



TSX-V: MEX

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**MIDLANDS CONFIRMS NORTHERN EXTENSION
OF THE SIAN GOLD DEPOSIT – GHANA**

- **20,000 metre drilling program underway and 25% completed in the first 90 days from date of financing;**
- **Drill assays confirm northern extension of the Sian gold deposit**
- **Results from VTEM Airborne Magnetic and Radiometric Survey expected to accelerate drilling on Sian and Praso**

TORONTO, CANADA: Tuesday, May 11th, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to report results from current infill drilling confirm that the Sian gold deposit, in the Ashanti Gold Belt in Ghana, is continuous to the north of the open pit improving at depth.

“Midlands is continuing to drill near the Sian open pit to increase the size of the gold resource from 400,000 ounces at 2.3 g/t. Our interpretation is that the present results are very positive,” said Dr. Derek McBride, P.Eng. Midlands’ VP Exploration.

The Company has received results from four new drill holes which test the northern extension of the Sian gold mineralization beyond the open pit. Two reverse circulation holes, MSDD 098 and 100, were drilled 25 metres north of the last resource section in the Resource Estimation Report dated May 2008, done by Geostat Systems International Inc (“Geostat”, now part of SGS Canada Inc).

MSDD 100 intersected 1.09 g/t over 12 metres starting at 134 metres and 1.14 g/t over 7 metres at 191 metres. The 1.14g/t over 7 metre value indicates a new parallel zone in mafic volcanic rocks 20 metres north of the main zone.

The second hole, MSRD 098, undercut MSDD 100 by 20 metres. It returned 1.18 g/t over 9.6 metres starting at 200.4 metres, including one metre of 7.44 g/t. These holes were drilled below MSRD 106, which returned 0.68 g/t over 2 metres at 39 metres and 0.77 g/t over one metre at a 146 metre depth and show the values improving at depth.

Forty metres north, the next section was tested with four holes. Assays for two of these holes have been received by the Company. Holes MSRD 097 and 099, parallel to holes MSRD 098 and 100, respectively, returned best values of 0.54 g/t over 2.7 metres and 0.66 g/t over 2 metres respectively.

Dr. Derek McBride, P.Eng., VP Exploration, who is currently in Ghana overseeing drilling on the Sian project said: “Two mineralized structures are present. The more extensive structure is along the contact between mafic volcanic rocks and a 10 metre wide felsic tuff, and can be traced in all

of the above holes". Present drilling indicates that the mineralization plunges steeply north from the pit and dips westerly.

RC Samples were taken at one metre intervals under dry drilling conditions by SEMS Exploration Services Ltd. ("SEMS") utilizing drilling and sampling techniques widely accepted in RC drilling programs. SEMS is an international geological consulting company with offices in Ghana. All samples were weighed on site and sent to the SGS Laboratory in Tarkwa, Ghana, where they were assayed using standard 50 gram fire assay with atomic absorption finish. QA/QC programs are in place using blanks and external standard samples.

Core samples were generally taken at 1 metre intervals with exceptions varying from 0.3 to 1.5 metres due to the particular rock type. Sampling was done utilizing a core saw to split the core in two parts, sending one half to the laboratory and keeping the other half as witness core. All core drill samples are described and sampled at the property field core shack facilities. All samples were sent to SGS Laboratory in Tarkwa, Ghana where they are assayed using standard 50 gram fire assay with atomic absorption finish. QA/QC programs are in place using blanks and external standard samples.

Grade zone intercepts shown above were calculated using a minimum of a 0.5 g/t cut-off at the beginning and end of the intercept and allowing for no more than 3 consecutive samples (three metres) of less than 0.5 g/t Au. Anomalous zone are calculated using a cut-off grade of 0.1 g/t Au instead.

All RC drill intercept widths are apparent widths. True widths are unknown. All DDH holes were drilled in direction at a dip of 55° perpendicular to the deposit trend. The dip of the deposit is varying between 70 to 80 degrees. It is expected to have a true width between 60 to 70% of the reported intervals.

The technical information in this news release has been reviewed by Dr. Derek McBride, P.Eng. who is a Qualified Person under National Instrument 43-101.

ABOUT MIDLANDS MINERALS

Midlands is a growth oriented and value based gold exploration company operating in Ghana and Tanzania, two stable countries with a history of gold mining. Midlands' top priority project is the fully permitted Sian gold project in Ghana. The Sian property contains Esaase and Ampeha, two previously producing open pit mines with a resource with significant growth potential. Midlands' contiguous Kwahu Praso project, which was once part of Sian, contains extensions of the Esaase and Ampeha trends. Sian and Praso are just 30 kilometres northeast of Newmont Mining's +8.7 million ounce Akyem gold deposit. Midlands also holds highly prospective licences for gold and diamonds in the Lake Victoria Goldfields in Tanzania.

The Company has a highly qualified management and technical team with broad African experience and extensive experience in the countries in which the Company operates. For more information on the Company, please visit Midlands' website at www.midlandsminerals.com.

On behalf of the Board

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Certain statements contained in this news release constitute forward-looking statements. Such forward-looking statements involve a number of known and unknown risks, uncertainties and other factors, which may cause the actual results, performance or achievements of the Company to be materially different from actual results and achievements expressed or implied by such forward-looking statements. Forward-looking statements consist of statements that are not purely historical, including any statements regarding beliefs, plans, expectations or intentions regarding the future. No assurance can be given that any of the events anticipated by the forward-looking statements will occur or, if they do occur, what benefits the Company will obtain from them. These forward-looking statements reflect management's current views and are based on certain expectations, estimates and assumptions which may prove to be incorrect.

The Company adds a cautionary statement to the effect that the potential quantity and grades referred to in this press release are conceptual in nature. There has been sufficient exploration to evaluate a mineral resource. However, the Company is uncertain if further exploration will result in a mineral reserve. Readers are cautioned not to place undue reliance on these forward-looking statements, which speak only as of the date the statements were made. Readers are also advised to consider such forward-looking statements while considering the risks inherent in the business of mineral exploration. For more information, investors should review the Company's filings that are available at www.sedar.com.