

Conroy Gold and Natural Resources plc

("Conroy" or "the Company")

EXPLORATION CLAIMS GRANTED IN FINLAND

- Nine Exploration Claims Granted in the Sodankyla Region
- Claims Cover 789 Hectares (c. 1,950 Acres)
- Gold and Copper Primary Exploration Targets

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 that The Finnish Mining Authority has granted the Company nine exploration Claims in the Sodankyla region of Northern Finland. We are delighted to receive these licences having been involved in gold exploration in Finland for many years.

Sodankyla has become a highly prospective region for gold and copper exploration, hosting both the world class Kittila gold mine and the Kevitsa nickel-copper mine.

Previous exploration by Conroy in the Sodankyla area yielded encouraging gold results. Historic till sampling within the Claim area has reported values of over 4,000 ppb gold and up to 95 ppm copper.

The nine exploration claims which have been granted together cover an area of 789Ha (c. 1,950 Acres).

This release has been approved by Kevin McNulty PGeo, 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:

"I am delighted that these exploration claims for gold and copper in Finland have been granted to the Company and look forward to our exploration programme in Finland adding to our successful gold and base metal exploration in Ireland. Ireland continues to be the Company's primary focus where we have discovered a thirty mile gold trend and are currently proposing to develop our first gold mine along the trend."

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Editors' Note

Conroy has identified a 50km (30 mile) gold trend in Ireland. The licences, which are 100% owned by the Company, cover c.400 sq. miles (1000km²) and run from County Armagh in Northern Ireland across Counties Monaghan and Cavan in the Republic of Ireland. These Claims in Finland add further prospective European sites to the portfolio.

Along this trend in Ireland there are 5 main gold targets together with significant base metal anomalies that have been identified. The Company believes there is potentially over 15 million ounces of gold within the target areas and at Clontibret in Co Monaghan a definitive mining plan is in course of development.

Work also continues on the other target areas including the nearby Clay Lake target, which covers an area of about 141 hectares, and has returned the highest gold-in-soil values ever recorded by the Company on its Irish exploration licences. Structural Studies at Clay Lake together with trenching and drilling results suggest potential for high tonnage and overall gold content.

Ends