



TSX-V: MEX

FEBRUARY 16, 2010

MIDLANDS ANNOUNCES GRANTING OF OPTIONS

TORONTO, CANADA: Tuesday, February 16th, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) announces granting of options in accordance with the TSX Venture Exchange Policies, and consistent with the Company’s Stock Option Plan as approved by the shareholders of the Company on June 25, 2009.

3,755,156 options, valid for a period of sixty (60) months, have been granted with an exercise price of \$0.33, to directors, officers, consultants and employees of the Company.

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

Kim Harris
President and Chief Executive Officer

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Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release. *For more information, investors should review the Company’s filings that are available at www.sedar.com.*