

3 August 2016



Conroy Gold and Natural Resources plc
(“Conroy” or “the Company”)

CLAY LAKE-CLONTIBRET
HIGH GRADE GOLD INTERSECTIONS AND NEW GOLD ZONE

- **High Grade Gold Intersections, 1 metre at 15g/t and 1 metre at 8.4g/t Gold**
- **Five Gold Bearing Lodes Intersected Including a New Gold Lode**

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 results from the first drillhole in its current drilling programme on its Clay Lake-Clontibret gold target in Ireland included high grade gold intersections of 1 metre at 15g/t gold and 1 metre at 8.4g/t gold and the discovery of a new gold bearing lode.

The drillhole was located at the Clontibret end of the Company’s Clay Lake-Clontibret gold target and was drilled to a downhole depth of 102 metres.

The drillhole intersected five gold bearing lodes including a new one. Four of the lodes were intersected at downhole depths from 32.5m, 45.5m, 50.75m and 75.75m with 1.5m at 1.0g/t Au, 1.5m at 5.6g/t Au (including 1.0m at 8.4g/t Au), 3.0m at 5.2g/t Au (including 1.0m at 15 g/t Au) and 4.0m at 3.5 g/t Au. A fifth intersection, of 1.25m at 2.9g/t Au from a downhole depth of 93.25m, intersected the new gold lode zone.

Professor Richard Conroy, Chairman, commented:

“I am delighted that the new drilling programme has already yielded such excellent results both at Glenish, where we recently intersected 4 new gold zones and now at the Company’s flagship Clay Lake-Clontibret gold target where we are targeting a multimillion oz gold resource”.

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.

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