

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

Updated Investor Presentation Available on Website

Conroy Gold and Natural Resources plc (AIM: CGNR), the gold exploration and development company focused on Ireland and Finland, is pleased to inform shareholders that a new investor presentation is now available on the website.

The presentation shows, in particular, the progress that the Company has made in developing its mineral resource with a view to bringing in its first mine in Ireland and demonstrating the overall gold potential of its licence area in the Longford-Down Massif.

Visit the website at: www.conroygold.com

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