



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

Notice of General Meeting

Further to the announcement on 9 August 2017, Conroy Gold and Natural Resources plc (AIM: CGNR, ESM: CGNR.I), the gold exploration and development company focused on Ireland and Finland, announces a Notice of Meeting and Proxy Form in relation to resolutions to remove Professor Richard Conroy (Executive Chairman) and Maureen Jones (Managing Director) as directors of the Company and appoint as new directors Patrick O'Sullivan, Paul Johnson and Gervaise Heddle.

Your Board believes that the Proposed Resolutions are NOT in the best interests of the Company and Shareholders as a whole and is therefore unanimously recommending that you VOTE AGAINST ALL of the Proposed Resolutions.

The EGM will be held at The Davenport Hotel, 8-10 Merrion Street Lower, Dublin 2 on 6 October 2017 at 2.00pm.

The Notice of Meeting and the Proxy Form will be posted on the Company's website at www.conroygold.com

For further information please contact:

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