

Conroy Gold and Natural Resources plc

("Conroy Gold" or the "Company")

Exercise of Warrants

Conroy Gold and Natural Resources plc (AIM: CGNR), the gold exploration and development company focused on Ireland and Finland, announces that it has received notice to exercise warrants over a total of 325,000 ordinary shares of €0.001 each ("Ordinary Shares") at an exercise price of 16 pence per Ordinary Share (the "Warrant Shares"), for which funds of £52,000 have been received by the Company.

The warrants were issued to Anglo Asian Mining plc as part of the proposed joint venture announced on 21 July 2020. The proceeds from the exercise of the warrants will be used by the Company for general working capital purposes.

An application has been made for the Warrant Shares to be admitted to trading on the AIM market of the London Stock Exchange with effect from 24 November 2020 ("Admission").

In accordance with the FCA's Disclosure Guidance and Transparency Rules, the Company confirms that on Admission the Company's enlarged issued ordinary share capital will comprise 32,259,705 Ordinary Shares. The Company does not hold any Ordinary Shares in Treasury. Therefore, following Admission, the above figure may be used by shareholders in the Company as the denominator for the calculations to determine if they are required to notify their interest in, or a change to their interest in the Company, under the FCA's Disclosure Guidance and Transparency Rules.

For further information please contact:

Conroy Gold and Natural Resources plc Tel: +353-1-479-6180

Professor Richard Conroy, Chairman

Allenby Capital Limited (Nomad)

Tel: +44-20-3328-5656

Nick Athanas/Nick Harriss

Tel: +44-20-3463-5000

Brandon Hill Capital Limited (Joint Broker)

Jonathan Evans

First Equity Limited (Joint Broker) Tel: +44-20-7330-1883

Jason Robertson

Lothbury Financial Services Tel: +44-20-3290-0707

Michael Padley

Hall Communications Tel: +353-1-660-9377

Don Hall

Visit the website at: www.conroygold.com