



TSX-V: MEX

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**MIDLANDS MOVES TO JV
DIAMOND ASSETS IN TANZANIA**

TORONTO, CANADA, Monday, June 21st, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce the Company has retained the services of DIAKIM Consulting Ltd. (“DIAKIM”) to conduct an assessment of the Diamond potential of the Itilima Diamond project in Tanzania. The key expert involved in the assessment is Dr. Matthew Field, Pr. Sci., Nat FGS, a resource geologist formerly with De Beers. Dr Field is co-founder of junior diamond explorer Thanda Resources Inc, where he is currently Senior VP Exploration. Matthew Field has over 25 years of diamond and kimberlite exploration and project evaluation experience, and is a Qualified Person within the definition of National Instrument 43-101.

Matthew Field’s extensive international experience in the diamond industry includes Nunavut Canada, where Thanda are actively exploring. He is a recognized expert in kimberlite geology and his extensive diamond experience includes diamond ore body delineation and resource evaluation. The final product is an NI 43-101 report on the diamond potential of the Itilima project, and this is expected by the end of July, 2010.

“We have been seeking a partner to assist in the development of our diamond assets in Tanzania and I am pleased to see this first significant step in that direction. I have always maintained there is room for more than one world class diamond mine in Tanzania”, said Kim Harris, President and Chief Executive Officer.

A Magnetic and Radiometric airborne survey was conducted on the Itilima project by Fugro Airborne Services Inc in 2004. The survey identified a total of 82 kimberlite targets of which 9 are known kimberlites, and 22 are kimberlite targets. Two kimberlites (K1 and K2), drilled to a depth of 60 metres in 2004, were found to be diamondiferous and were found to contain diamondiferous favourable chemistry and indicator minerals. Eleven micro diamonds were found, including a high chromium G10 garnet from a 267.2 kilogram sample assayed by SGS Lakefield Research Laboratories in Ontario, Canada. An MMI survey was conducted on all the kimberlite targets in 2008 and the results are encouraging.

The assessment will take into account local factors including local mining history on the Mwadui Williamson open pit diamond mine, the geological variability of Tanzanian kimberlites and its potential influence on diamond grade and geophysical signatures, as well as its effects on kimberlite indicator mineral dispersion. These critical factors will be assessed in the context of project evaluation and the economic consideration of the Itilima project development. Itilima Diamond project is 25 kilometers south of Mwadui-Williamson (“Mwadui”) open pit Diamond Mine formerly operated by De Beers.

Please click here to view map:

www.midlandsminerals.com/press_releases/images/Itilima_Map_17JUN10.pdf

ABOUT MWADUI-WILLIAMSON MINE

The Mwadui-Williamson Mine was discovered in 1940 by Dr. John Thoburn Williamson, a Canadian geologist who went to Africa in 1934 after receiving a Ph.D. in Geology from McGill University. He initially worked as an exploration geologist for Anglo-American Corporation before his discovery on March 6, 1940, of what is now known as the world's largest economic pipe.

Mwadui covers 146 hectares of surface area, and is the world's largest economic kimberlite and Tanzania's largest diamond mine, having produced more than 20 million carats since the 1940s. It accounts for 95% of Tanzania's diamond production, with a current production of approximately 300,000 carats per year.

The largest Mwadui diamond found to date was 241 carats and this was found in 1956. Recent diamond discoveries on Mwadui range in size from 120, 142, 172, 174, and 181 carats. The most famous 54.25 carat and priceless "pink" diamond was found in 1947, and was given to Queen Elizabeth the 2nd as a wedding gift.

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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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.