



CONROY

GOLD AND NATURAL RESOURCES

Conroy Gold and Natural Resources plc
 (“Conroy” or “the Company”)

Positive Results on Clay Lake Drilling

Conroy (AIM: CGNR; ESM: CGNR.I), the Irish based resource company exploring and developing gold and other natural resource projects in Ireland, is pleased to announce that it has received further results from its step out drilling programme in the north corner of its Clay Lake gold target in Co. Armagh.

- **Three further holes intercept gold mineralisation including**
 - **11.5 metres of 1.44 g/t gold**
 - **53 metres of stockwork at 0.60 g/t gold including 10.25 metres at 1.37 g/t gold**

The Clay Lake anomaly covers an area of approximately 141 hectares (“ha”) and has returned the highest gold-in-soil values recorded by the Company on its Irish exploration licences. The step out drilling programme builds on previous positive gold results which demonstrated the presence of a broad zone of gold mineralisation.

The first drill hole was a near vertical hole designed to intersect the broad zone of stockwork (63 metres of 0.62 g/t gold) that had been intersected by an angled hole in January 2010. This hole was 158.8 metres in length and intersected four zones of mineralisation including the stockwork zone. The four intersections were 11.5 metres of 1.44 g/t gold from 26.65 metres of lode zone ore. This was followed by 53 metres of 0.60g/t gold and minor silver from 50.5 metres of stockwork zone ore followed by a 3 metres intersection of 0.88g/t gold from 103.5 metres of lode zone ore, followed by a 1.5 metres intersection of 1.11g/t gold from 114 metres of lode zone ore. A total intersection in the hole of 98.6 metres of 0.57 g/t gold from 26.4 metres was encountered.

Arenites and argillites (shales) were the main lithologies in this hole.

Drill Hole	From (m)	Intercept (m)	Au (g/t)
Intersection:	26.65	11.5	1.44
incl.	26.65	4	1.85
incl.	32.65	5.5	1.62
Intersection:	50.5	53	0.60
incl.	53.75	10.25	1.37
incl.	99.25	4.25	1.08
Intersection:	103.5	3	0.88
Intersection:	114	1.5	1.11

The second drill hole was an angled hole to test the continuity of the lode zones that had been intersected by an angled hole in January 2010. This hole was 156 metres in length and intersected two zones of mineralisation.

The two intersections were 6 metres of 1.03 g/t gold from 14 metres followed by 2.95 metres of 2.75 g/t gold from 38.05 metres.

Drill Hole	From (m)	Intercept (m)	Au (g/t)
Intersection:	14	6	1.03
Intersection:	38.05	2.95	2.75

The third drill hole was an angled hole to test the North-Eastern corner of its Clay Lake gold target. This hole was 175.2 metres in length and intersected a series of small zones of mineralisation.

Drill Hole	From (m)	Intercept (m)	Au (g/t)
Intersection:	10	2	0.63
Intersection:	45	2	0.58
Intersection:	65	2	0.93
Intersection:	127	1	1.14
Intersection:	135	1	1.17

The Clay Lake anomaly is larger than that at Clontibret (125ha), 7km to the South-West, where a scoping study by Wardrop Engineering Inc. has recently reported on only 20 per cent. of the target. Both targets are located along the 50km (30 mile) gold trend outlined on the Company's licences.

Commenting, Chairman, Professor Richard Conroy said:

"I am very pleased with the results which further confirm the potential of the Clay Lake target. Overall, we have five large targets along a 50km gold trend with positive results on both technical and financial grounds from scoping studies carried out on 20 per cent. of the Clontibret target where infill drilling is now in progress."

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.

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