

6 December 2016



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

**Holdings in Company**

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Conroy Gold and Natural Resources plc (AIM: CGNR, ESM: CGNR.I), the gold exploration and development company focused on Ireland and Finland, announces that on 5 December 2016 it was informed that Patrick O'Sullivan purchased 120,000 ordinary shares of €0.001 in the Company ("Ordinary Shares") on 5 December 2016. Mr O'Sullivan is now interested in 2,657,036 Ordinary Shares, equal to approximately 24.13 per cent. of Company's issued share capital.

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