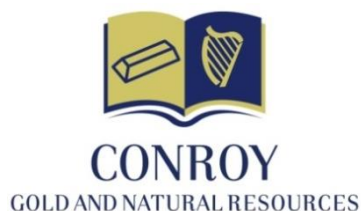


26 October 2016



## Conroy Gold and Natural Resources plc

("Conroy" or "the Company")

### Holdings in Company

---

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 25 October 2016 it was informed that Patrick O'Sullivan purchased 74,580 ordinary shares of €0.001 in the Company ("Ordinary Shares") on 21 October 2016. Mr O'Sullivan is now interested in 2,432,036 Ordinary Shares, equal to approximately 22.1 per cent. of Company's issued share capital.

#### For further information please contact:

**Conroy Gold and Natural Resources plc**

*Professor Richard Conroy, Chairman*

**Tel:** +353-1-661-8958

**Allenby Capital Limited (Nomad)**

*David Hart/James Thomas/Nick Harriss*

**Tel:** +44-20-3328-5656

**Hybridan LLP (Broker)**

*Claire Louise Noyce/Niall Pearson/William Lynne*

**Tel:** +44-20-3764 2341

**IBI Corporate Finance Limited (ESM Adviser)**

*Ger Heffernan / Jan Fitzell*

**Tel:** +353-766-234-800

**Lothbury Financial Services**

*Michael Padley*

**Tel:** +44-20-3290-0707

**Hall Communications**

*Don Hall*

**Tel:** +353-1-660-9377

Visit the website at: [www.conroygold.com](http://www.conroygold.com)