CONROY GOLD AND NATURAL RESOURCES plc

("Conroy Gold" or the "Company")

Total Voting Rights

Conroy Gold and Natural Resources plc ("Conroy Gold" or the "Company") (AIM:CGNR), the gold exploration and development Company focused on Ireland and Finland, announces that the issued share capital of the Company at the date of this announcement comprises 32,259,705 ordinary shares of €0.001, with one voting right per share. The Company does not hold any shares in treasury. Therefore, the total number of Ordinary Shares and voting rights in the Company is 32,259,705.

The above figure may be used by shareholders in the Company as the denominator for the calculations by which they will determine if they are required to notify their interest in, or a change to their interest in, the share capital of the Company under the FCA's Disclosure Guidance and Transparency Rules.

For further information please contact:

Don Hall

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	
Brandon Hill Capital Limited (Joint Broker)	Tel: +44-20-3463-5000
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