



Conroy Gold and Natural Resources plc
 (“Conroy” or “the Company”)

Director / PDMR Shareholding

Further to its announcement earlier today (the “Announcement”), Conroy Gold and Natural Resources plc (AIM: CGNR, ESM: CGNR.I), the gold exploration and development company focused on Ireland and Finland, can report that following the issue of the Warrant Shares to Professor Richard Conroy, Chairman, and Maureen Jones, Managing Director, their holdings in Conroy are now as follows:

	Ordinary Shares held	% of enlarged issued share capital
Professor Richard Conroy	2,795,522	22.89
Maureen Jones	329,239	2.70

All definitions are per the Announcement.

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