



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

**GOLD ZONES AT SURFACE ON THE SLIEVE GLAH GOLD TARGET IDENTIFIED
BY ROCK CHIP GRAB SAMPLING**

- **1.7g/t Gold from Rock Chip Grab Sample**
- **Gold present in Black Carbonaceous Shales**
- **New Gold-in-Bedrock Target 3km (2 Miles) from Previous Gold-in-Bedrock drilled in Slieve Glah**

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 gold zones at surface on its Slieve Glah gold target. These gold zones were identified by rock chip grab sampling. The zones occur on the most Southeastern gold target (Target area 1) of the Slieve Glah gold targets in Co. Cavan. They are the first gold-in-bedrock results recorded within Target area 1. They are located over 3km (2 miles) from previous gold-in-bedrock results identified through trenching and drilling within Target area 2 of Slieve Glah.

The Company has previously identified, through geophysics and soil sampling, four large gold targets areas at Slieve Glah. These gold target areas appear to be structurally controlled. They occur as a series of right angle zones adjacent to the Orlock Bridge Fault. This major structural fault is believed to be an important influencing factor on mineralisation in the region. At Slieve Glah the fault undergoes a pronounced strike swing. The Company believes that this strike swing may be of significance in relation to potential mineralisation in the area.

The grab samples included a high result of 1.7g/t gold and 0.38g/t, 0.35 g/t and 0.28g/t gold from black carbonaceous pyrite shales.

The Slieve Glah gold targets lie at the southern end of the 50km (30 miles) gold trend discovered by the Company. This gold trend stretches from Co. Armagh in Northern Ireland across Counties Monaghan and Cavan in the Republic of Ireland.

The Slieve Glah gold targets are located approximately 40km (25 miles) south of the Clontibret Gold Project in Co. Monaghan where the Company is planning to develop its first operational gold mine.

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.

Professor Richard Conroy, Chairman, commented:

“This is very encouraging and adds further evidence of the potential extent of what we believe is the beginning of a new European gold district”

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