



TSX-V: MEX

MARCH 22, 2010

**MIDLANDS ANNOUNCES VTEM AIRBORNE SURVEY
TO ACCELERATE DRILLING ON SIAN AND PRASO – GHANA**

- **Drilling proceeding as planned on Sian with target of +1 million ounces**
- **VTEM Airborne Survey to provide high resolution and superior exploration depth of greater than 400 metres**
- **VTEM results together with soil geochemistry and underlying geology to allow spotting of drill targets directly off the airborne survey results**

TORONTO, CANADA: Monday, March 22nd, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce that the Company has retained the services of Geotech Airborne Limited S.A. (“Geotech”) to conduct a VTEM Airborne Survey over Sian and Praso on the Ashanti Gold Belt, and on the Company’s Kaniago project on the Asankrangwa Gold Belt.

“Drilling on Sian is going well, and we are right on target. We are excited to have the opportunity to accelerate the spotting of drill targets on Sian, Praso, and Kaniago by using an innovative electromagnetic system which has brought success to many exploration programs. Geotech is ready to go, and all the required permits are in place,” said Kim Harris, President and CEO.

The VTEM (Versatile Time Domain Electro-Magnetic) survey will commence on March 26, 2010 on Sian and Praso, and will involve 905 km of lines on Sian and Praso, and 280 km of lines on Kaniago.

Midlands has elected to use VTEM because it provides high resolution and superior exploration depth of greater than 400 metres, while utilizing a low base frequency for penetration through conductive ground cover. Drill targets can be spotted directly off the airborne results in precision electromagnetic measurements, because of the high resolution and depth of investigation.

“We have been tightening up the soils grids on Sian, Praso and Kaniago, and working with SGS Canada Inc. and with Midlands’ Technical Advisor, Dr. David Groves, a renowned expert on Ghana geology. The results from the VTEM airborne survey will provide the third dimension, thereby providing an opportunity for Midlands to meet its targets,” said Kim Harris.

The technical information in this news release has been reviewed by Pierre Lalande, P.Geo, 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
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.

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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.