



Conroy Gold and Natural Resources plc
("Conroy" or "the Company")

SLIEVE GLAH – FURTHER LARGE GOLD TARGETS DISCOVERED

- **Two new gold targets each over 3 kilometres in length discovered at Slieve Glah**
- **Highly anomalous area in one of the new gold targets measures 1,000 metres by 500 metres**
- **Existing two gold targets at Slieve Glah enlarged**
- **Gold values up to over 300ppb Au recorded in soil sampling survey**

Conroy Gold and Natural Resources plc (AIM:CGNR, ESM:CGNR.I), the gold exploration and development company focused on Ireland, is pleased to announce the discovery of a series of further large gold-in-soil targets within its Slieve Glah licence areas in County Cavan following a detailed gold-in-soil survey.

Two new targets (Targets 3 and 4) each over 3 km in length were discovered. In addition the assay results of the survey, which comprised over 900 soil samples, extended the surface area of the two known gold targets (Targets 1 and 2) at Slieve Glah by over 1 km (0.6 miles), both now also totaling over 3 km (1.9 miles) in length.

Anomalous gold values returned from the assay analysis ranged from 4 ppb (parts per billion) Au to over 300ppb Au. In Ireland, over 10ppb Au is considered highly anomalous in soil samples and during follow-up drilling and/or trenching over that anomaly typically proves positive for gold-in-bedrock.

In one of the newly discovered targets (Target 4) a highly anomalous area has been identified which measures approximately 1,000 metres in length by 500 metres in width, trending Northwest to Southeast. The area has been defined by over a hundred soil samples collected on a 100m grid. Assay analysis returned maximum gold values of up to 140ppb Au with over 30 per cent. of the soil samples returning elevated gold values of greater than 10ppb Au.

Gold has previously been confirmed by the Company in bedrock in the Slieve Glah target area through trenching and diamond core drilling.

The gold in soil targets identified by the soil sampling survey appear to be structurally controlled and occur as a series of right angle zones adjacent to the Orlock Bridge Fault, a major sinistral fault believed to be an influencing factor on mineralisation in the region. In the Slieve Glah area the Orlock Bridge Fault undergoes a marked swing from its normal Northeast - Southwest strike, producing a dilatational zone allowing greater permeation and circulation of mineralising fluids,

which also may assist in concentration of mineralisation and thus can be associated with substantial accumulations of minerals.

The new Slieve Glah gold targets lie at the southern end of the 50km (30 miles) gold trend discovered by the Company, which stretches from Co. Armagh in Northern Ireland to Co. Cavan in the Republic of Ireland, and are located approximately 40km (25 miles) south of the Clontibret Gold Project where on 20 per cent of that target a gold mine is planned.

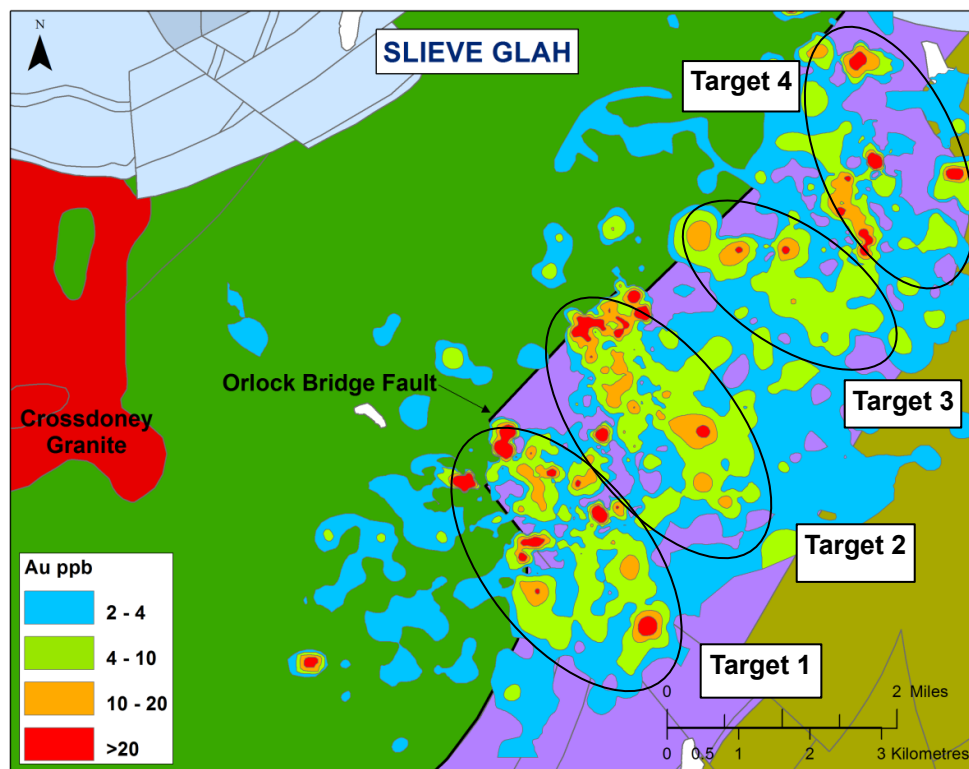


Figure 1 Slieve Glah geology with gold-in-soil contours.

This release has been approved by Kevin McNulty PGeo, who is a member of the Company's technical staff, who holds a BSc/MSc in Geology and Remote Sensing, in accordance with the guidance note for Mining, Oil & Gas Companies issued by the London Stock Exchange in respect of AIM Companies, which outlines standards of disclosure for mineral projects.

Commenting today, Chairman, Professor Richard Conroy said:

"These results at Slieve Glah are very exciting and add not only to the prospectivity of the very large targets at Slieve Glah but also to the entire 30 mile gold trend which the Company has discovered, all of which, as outlined to date, lies within the Company's licence area."

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