



MIDLANDS MINERALS EXTENDS MINERALIZATION TO VERTICAL DEPTH OF 220 M AND REPORTS GOOD CONTINUITY WITH 45.2 G/T OVER 1 M ON SIAN DEPOSIT - GHANA

TSX-VN: "MEX"

TORONTO CANADA , June 20th, 2007: Midlands Minerals Corporation ("Midlands" or the "Company") today reported results from diamond drill holes number 3 and 4 with values as high as 45.2 g/t over one meter in hole number 4 on Sian's Esaase gold deposit in Ghana. The Sian property is on trend, 30 km northeast of Newmont Mining's Akyem deposit with over 8 million ounces of gold. The Company's objective is to increase the resource on Sian as quickly as possible and bring the Sian property to a feasibility stage by the end of 2008.

The results from the first two diamond drill holes with intersections of 10.81 g/t over 7 meters, including 24.3 g/t over 3 meters in the first hole, and a 65 meter pyrite zone in the second hole together with the results from the third and fourth holes, demonstrate not only the continuity of the zone but also confirm that the mineralization extends to a vertical depth of 220 meters on the Esaase gold deposit.

Hole MEDD-001 and MEDD-004 indicate the presence of two types of mineralization. The carbonate-potassium pyrite zone with gold values between 1.0 to 5 g/t Au and large widths, and the grey silica flooding with pyrite and chalcopyrite with high grade value above 10g/t Au with widths from 0.5 m to 7m as the high grade intersections in hole MEDD-004 and MEDD-001.

"This first type of mineralization has potential for open pit mine operations near surface and the second type has potential for deeper underground operations", said Marc Boisvert, P.Eng. Vice President Exploration.

The diamond drilling program was designed to expand and increase the Sian indicated mineral resource of 100,000 ounces (1.3 million tonnes @2.3 g/t Au indicated) (PR May 1st 2006) by defining a high grade zone and confirming the continuity and grades on the Esaase pit.

MEDD-004	45.2 g/t Au over 1 meter from 59 m to 60 m
	1.49 g/t Au over 9 meters from 172 to 181 m
	7.36 g/t Au over 1 meter from 208 m to 209 m
MEDD-003	1.29 g/t Au over 6 meters from 244 m to 250 m

"The first four holes of the diamond drill program indicate good continuity of mineralization, increasing confidence in the inferred portion of the resource and extending, at depth, the mineralization to 220 meters", said Kim Harris, President and Chief Executive Officer.

Holes MEDD-001 to MEDD-004 were drilled in the direction of 300°, at an angle of 90° with the deposit trend. The dips of the hole were planned to intersect at a specific vertical depth. The dip of the deposit varies between 70 to 80 degrees. The calculated average gold intersections are less than 1.3 times the true width. Several other values between 0.5 g/t Au to 1.3 g/t Au were intersected. Intercepts in the table below 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.

The following is a summary of the results from the fourth drill hole:

HOLE MEDD- 004

From (m)	To (m)	Interval (m)	Average (g/t Au)	
5.00	6.00	1.00	0.61	
41.00	42.00	1.00	45.2	45.2
59.00	60.00	1.00	0.98	
60.00	61.00	1.00	1.06	
71.00	72.00	1.00	1.39	
88.00	89.00	1.00	0.6	
156.00	157.00	1.00	0.89	
158.00	159.00	1.00	0.85	
161.15	161.50	0.35	0.58	
165.00	165.54	0.54	0.59	
172.00	173.00	1.00	0.58	1.49 g/t over 9 m
173.00	174.00	1.00	0.93	
174.00	174.40	0.40	1.53	
174.40	175.00	0.60	1.63	
175.00	176.00	1.00	1.87	
176.00	177.00	1.00	2.67	
177.00	178.00	1.00	2.19	
178.00	179.00	1.00	0.87	
179.00	180.00	1.00	0.33	
180.00	181.00	1.00	0.77	
208.00	209.00	1.00	7.36	7.36
229.00	230.00	1.00	1.36	
238.00	239.00	1.00	0.72	

MEDD-003

From (m)	To (m)	Interval (m)	Average (g/t Au)	
78.00	79.00	1.00	6.2	6.2
184.00	185.00	1.00	1.48	
185.00	186.00	1.00	0.82	
209.00	210.00	1.00	1.06	

228.00	229.00	1.00	1.07	
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230.00	231.00	1.00	0.79	
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244.00	244.36	0.36	1.07	1.29 g/t Au over 6m
244.36	245.00	0.64	0.38	
245.00	246.00	1.00	1.65	
246.00	247.00	1.00	1.32	
247.00	248.00	1.00	0.10	
248.00	249.00	1.00	2.52	
249.00	250.00	1.00	1.50	

258.00	259.00	1.00	0.89	
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Core samples were generally taken at 1.0 meter intervals with exceptions varying from 0.3 to 1.3 meter due to particular rock types. Sampling was done utilizing a core saw to split core in two parts, sending one half to the laboratory and keeping the other half as witness core. All core drill samples were 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.

Together with the contiguous Praso property, Midlands controls 160 square kilometres of a prime gold exploration district delineated by a 16 kilometre corridor with large soil gold anomalies providing excellent potential for the discovery of several gold deposits on the property. 10,000 meters of drilling are in progress, using a diamond core drill on the Esaase open pit and an RC drill to drill the highly prospective extensions.

The scientific and technical information contained in this press release has been reviewed by Marc Boisvert, P.Eng. Midlands' Vice President - Exploration, who is a Qualified Person within the meaning of National Instrument 43-101.

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. 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.

The TSX-V has in no way passed upon the merits of the proposed transactions and has neither approved nor disapproved the contents of this press release.

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