



Conroy Gold and Natural Resources plc
(“Conroy” or “the Company”)

Holdings in Company

Conroy Gold and Natural Resources plc (AIM: CGNR, ESM: CGNR.I), the gold exploration and development company focused on Ireland and Finland, announces that has been informed that Metal Tiger PLC no longer holds a disclosable interest in the Company’s issued share capital.

For further information please contact:

Conroy Gold and Natural Resources plc

Professor Richard Conroy, Chairman

Tel: +353-1-479-6180

Allenby Capital Limited (Nomad)

Virginia Bull/James Thomas/Nick Harriss

Tel: +44-20-3328-5656

Beaufort Securities (Broker)

Jon Belliss/ Elliot Hance

Tel: +44-20-7382-8300

IBI Corporate Finance Limited (ESM Adviser)

Ger Heffernan / Jan Fitzell

Tel: +353-766-234-800

Lothbury Financial Services

Michael Padley

Tel: +44-20-3290-0707

Hall Communications

Don Hall

Tel: +353-1-660-9377

Visit the website at: www.conroygold.com