



Conroy Gold and Natural Resources plc

("Conroy" or "the Company")

Directors' Shareholding

Conroy (AIM: CGNR; ESM: CGNR.I), was notified today that in the period 20 December 2011 to 17 January 2012, Seamus FitzPatrick (Non-executive Director) purchased 2,375,000 ordinary shares respectively in the issued share capital of the Company (the "Ordinary Shares").

The purchases, together with the resultant holding in the issued share capital of the Company, are as follows:

	Date acquired	No. of Ordinary Shares acquired	Price paid (£)	Resultant shareholding	Percentage holding of issued share capital
Seamus FitzPatrick – Non-executive Director	20/12/2011	500,000	0.0345	679,000	0.27%
	21/12/2011	250,000	0.0365	929,000	0.37%
	22/12/2011	250,000	0.0342	1,179,000	0.47%
	22/12/2011	150,000	0.035	1,329,000	0.53%
	05/01/2012	500,000	0.03625	1,829,000	0.73%
	13/01/2012	150,000	0.03625	1,979,000	0.79%
	16/01/2012	400,000	0.038063	2,379,000	0.95%
	17/01/2012	175,000	0.039607	2,554,000	1.02%

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