



Conroy Gold and Natural Resources plc
("Conroy" 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 Paul Johnson is now beneficially interested in 1,210,973 ordinary shares of €0.001 in the Company, equal to approximately 6.04 per cent of the issued share capital and voting rights of the Company (including those of his wife, Michelle Johnson).

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This announcement contains inside information as stipulated under the Market Abuse Regulations (EU) no. 596/2014.