

17 December 2014



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

Directors' Shareholding

The Company has been notified that on 17 December 2014, David Wathen (Non-Executive Director) purchased 600,000 ordinary shares in the Company at 0.75 pence per share.

Following this share purchase David Wathen will be beneficially interested in 1,100,000 ordinary shares which is equivalent to 0.25 per cent. of the issued share capital of the Company.

For further information please contact:

Conroy Gold and Natural Resources plc

Professor Richard Conroy, Chairman

Tel: +353-1-661-8958

Sanlam Securities UK Limited (Nomad)

Virginia Bull/Simon Clements

Tel: +44-20-7628-2200

Hybridan LLP (Broker)

Claire Louise Noyce/William Lynne

Tel: +44-20-3713-4580

IBI Corporate Finance Limited (ESM Adviser)

Ger Heffernan

Tel: +353-766-234-800

Lothbury Financial Services

Michael Padley/Gary Middleton

Tel: +44-20-3440-7622

Hall Communications

Don Hall

Tel: +353-1-660-9377

Visit the website at: www.conroygold.com