For filings with the FSA include the annex

For filings with issuer exclude the annex

TR-1: NOTIFICATION OF MAJOR INTEREST IN SHARESⁱ

1. Identity of the issuer or the underlying issuer of existing shares to which voting rights are attached: "		Conroy Gold and Natural Resources plc		
2 Reason for the notification (please tick the appropriate box or boxes):				
An acquisition or disposal of voting rights			\checkmark	
An acquisition or disposal of qualifying financial instruments which may result in the acquisition of shares already issued to which voting rights are attached				
An acquisition or disposal of instruments with similar economic effect to qualifying financial instruments				
An event changing the breakdown of voting rig				
Other (please specify):				
3. Full name of person(s) subject to the notification obligation: ^Ⅲ	Metal Tiger plc			
4. Full name of shareholder(s) (if different from 3.): ^{iv}				
5. Date of the transaction and date on which the threshold is crossed or reached: V	5 May	2016		
6. Date on which issuer notified:	6 May	2016		
7. Threshold(s) that is/are crossed or reached: vi, vii	3%			

8. Notified details: A: Voting rights attached to shares ^{viii, ix}							
						Class/type of shares	Situation previous to the triggering transaction
if possible using the ISIN CODE		Number of	Number of shares	Number of voting rights		% of voting rights ^x	
	Voting Rights		Direct ^{xi}	Indirect ^{xii}	Direct	Indirect	
ORDINARY SHARES	Below 3% Notifiable	Below 3% Notifiable	185,000	-		185,000	3.35%

B: Qualifying Financial Instruments					
Resulting situation after the triggering transaction					
Type of financial instrument	Expiration date ^{xiii}	Exercise/ Conversion Period ^{xiv}	Number of voting rights that may be acquired if the instrument is exercised/ converted.	% of voting rights	

C: Financial Instruments with similar economic effect to Qualifying Financial Instruments _{xv, xvi}

Resulting situation after the triggering transaction

Type of financial instrument	Exercise price	Expiration date ^{xvii}	Exercise/ Conversion period ^{xviii}	Number of voting rights instrument refers to	% of voting rights ^{xix,}	
					Nominal	Delta

Total (A+B+C)	
Number of voting rights	Percentage of voting rights
185,000	3.35%

9. Chain of controlled undertakings through which the voting rights and/or the financial instruments are effectively held, if applicable: ^{xxi}

Proxy Voting:	
10. Name of the proxy holder:	
11. Number of voting rights proxy holder will cease to hold:	
12. Date on which proxy holder will cease to hold voting rights:	

13. Additional information:	In addition to this holding Metal Tiger has acquired 675,675 shares in the CGNR placing announced on 4.5.16. Placing shares are due to be admitted on 10.5.16 and at that time Metal Tiger will submit a further TR-1 to CGNR to highlight the increased holding.
14. Contact name:	PAUL JOHNSON
15. Contact telephone number:	0207 099 0738