

15 November 2013



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

Directors' Shareholding

The Company has been notified that on 14 November 2013, David Wathen (Non-Executive Director) purchased 176,500 ordinary shares in the Company at 2.05 pence per share and, in addition, at the same time his wife purchased 100,000 ordinary shares in the Company at 2.05 pence per share.

Following this share purchase David Wathen will be beneficially interested in 500,000 ordinary shares which represents 0.17% of the issued share capital of the Company.

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