



CONROY

GOLD AND NATURAL RESOURCES

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

Conroy Commences its Drilling Programme

Conroy Gold and Natural Resources plc (AIM: CGNR, ESM: CGNR.I), the Irish based resource company exploring and developing gold and other projects in Ireland and Finland, is pleased to announce it has commenced a drilling programme on its licences on the Glenish and Clay Lake - Clontibret gold prospects in Ireland.

The drilling programme on the Glenish gold target will comprise a minimum of three drill holes. Glenish is a large, 147 hectares, gold target located 7.5km southwest of Clontibret, at the junction of two major geological structures – the Orlock Bridge and Glenish Faults. Previous channel sampling has shown levels of up to 1.3m@9.4g/t gold.

The programme, which will also fulfil work commitments on the licence, is designed to test for the possible presence of gold-in-bedrock in the southern portion of the Glenish target area.

Drilling at the Glenish gold target will be followed by drilling on the Company's combined Clay-Lake, Clontibret gold project where the Company has a projected target resource of 5 million oz. gold.

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.

Professor Richard Conroy, Chairman, commented:

"I am very pleased that we have commenced our current drilling programme. I look forward to the results of the drilling on our Glenish gold target and on the combined Clay Lake-Clontibret gold project".

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