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📍 Raleigh

PRACTICES

Global Insurance Services

Lamar Armstrong III

PARTNER

EXPERIENCE

Lamar Armstrong III is a partner in the firm's Global Insurance Services practice group who focuses on complex insurance coverage, liability, and appellate matters. He works closely with insurance carriers to develop litigation strategies, assess risk, and advocate for favorable outcomes at both the trial and appellate levels. With more than 15 years of private practice experience, Lamar handles first- and third-party matters across a wide range of insurance lines, guiding cases from initial assignment through resolution. His experience includes investigations, coverage analyses and opinions, examinations under oath, pleadings, fact and expert discovery, motion practice, mediations, arbitrations, negotiated settlements, and bench and jury trials.

Lamar regularly represents clients on appeal and is particularly skilled at identifying and advancing persuasive legal arguments that position cases for success. He is a Board Certified Specialist in Appellate Practice by the North Carolina State Bar Board of Legal Specialization, a distinction that reflects his extensive knowledge and experience in appellate advocacy.

In addition to his insurance practice, Lamar has handled a broad range of business disputes. His legal and strategic approach is enhanced by an educational background from one of the nation's top-ranked business schools.

HONORS & AWARDS

- *Best Lawyers in America*
 - Appellate Law, 2026-27
- *Best Lawyers in America: Ones to Watch*, 2021-25

BACKGROUND

ADMISSIONS

- North Carolina
- U.S. District Courts for the Eastern, Middle, and Western Districts of North Carolina
- U.S. Court of Appeals for the Fourth Circuit
- U.S. Supreme Court

EDUCATION

- Wake Forest University School of Law, J.D., 2011
 - University of North Carolina at Chapel Hill – Kenan-Flagler Business School, B.S., 2008
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PROFESSIONAL AFFILIATIONS

- North Carolina Bar Association
 - Council Member, 2025-2026
 - Appellate Practice Section

Lamar Armstrong

III

PARTNER

- Insurance Law Section, Inaugural Council Member
 - North Carolina State Bar
 - Advisory Member, Ethics Committee, 2019-24
 - Johnston County Bar Association, NC State Bar District 13
 - Secretary/Treasurer, 2015-18
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COMMUNITY INVOLVEMENT

- Triangle East Chamber of Commerce
 - Director, 2018-present
 - Chairperson, Board of Directors, 2024-25
 - Lifespring Church
 - Director, Pastoral Accountability Board, 2016-present
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CERTIFICATIONS

- Board Certified Specialist in Appellate Practice, 2023-present
 - North Carolina State Bar's Board of Legal Specialization

PUBLICATIONS & PRESENTATIONS

PUBLICATIONS

- "Appraisal in North Carolina – Dead or Alive?" NCAJ Trial Briefs, North Carolina Advocates for Justice, February 2015
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PRESENTATIONS

- "Discovery & Civil Procedure: Subpoenas," CLE Presentation, Discovery Toolbox for the Family Law Litigator, North Carolina Advocates for Justice, February 2019