

7 February 2013



Conroy Gold and Natural Resources plc ("Conroy" or "the Company")

Conroy Appoints Seamus FitzPatrick as Deputy Chairman

Conroy Gold and Natural Resources plc (AIM:CGNR; ESM:CGNR.I), the gold exploration and development company developing a gold mine at Clontibret in Co. Monaghan, Ireland, is pleased to announce the appointment of Mr Seamus FitzPatrick as Deputy Chairman (Non-executive).

Mr FitzPatrick, who has been a Non-Executive Director of Conroy for the past five years, has worked in both corporate finance and private equity in London and New York with Morgan Stanley International, J.P. Morgan Capital Partners and Bankers' Trust. In 1999 he co-founded CapVest Associates LLP, which has raised funds in excess of £2.0 billion. He is chairman of the Mater Private Hospital and Valeo Foods Limited, and is a board member of Reno Norden AB. He is also a member of the board of Karelian Diamond Resources plc.

Conroy has under licence the entire thirty mile gold trend which it has discovered in the Longford-Down Massif in Ireland and has discovered a series of significant gold targets along the trend. Scoping studies have been completed by independent consultants Tetra Tech WEI Inc. on Clontibret with positive technical and financial results. Recent metallurgical studies by Goldfields on behalf of the Company have shown 90% gold recovery in flotation tests.

Commenting today, Chairman, Professor Richard Conroy said:

"Mr Seamus FitzPatrick, with his business ability and wide ranging experience in corporate and financial matters, has already played a major role in the ongoing success and development of the Company. I am delighted that he has agreed to become Deputy Chairman. I look forward to his advice and support over the coming years as the Company moves from exploration to production."

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