

Conroy Gold and Natural Resources plc

("Conroy" or "the Company")

APPOINTMENT OF NEW DIRECTORS

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 the appointments of Dr Karl Keegan and Mr Brendan McMorrow as non-executive Directors of the Company with immediate effect.

Karl Keegan has over 20 years' experience in international finance and corporate management. He has worked for a number of major investment banks including Dresdner Kleinwort Benson, UBS and Bank of America and was on the Global Executive Team and Board Director of Canaccord and CFO of Minster Pharmaceuticals plc. He is currently Director of Corporate Development at Shield Therapeutics.

Karl has a BSc from University College, Dublin, MPhil and PhD degrees from the University of Cambridge and a MSc in Finance from London Business School.

Brendan McMorrow has over 25 years' experience in a number of public companies in the oil and gas and base metals mining sectors listed in London, Toronto and Dublin where he held senior executive finance roles. Most recently he was Chief Financial Officer of Circle Oil plc from 2005 to 2015, an AIM oil and gas development and production company with operations in North Africa and the Middle East where he was responsible for all corporate financial and funding matters.

Prior to joining Circle Oil Plc Brendan was Chief Financial Officer / Group Finance Manager of Ivernia Inc from 2001 to 2005, a Toronto listed (TSX) base metals mining company which developed and brought into production the Paroo Station lead mine in Western Australia one of the largest lead carbonate mines in the world at the time. From 1988 to 2001 he was Group Finance Manager of Ivernia West plc, a Dublin listed (ESM) base metals mining company which discovered and brought into production along with Anglo American Plc the world class Lisheen zinc mine in Ireland.

Brendan is a business graduate of Sligo Institute of Technology and a Fellow of the Chartered Association of Certified Accountants.

The new non- executive directors will enable the Company to meet the highest standard of corporate governance with a majority of non-executive directors on the Board, thus enabling the Company to proceed with the audit of its Annual Financial Statements, as well as bringing substantial additional financial, corporate and mining experience to the Board.

Professor Conroy, Chairman of Conroy commented:

"I am delighted that Karl Keegan and Brendan McMorrow have been appointed to the Board. Their depth of financial and corporate expertise allied with Brendan's knowledge of the mining industry in Ireland and internationally will, I believe, contribute greatly to the Company as it progresses with its gold exploration programmes in Ireland and Finland and its ambition to develop Ireland's first major gold mine."

For further information please contact:

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Professor Richard Conroy, Chairman

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Don Hall

Visit the website at: www.conroygold.com

Disclosures under Schedule 2 of the AIM Rules and ESM Rules for Companies

Name / Age : Karl Keegan – 50

Current directorships: Shield Therapeutics Plc

Former directorships: Minster Pharmaceuticals Plc

Minster Research Limited

Vectura Group Plc

Name / Age : Brendan McMorrow – 64

Current directorships: M & C Financial Services Limited

Greenfield Park Management Company Limited

Former directorships: Circle Oil Egypt Limited

Circle Oil Iraq Limited
Circle Oil Libya Limited
Circle Oil Maroc Limited
Circle Oil Tunisia Limited
Circle Oil Oman Limited

Circle Oil Oman Offshore Limited

Circle Oil Namibia Limted