

3 November 2016



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

**GOLD ZONE EXTENDED, HIGH GRADE GOLD AND WIDE INTERSECTIONS
IN RECENT CLONTIBRET DRILLING**

- **Gold Zone Extended 30m Intersecting 5.50m Grading 4.1 g/t Gold**
- **High Grades Include 35.4 g/t Gold Over 0.25m**
- **Wide Intersections Include 11.00m Grading 0.5 g/t Gold**
- **Continuity of Other Known Gold Zones Confirmed**

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 further results from its recent drilling programme on the Clontibret deposit at the southwestern part of the Company's Clay Lake - Clontibret gold target.

The results extended a known gold zone within the Company's resource model where a JORC compliant resource estimate using a minimum mining width of 2 metres and a cut-off grade of 0.6g/t gold has over 600,000 ounces gold at 1.6g/t gold. The drilling extended this gold zone 30m along strike to the south of its previous extent as well as confirming continuity of other known gold zones.

High grades and wide intersections included 0.25m at 35.4 g/t gold and 5.50m grading 4.1 g/t gold overall in this extended gold zone.

This drilling focused on further upgrading the interpretation in an area where previous drilling had indicated the potential for significant width and gold grades.

Intercepts drilled included;

- 5.50m grading 4.1 g/t gold (11.25m depth) including 0.25m grading 35.4 g/t gold
- 0.60m grading 2.2 g/t gold (57.40m depth)
- 1.00m grading 3.5 g/t gold (75.75m depth)
- 0.50m grading 2.3 g/t gold (88.25m depth)
- 11.00m grading 0.5 g/t gold (109.00m depth) including 1.00m grading 2.0 g/t gold 1.00m grading 1.8 g/t gold

(Only intercepts equivalent to 1 g/t gold over a 1m interval are presented).

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:

“These are further excellent drilling results. The 30m extension in a known gold zone, confirmed continuity in other gold zones, high grades and wide intersections of gold all add further support that the Clay Lake – Clontibret property could become a multi-million ounce gold deposit”.

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