



MIDLANDS MINERALS IDENTIFIES NEW GOLD TARGETS ON SIAN/PRASO – GHANA

TSX-V:MEX

- newly released soil geochemical data from contiguous Newmont property supports and adds confidence to reconnaissance geochemical results on Sian and Praso projects
- recently identified new target areas and extensions to known gold zones have been confirmed
- compilation of soil geochemical data has identified new drill target areas

Toronto, Canada September 17th, 2008: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce the commencement of additional soil sampling on its Sian and Praso projects in Ghana. The soil surveys are designed to tighten the spacing on existing soil grids to allow further definition of drill targets, to extend known open-ended zones, and to explore new areas, as part of the Company’s on going exploration program. The newly released soil geochemical data from the adjacent Newmont property (Nkooko Concession) supports and adds confidence to Midlands’ findings to date and moves the Company closer towards discovering additional gold mineralization on both Sian and Praso.

Sian and Kwahu Praso are located on the prolific Ashanti Gold Belt, just 30 km north east of Newmont Mining’s +8.7 million oz Akyem gold deposit. Sian has a 30 year mining lease, and is a fully permitted past open pit gold producer (2001-2004) with existing infrastructure including a CIL plant and a recently upgraded NI 43-101 compliant mineral resource estimate (see news release dated April 4, 2008).

Please click the link below to view the map

http://www.midlandsmineals.com/press_releases/images/PR17SEP08_Sian_Praso_Soil_Results.pdf

The map above summarizes the results of infill soil geochemical surveys completed by Midlands on both Praso and Sian since acquiring the Sian property in 2006. The recently published geochemical data from the contiguous Newmont property to the northeast is from soil surveys conducted by Newmont Mining Corporation. These survey results clearly demonstrate the extensive anomalies on Praso to the northeast of Sian and identify the eastern portion of Sian and areas west and south of Mpeyo, as highly prospective areas for additional and more detailed surveying.

“We are pleased to see the synergy between our soil results and those of the contiguous and adjacent Newmont property. The map above illustrates the continuity of the gold mineralization between Newmont’s Nkooko concession and Kwahu Praso, showing the substantial extent of the anomalous area and its potential to host a sizable discovery”, said Kim Harris, President and Chief Executive Officer.

Midlands’ current soil geochemical program which is designed to identify drill targets, consists of detailed infill surveys with sampling at 25 meter spacing along lines 100 meters apart in the Mpeyo area (area C), as well as new and follow up sampling at 50 meter spacing along lines 200

meters apart to extend the Mpeyo zone to the west and south, the Praso area northeast of Sian, and to explore the virtually untested eastern portion of the Sian permit.

Most soil samples in this new data were collected at 50 meter intervals along GPS grid lines oriented East – West at a line spacing of 200 meters. Infill lines were at 100 meter spacing with sampling at 25 meter intervals. The Global Positioning System (GPS) was used in locating the soil sample points. GPS readings using three Garmin 12XL standardized with the UTM (WGS 84) Zone 30, Northern Hemisphere, were used to locate predetermined sample coordinates.

The samples were taken at a nominal depth of 30 cm – 40 cm below surface in the B horizon. Where soil depth was lacking, samples were taken from just above the bedrock. The samples weighing about 2 kg each were collected in the field directly into polythene sample bags, sealed and labelled with the appropriate code number, and then transported to the laboratory at regular intervals. All data pertaining to the soil characteristics: type, colour, composition and regime of the area as well as the vegetation were recorded on geochemical soil sample log sheets. All samples were sent to the SGS Laboratory in Tarkwa, Ghana, where they were assayed using standard 50 g fire assay with atomic absorption finish. QA/QC programs were in place using blanks and external standard samples.

The scientific and technical information contained in this press release has been reviewed by Joe B. Hinzer, M.Sc, P.Geo, Chief Operating Officer, who is a Qualified Person within the meaning of 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 low risk countries with a history of gold mining. The Company mitigates potential risk to investors by operating in two politically safe countries with well established mining laws, and by having several high quality projects located near major gold deposits and on known prolific gold producing belts.

The Company has a highly qualified management and technical team with extensive experience in the countries in which the Company operates. The Company's priority project is the fully permitted and past gold producer, Sian gold project, located on the Ashanti Gold Belt in Ghana. **For more information on the Company, please visit Midlands' investor relations website at www.agoracom.com/IR/MidlandsMinerals or email MEX@agoracom.com.**

On behalf of the Board

Kim Harris
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The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the content of this news release.

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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 and there has been insufficient exploration to define a mineral resource. Further, the Company is uncertain if further exploration will result in discovery of a mineral resource. 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.