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10 August 2016

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

**GOLD LODE CONTINUITY AT CLONTIBRET CONFIRMED BY STRUCTURAL
STUDY**

- **Series of Gold Lodes Identified in Stream Bedrock**
- **Continuity of Lode Confirmed Over 50 Metres**
- **All these Lodes Confirm Continuity of Gold Lodes Identified by Drilling**
- **Structural Study Results Combined with Results from Old Mine Workings and from Drilling, Enhance Geological Understanding of Clontibret Gold Lodes**
- **Study Provides Essential Information for Proposed Mine Development at Clay Lake-Clontibret Gold Project**

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 an independent study by structural consultant Dr. Francis Murphy has confirmed the continuity of the gold lodes at the Company's Clontibret gold target.

The structural study was carried out on the stream bedrock in Clontibret.

Eight gold lodes were identified in the stream bedrock. These lodes all corresponded to gold lodes previously identified by the drilling programme.

The confirmation of continuity in the gold lodes, taken in conjunction with drilling results and channel sampling results from the old antimony mine workings at Clontibret enhances the Company's understanding of gold mineralisation within the Clontibret gold deposit.

This demonstration of the continuity of the gold mineralisation at Clontibret is a further essential step forward as the Company proceeds with its Clay Lake-Clontibret gold mining project.

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 new study compliments our ongoing drilling programme and proves continuity of the mineralised lodes. It is a further major step forward with our plans for development at our Clay Lake-Clontibret gold project which the Company believes has a multi-million oz. target potential."

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