

JANUARY 12, 2006

GARTMORE INCREASES CONROY STAKE TO 13.49 P.C.

• Fund Manager Purchases An Additional 750,000 Shares In Two Tranches

AIM-quoted Conroy Diamonds and Gold P.l.c, exploring for gold in the north of Ireland, says that Gartmore Investment Management plc has purchased an additional 750,000 ordinary shares in the company and now holds 9,654,000 shares, equivalent to 13.49p.c. of the issued ordinary share capital.

The additional shares were purchased in two tranches 350,000 at 5.75p each and 400,000 at 6p each.

Conroy is currently carrying out a programme of systematic, closely-spaced deep overburden sampling over the ten gold targets identified on its licences last April, all of which lie within a 20km^2 section of the Company's Armagh-Monaghan Gold Belt.

Last month, the Company announced that two new gold-bearing structures had been identified on Targets 3&4, complementing the earlier discovery of a 250m long mineralised linear feature on Target 2.

Conroy says that these features also indicate the wider potential of the area around Tullybuck-Lisglassan, as suggested by SRK Consulting in its review of the Company's Irish exploration licences.

Further Info: Professor Richard Conroy, Chairman Conroy Diamonds and Gold Plc. Tel: 00-353-1-661-8958

Charles Dampney, City Capital Securities Ltd. Tel: 00-44-20-7822-7107

Don Hall, Hall Communications, Tel: 33-353-1-660 9377

Ron Marshman/John Greenhalgh, City of London PR Limited. Tel: 00-44-20-7628-5518

Visit website at: www.conroydiamondsandgold.com