



Nate Lara

Year of Call: 2024

Solicitor: 2020

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Overview

Nate Lara is a criminal law barrister and member of the Crime Group at 3 Paper Buildings (3PB) and accepts instructions nationally. Nate is based from 3PB's Bournemouth office, and primarily works in the Western Circuit.

Nate came to 3PB with five years' experience as a specialised criminal law Solicitor-Advocate in Australia. Nate moved to the UK and completed a reduced six-month specialist criminal pupillage, as a transferring lawyer, with a well-known and highly regarded criminal chambers in London, before joining 3PB in March 2025.

Since joining 3PB, Nate appears everyday in the Crown Court, and has had significant success in both prosecution and defence work, across all areas of criminal law, including: violence, domestic abuse, sexual offences, property and drug offences, road traffic offences and fraud.

In Australia, Nate started his career in the prestigious graduate scheme at the Office of the Director of Public Prosecutions (ODPP) in New South Wales (NSW), where he prosecuted serious criminal cases. After a successful period at the ODPP, Nate decided to gain experience as a criminal defence advocate across NSW.

Nate also acted as a Senior Public Servant in the Compliance, Investigation and Regulatory team at the Australian Department of Health and Aged Care. This saw him conducting investigations and acting as a decision maker on systematic, compliance and criminal breaches in the National Disability Insurance Scheme and the Aged Care System.

Outside of work, Nate is an experienced football referee and loves all aspects of the game. Nate can be found with his two border collies, Finch and Scout, on any number of the beautiful beaches around Bournemouth.

Sexual offences

Ongoing UK cases

R v ZA (Portsmouth Crown Court): Defending, one count of rape over multiple incidents – defence of consent and reasonable belief in consent.

R v PB (Bournemouth Crown Court): Prosecuting, multiple counts of sexual activity with a child, likely requiring s 28 pre-recorded cross-examination.

R v MD (Newport (IOW) Crown Court): Defending, one count of exposure – a defence of insanity is being advanced, as the defendant was in custody and not receiving adequate mental health treatment.

R v PW (Bournemouth Crown Court): Prosecuting, multiple counts of sexual communication with a child, arising from

allegations of a decoy paedophile stoppers group.

R v RW (Newport (IOW) Crown Court): Defending, multiple counts of sexual communication with a child – advancing a defence that the sexual communications were a part of a fantasy chat, and the defendant knew that he not talking to a child.

Recent UK cases

R v DH, (Portsmouth Crown Court): Acquittal for client in relation to two allegations of exposure.

R v MK (2025, Bournemouth Crown Court): Defending, acquittal on five of six counts of sexual assault against two complainants.

R v SB (2025, Winchester Crown Court): Defending, the defendant was accused of a random sexual assault in a pub, after successful cross-examination of the complainant and three witnesses, the defendant was acquitted after majority verdict.

R v RD (2024, Maidstone Crown Court): Prosecuting, the defendant was convicted of a sexual assault against a 16 year old working in a restaurant, after the successful admission of confession evidence.

Australian cases

HH v DPP (2024, NSW District Court – Appeal Division): Successfully argued for a reduced sentence, allowing for the release of a man charged with child sex offences on appeal, after a successful argument over the sentencing judge’s erroneous application of case law, regarding the objective seriousness and mitigating factors.

Police v SO (2023, NSW Local Court): Successfully defended two charges of sexual touching, based on effective cross-examination of the complainant, and an objection to inadmissible CCTV footage.

Recommendations

“Mr Lara’s advocacy was of a high quality throughout the week. He made focussed and persuasive submissions in respect of a bad character application. He exercised good judgement in limiting the scope of this application more narrowly than the written application which the Crown had submitted. I was impressed by his cross-examination of the defendant. It was clearly well-prepared. Thought had evidently been given to the structure. He was effective at undermining the defendant’s evidence, highlighting the strengths of the prosecution case and he ensured that his case was properly put to the defendant. Mr Lara’s closing submissions were delivered with confidence and again it was evident that he was well-prepared.” **Judge, Wood Green CC, 2025**

“I had the opportunity to sit in on this trial and see Nate’s detailed preparation and skilful handling of the trial in practice. He made a concerted effort to visit the client in his cells at every opportunity, reassure him, and ensure that his instructions were clear. This approach was critical in helping the client maintain composure and remain robust when giving evidence.” **Instructing paralegal, Magistrates’ C, 2025**

“Your ability to challenge the defence robustly while maintaining fairness and integrity was truly impressive. You ensured that the case was presented in the strongest possible manner, leaving no stone unturned in the pursuit of justice. The victims and their families could not have asked for a more determined and articulate voice in court, and I have no doubt that your efforts provided them with a sense of reassurance and confidence in the legal process.” **Police Officer, Wood Green CC, 2025**

“Throughout, he was polite and professional. His advocacy was clear and effective. Had he not signed his sentencing note, “Pupil Barrister”, I would not have known he was a pupil.” **Opposing Counsel, Snaresbrook CC, 2025**

“Nate’s professional standards have been high. Nate’s personal values and standards are also high. Nate brings the above standards with him from his practice in Australia” **Pupil Supervisor, 2025**

“Working with Nate Lara was an absolute pleasure from start to finish. His attention to detail and reassuring demeanour

throughout the entire legal process made all the difference during what was undoubtedly a stressful time for me. Nate delivered nothing short of victory in the courtroom. I am incredibly grateful for his expertise, dedication, and ultimately, for securing a favourable outcome." **Lay Client, Police v SO, 2024**

"Nate Lara has helped and given me the most ideal outcome. It saved me my future employment and also ensure the whole legal process as smooth and stress free as possible." **Lay Client, R v NM, 2024**

"I was told by multiple lawyers that the chances of achieving a good outcome was at most 10% and I was honestly not very hopeful. However, Nate did it. He got me the best outcome possible, which has made a deep and positive impact on my life. Thank you very much Nate." **Lay Client, R v JL, 2023**

"Could not be happier with the results I received with the assistance of Nate Lara. He is very thorough and wants to achieve the best outcome possible. Highly recommend to anyone who is in an unfortunate event." **Lay Client, Police v ST, 2023**

Academic qualifications

- Bachelor of Laws, University of Technology, Sydney

Professional qualifications & appointments

- CPS RASSO Panel
- CPS General Crime, Grade 2 Prosecutor
- AG's Junior Junior Panel
- Solicitor: 2020 (Australia)

Professional bodies

- Honourable Society of Gray's Inn
- Criminal Bar Association