



Conroy Gold and Natural Resources plc

("Conroy Gold" or the "Company")

Exercise of Warrants

Conroy Gold and Natural Resources plc (AIM: CGNR), the gold exploration and development company focused on Ireland and Finland, announces that it has received notices to exercise warrants over a total of 645,834 ordinary shares of €0.001 each ("Ordinary Shares") at an exercise price of 16 pence per Ordinary Share (the "Warrant Shares"), for which funds of c.£103,333 have been received by the Company.

The warrants were issued as part of the fundraising announced on 18 February 2020. The proceeds from the exercise of the warrants will be used by the Company for general working capital purposes.

An application has been made for the Warrant Shares to be admitted to trading on the AIM market of the London Stock Exchange with effect from 20 November 2020 ("Admission").

In accordance with the FCA's Disclosure Guidance and Transparency Rules, the Company confirms that on Admission the Company's enlarged issued ordinary share capital will comprise 31,934,705 Ordinary Shares. The Company does not hold any Ordinary Shares in Treasury. Therefore, following Admission, the above figure may be used by shareholders in the Company as the denominator for the calculations to determine if they are required to notify their interest in, or a change to their interest in the Company, under the FCA's Disclosure Guidance and Transparency Rules.

For further information please contact:

Conroy Gold and Natural Resources plc
Professor Richard Conroy, Chairman

Tel: +353-1-479-6180

Allenby Capital Limited (Nomad)
Nick Athanas/Nick Harriss

Tel: +44-20-3328-5656

Brandon Hill Capital Limited (Joint Broker)
Jonathan Evans

Tel: +44-20-3463-5000

First Equity Limited (Joint Broker)
Jason Robertson

Tel: +44-20-7330-1883

Lothbury Financial Services

Michael Padley

Hall Communications

Don Hall

Tel: +44-20-3290-0707

Tel: +353-1-660-9377

Visit the website at: www.conroygold.com