewing Legal Professional Privilege material on behalf of the GMP. Lara was required to give written advice on the material seized during the searches

Criminal Law

Notable Cases

"Operation Petral" – Lara was instructed as junior counsel to represent the principal in a multi-million pound conspiracy to supply Class A drugs. The case is regarded as one of the most complex and significant investigations into serious organised crime in Northern England. It covers some 250,000 telephone calls spanning a sixteen month investigation in which nineteen defendants were arrested. Lara has been responsible for detailed analysis of cell site evidence and co-location of telephones along with crucial aspects of disclosure and witness anonymity.

R v G – The defendant faced trial for murder. Lara was instructed as Junior Counsel to Queen's Counsel. The matter involved complex issues of causation, substantial legal argument and forensic analysis of pathological evidence.

R v H – Lara represented a defendant in the Crown Court on charges of dwelling burglary and high value theft. The defendant had fourteen previous convictions for similar offences and was advised to expect a sentence after conviction in the region of five years' custody. At trial, Lara successfully applied to exclude the key identification evidence under section 78 of the Police and Criminal Evidence Act 1984. The Crown subsequently offered no evidence and the jury was directed to acquit on both counts.

R v L – Multi-handed conspiracy to commit fraud by false representation involving ten defendants, all but one of whom pleaded guilty on the full facts of the conspiracy. Lara negotiated a basis of plea to the substantive offence only and was able to significantly restrict the defendant's financial benefit.

R v M – Successfully resisted application to appoint an enforcement receiver on a conspiracy to import £4 billion of cocaine.

R v W – The defendant stood trial on an indictment alleging three breaches of a restraining order. After cross-examination of the Crown's witnesses, Lara made a successful half-time submission and secured acquittals on all three counts.

R v B – Defendant with an extensive criminal record appealed his sentence of 20 weeks immediate custody for domestic assault. The appeal court both halved and suspended his term of imprisonment.

R v B – Defendant appealed her conviction for section 4 public order in which the Crown relied on an audio recording of threats made to the complainant. The appeal court quashed the conviction following legal submissions on the ingredients of the offence and the Crown's failure to prove the requisite intent.

R v N – Defendant stood trial on a domestic violence charge. Through legal argument, Lara was able to exclude the key evidence of a prosecution witness and a 999 call recording. The defendant was acquitted. Lara then successfully resisted the Crown's application for a restraining order and secured a defendant's costs order.

R v W – Defendant charged with assaulting three police officers. He was acquitted after cross-examination of the officers on their failure to fulfil their pre-search obligations under the Police and Criminal Evidence Act 1984.



CONTACT DETAILS

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PRACTICE AREAS

Criminal law

MEMBERSHIPS

Criminal Bar Association
Young Legal Aid Lawyers
Honourable Society of Lincoln's Inn

EDUCATION

Bar Professional Training Course, College of Law
Wolfson Scholarship
Graduate Diploma in Law, College of Law
BA (Hons) English Literature and Language, University of Bristol
AQA National Award for Outstanding Achievement in English Literature



Lara McCaffrey

Call to the Bar: 2011

R v L – A postman faced sentence for theft of packages during the course of his employment, an offence which carried a starting point of 18 weeks immediate custody as a gross breach of trust. Lara made submissions as to what constitutes a high degree of trust along with a lengthy plea in personal mitigation. The defendant avoided both immediate and suspended imprisonment and was sentenced to 150 hours of unpaid work.

R v O – Trial on driving charge involving expert medical evidence. The defendant was acquitted following cross-examination of two police officers and successful legal arguments on admissibility.

R v H – Defendant pleaded guilty to driving a vehicle at 91mph in a 50mph zone. Lara persuaded the court to take an exceptional approach by avoiding immediate disqualification, instead imposing 6 points on his licence.

Civil Law

Lara has gained extensive experience as a County Court Advocate on the Southern Eastern circuit, appearing on behalf of litigants in over 1,650 hearings in the County Courts, the High Court and in the Leasehold Valuation Tribunal. Prior to her career at the Bar, Lara was instructed by numerous firms of solicitors to deal with a broad spectrum of civil matters including case management hearings, residential and commercial landlord and tenant disputes, applications for summary judgment, bankruptcy proceedings, appeals and small claims trials.

Lara undertakes instructions to draft advice, particulars of claim, defences, part 18 & part 35 questions, applications notices and schedules of loss; she is also able to assist with hearings before the county court such as CMCs, CCMCs, Application Hearings, Infant Approval Hearings, Stage 3 Hearings, Fast Track and Multi Track trials.

Immigration

Lara has provided legal assistance to individuals detained by the Immigration Service, taking instructions from clients at the Immigration Removal Centre and preparing Letters of Advice.

Lara accepts instructions to represent Appellants in both the First-Tier and Upper-Tier Tribunal of the Immigration and Asylum Chamber.



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