15 November 2016



Conroy Gold and Natural Resources plc

("Conroy" or "the Company")

APPOINTMENT OF NEW DIRECTOR

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 that Garth Earls has been appointed Non-executive Director of the Company with immediate effect.

Professor Garth Earls is a geologist with over 35 years mineral exploration and management experience who has worked extensively both in Ireland and internationally. He qualified as a geologist in 1979 and has had a distinguished career in the mining industry.

He was the project geologist on the team that discovered the Curraghinalt gold deposit in the North of Ireland, now under development as a major gold deposit with a resource of over 4 million oz gold. He has been a Partner in the Dublin-based geological consultancy CSA Group and from 2002-10 was the Director of the Geological Survey of Northern Ireland. Since leaving GSNI he has been Managing Director of Dalradian Gold and was until recently Chief Operating Officer at Premier Gold Resources. He has been working with Conroy Gold on a consultancy basis and will continue in that capacity.

He is a former Chairman of the National Geoscience Committee of the Royal Irish Academy, is a Trustee of National Museums Northern Ireland and since 2013 has held the position of Adjunct Professor of Geology at University College Cork.

Professor Conroy, Chairman of Conroy Diamonds and Gold said

"I am delighted that Professor Garth Earls has been appointed to the Board of Conroy Gold. He has been working with the Company for a number of years and we believe his knowledge and experience will significantly contribute to the Company in a new role as Non-executive Director helping it advance the Clay-Lake Clontibret Project together with its other gold and base metal interests."

For further information please contact:

Conroy Gold and Natural Resources plc	Tel: +353-1-661-8958
Professor Richard Conroy, Chairman	
Allenby Capital Limited (Nomad)	Tel: +44-20-3328-5656
David Hart/James Thomas/Nick Harriss	
Hybridan LLP (Broker)	Tel: +44-20-3764-2341
Claire Louise Noyce/Niall Pearson/William Lynne	
IBI Corporate Finance Limited (ESM Adviser)	Tel: +353-766-234-800

Ger Heffernan / Jan Fitzell

Lothbury Financial Services

Michael Padley

Hall Communications

Don Hall

Visit the website at: <u>www.conroygold.com</u>

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

Tel: +44-20-3290-0707

Tel: +353-1-660-9377

Full name – James <u>Garth</u> Taylor Earls

Age - 60

Current Directorships:

Central Asia Resources Limited

Former Directorships:

Dalradian Gold Limited Prospex Oil and Gas plc

A company voluntary arrangement ("CVA") was approved by the creditors and shareholders of Prospex Oil and Gas plc (then called Premier Gold Resources plc) on 14 April 2015 and completed on 30 July 2015. Unsecured creditors received 39.54 pence in the £1 while secured creditors received the 100% ownership in Central Asia Resources Limited, a wholly owned subsidiary of Prospex Oil and Gas plc, in full and final settlement.