



TSX-V: MEX

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**MIDLANDS INTERSECTS 13.13 G/T OVER 8 METERS
INCLUDING 93.6 G/T OVER ONE METER ON SIAN, GHANA**

- Hole # 27 returned 13.13 g/t over 8 meters including one meter grading 93.6 g/t
 - a repeat test by SGS gave a higher value of 113.0 g/t over one meter
- Hole # 26 returned 2.3 g/t over 11 meters including 2.3 meters grading 4.4 g/t
- Hole # 25 returned 1.33 g/t over 18 meters including 6 meters grading 2.21 g/t
- Holes 25 to 27 are consecutive and are spaced only 50 meters apart

TORONTO, CANADA, Wednesday August 18, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce results from three recently drilled holes show continuity of grades and widths thereby demonstrating significant potential for expanding the gold deposit on the Sian Project located on the Ashanti Gold Belt in Ghana, and the potential for the Company to achieve its initial one million ounces of gold on the Sian project within the current drilling program.

“These three holes were drilled in the past four weeks and are spaced at 50 meter intervals. We remain focused on getting to our initial one million ounces of gold on Sian with this current 20,000 meter drilling program. Assays for the next three holes are pending”, said Kim Harris, President and Chief Executive Officer.

- Hole MEDD-10-025 returned 1.33 g/t over 18 meters including 2.21 g/t over 4 meters and 2.19 g/t over 3 meters
- Hole MEDD-10-026 returned an intersection of 11 meters grading 2.3 g/t including 2.3 meters grading 4.4 g/t
- MEDD-10-027 reported an intersection of 13.13 g/t over 7.8 meters, including 93.6g/t over 1 meter. A repeat assay test of the 93.6 g/t by the SGS Laboratory in Tarkwa, Ghana gave a higher value of 113.0 g/t. Mineralization over the one meter interval is associated with a pale grey quartz vein situated at the contact between felsic and mafic volcanic rock units.

“The Company has a planned 20,000 meter drilling program designed to increase the current resource of 400,000 ounces of gold grading 2.3 g/t on Sian to an initial one million ounces. Results to date confirm not only the average grade of 2.3 g/t, but also the significant potential to increase the ounces on Sian and Kwahu Praso beyond the initial one million ounces”, said Kim Harris.

“These results confirm the down dip continuity of the Sian gold deposit and mineralization remains open at depth and more assays are pending. Planned holes will continue to test the deposit along strike and down dip of known mineralization”, said David Groves, PhD, and Technical Advisor to Midlands Minerals.

Planned drilling will continue to test several robust targets on Sian and on the contiguous Kwahu Praso project. The current 400,000 ounce resource is based on drilling to the 120 meter level.

Please click here to view the map:

[http://www.midlandsminerals.com/press_releases/images/Sian Drill Update Map 17AUG 10.pdf](http://www.midlandsminerals.com/press_releases/images/Sian_Drill_Update_Map_17AUG_10.pdf)

SUMMARY OF DRILL INTERSECTIONS ON SIAN BELOW 120 METERS

HOLE ID	FROM	TO	INTERVAL	GRADE (G/T)	EOH
MSRD-10-103	222	245	23	1.37	252.3
Incl.	223	228	5	2.63	
	232	235	3	2.02	
MSRD-10-110	153	163	10	1.53	201
Incl.	154	159	5	2.79	
	157	158	1	6.78	
MEDD-10-24	153	156	3	0.57	329.2
	195.2	201	5.8	0.91	
Incl.	197.4	201	3.6	1.04	
MEDD-10-25	222	240	18	1.33	318.1
Incl.	222	228	6	1.21	
	231	235	4	2.21	
	236	239	3	2.19	
	257	258	1	5.56	
MEDD-10-26	262	273	11	2.3	322.9
Incl.	262	264.3	2.3	4.4	
	267	268	1	2.47	
	272	273	1	3.46	
MEDD-10-27	197	202	5	0.71	351.7
	206	212	6	0.88	
Incl.	207	208	1	2.01	
	300	304.35	4.35	0.5	

	325	332.8	7.8	13.13
Incl.	327	328	1	93.6
	344	348	4	0.53
	344	351.7	7.7	0.78

Core samples were taken at one meter intervals by SEMS Exploration Services Ltd. (“SEMS”) utilizing sampling techniques widely accepted in diamond drilling programs. SEMS is an international geological consulting company with offices in Ghana. All samples were split 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.

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 meters) of less than 0.5 g/t Au. Anomalous zones are calculated using a cut-off grade of 0.1 g/t Au instead. All DDH holes were drilled at dips of 55 or 70 degrees perpendicular to the deposit trend. The dip of the deposit is varying between 70 to 80 degrees.

The technical information in this news release has been reviewed by David Groves, Ph D, 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

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.

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.