

10 January 2017



**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 earlier today it was informed that Patrick O'Sullivan has purchased 100,000 ordinary shares of €0.001 in the Company ("Ordinary Shares"). Mr O'Sullivan is now interested in 2,757,036 Ordinary Shares, equal to approximately 25.03 per cent. of Company's issued share capital.

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