



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

**PLANS FOR ANTIMONY AS WELL AS GOLD TO BE MINED AT
CLONTIBRET**

- **Elevated Antimony Contents in Gold Flotation Concentrate**
- **Metallurgical Testwork Indicates Potentially Economic Quantities of Antimony**

Conroy Gold and Natural Resources plc (AIM: CGNR, ESM: CGNR.I), the gold exploration and development company focused on Ireland and Finland, is pleased to announce plans for antimony to be mined at Clontibret in addition to gold.

Antimony is specified by the European Commission as a critical raw material and a large supply deficit is also forecast by the European Commission. The product is used primarily in the production of flame retardants.

Metallurgical testwork has revealed that potentially economic quantities of antimony may occur in the gold bearing concentrate at Clontibret following flotation.

Work has been conducted to identify flowsheet options to allow for the extraction of the antimony from the gold bearing concentrate. Several process options have been identified, and future metallurgical testwork will include testing these options and optimising extraction to provide a saleable antimony product.

This release has been approved by Michael Brennan (MSc, SAImm), who is a member of the Company's technical staff, 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:

"The potentially economic quantities of the strategically important mineral antimony, in addition to the gold which is intended to be mined at Clontibret, is a very welcome further development as the Company moves forward with its mining plans for Clontibret."

For further information please contact:

Conroy Gold and Natural Resources plc

Professor Richard Conroy, Chairman

Sanlam Securities UK Limited (Nomad)

Virginia Bull/Simon Clements

Hybridan LLP (Broker)

Claire Louise Noyce/William Lynne

Tel: +353-1-661-8958

Tel: +44-20-7628-2200

Tel: +44-20-3713-4580

IBI Corporate Finance Limited (ESM Adviser)

Ger Heffernan

Lothbury Financial Services

Michael Padley/Gary Middleton

Hall Communications

Don Hall

Tel: +353-766-234-800

Tel: +44-20-3440-7622

Tel: +353-1-660-9377

Visit the website at: www.conroygold.com