

Conroy Gold and Natural Resources plc
("Conroy Gold" or "the Company")

Holding in Company

Conroy Gold and Natural Resources plc (AIM: CGNR), the gold exploration and development company focused on Ireland and Finland, was informed today that Mr Philip Hannigan is now beneficially interested in 2,011,577 ordinary shares of €0.001 in the Company, equal to approximately 8.49 per cent of the issued share capital and voting rights of the Company.

For further information please contact:

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 (Broker)

Tel: +44-20-3463-5000

Jonathan Evans

Lothbury Financial Services

Tel: +44-20-3290-0707

Michael Padley

Hall Communications

Tel: +353-1-660-9377

Don Hall

Visit the website at: www.conroygold.com