

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

NEW GOLD ZONES INTERSECTED IN GLENISH DRILLING

- Gold Zones Lie within 150 Metre Wide Structural Corridor
- Gold Mineralisation in Bedrock Traced Down Dip for over 70 metres and Remains Open in All Directions
- Gold in Bedrock Confirms the Extensive Gold-in-Soil Anomaly

Conroy Gold and Natural Resources plc (AIM: CGNR, ESM: CGNR.I), the gold exploration and development Company focused on Ireland and Finland, is pleased to announce that four new gold zones have been intersected in a drilling programme on its Glenish gold target in Ireland.

The drilling results, together with previous channel sampling in the area which had proved 1.3 metres grading 9.4 g/t gold, demonstrated the presence of the four new gold zones in a 150 metre wide structural corridor in the western part of the Glenish gold target.

The new drilling results included intersections of 2.25 metres grading 2.65 g/t gold, at a depth of 18 metres; 2.0 metres grading 1.59 g/t gold at a depth of 27.75 metres; 2.75 metres grading 1.43 g/t gold at a depth of 36 metres and 3 metres grading 1.76 g/t gold at a depth of 64.25 metres.

The gold mineralisation in bedrock in the drilling area was traced down dip for over 70 metres and remains open in all directions.

The Glenish gold target is a large, 147 hectare, gold-in-soil anomaly located 7.5km southwest of the Company's Clay Lake-Clontibret gold target where the Company is targeting a potential of five million ounces of gold.

This release has been approved by Kevin McNulty PGeo, who is a member of the Company's technical staff who holds a BSc/MSc in Geology and Remote Sensing, in accordance with the guidance note for Mining, Oil & Gas Companies issued by the London Stock Exchange in respect of AIM Companies, which outlines standards of disclosure for mineral projects.

Professor Richard Conroy, Chairman, commented:

"The newly discovered gold zones significantly upgrade the potential of the Glenish gold target, which is close to our already established Clay Lake- Clontibret gold target, and further enhances the prospectivity of the Company's gold licences in Ireland".

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