



9 December 2019

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

**Holding in Company**

Conroy Gold and Natural Resources plc (AIM: CGNR), the gold exploration and development company focused on Ireland and Finland, was informed today that Paul and Michelle Johnson have a beneficial holding of 1,686,255 ordinary shares of €0.001 in the Company, equal to approximately 7.12 per cent of the issued share capital and voting rights of the Company.

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