



Conroy Gold and Natural Resources plc

("Conroy" or "the Company")

Directors' Shareholding

Conroy (AIM: CGNR; ESM: CGNR.I), was notified yesterday that in the period 16 to 20 December 2011, Professor Richard Conroy (Chairman) and Maureen Jones (Managing Director) (together, "the Directors") purchased 975,000 and 100,000 ordinary shares respectively in the issued share capital of the Company (the "Ordinary Shares").

The purchases, together with the resultant holding in the issued share capital of the Company, are as follows:

	Date acquired	No. of Ordinary Shares acquired	Price paid (£)	Resultant shareholding	Percentage holding of issued share capital
Professor Richard Conroy - Chairman	16/12/2011	300,000	0.0310	57,574,191	22.92
	16/12/2011	100,000	0.0290	57,674,191	22.96
	19/12/2011	25,000	0.0325	57,699,191	22.97
	20/12/2011	150,000	0.0324	57,849,191	23.03
	20/12/2011	150,000	0.0338	57,999,191	23.09
	20/12/2011	250,000	0.0344	58,249,191	23.19
Maureen Jones – Managing Director	20/12/2011	100,000	0.0344	980,010	0.39

For further information please contact:

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