



**HOLE # 5 INTERSECTS 3 SIGNIFICANT GOLD INTERVALS
DISTRIBUTED OVER 75 M AND OPENS THE SOUTH AREA
OF THE ESAASE DEPOSIT ON SIAN - GHANA**

TSX-VN: "MEX"

TORONTO CANADA, July 24th, 2007: Midlands Minerals Corporation ("Midlands" or the "Company") is pleased to announce results from diamond drill hole number 5 identified 3 significant gold intervals distributed over 75 meters and opens the south part of the Esaase deposit on Sian. The Sian property is on trend 30 km northeast of Newmont Mining's Akyem deposit with over 8 million ounces of gold.

"This hole is very important because it opens the deposit's down plunge in the south part, indicating 2 to 3 additional zones above the targeted drill zone. It shows a change in direction of the deposit. These results open more untested ground south of the pit and give us more confidence as we proceed with the remaining part of the 10,000 meter drill program", said Marc Boisvert, P.Eng., Vice President Exploration.

Hole MEDD 005 was designed to test the south limit of the currently known deposit. The hole intersected gold mineralization at a shallower depth than expected and intersected three significant gold intervals distributed over a distance of 75 meters (from 107.6 meters to 183 meters) with anomalous values between the intervals. This re-enforces the possibility that additional gold mineral lenses are present in the hanging wall rock above the targeted horizon of this drill program.

Because this was also observed in four diamond holes previously reported by the Company (MEDD 001, 002, 003 and 004), the Company's interpretation is that there is an envelop of 30 to 60 meters in width, hosting gold bearing lenses above cut-off grades of 0.5 g/t, with anomalous gold values between intervals. This will have to be considered in the geological model to determine and evaluate the significant impact of these additional lenses as the Company begins to calculate ore resource estimates.

"We are half way through this initial drilling program and the results have already demonstrated the potential of the Sian property. We have confirmed the deposit grade and continuity to deeper levels than the levels the previous operator was planning to mine. Now that confidence at depth is demonstrated, the next part of the program will focus on drilling lateral extensions of the Esaase pit to 400 meters on both sides to a minimum depth of 200 meters," said Marc Boisvert, P.Eng.

The following is a summary of intersections from **MEDD-005**. Intercepts shown 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.

1.66 g/t Au over 4 meters from 107.6 m to 110.0 m
2.08 g/t Au over 11 meters from 155 to 166 m
(including 13.93 g/t Au / 1 m from 159 to 160m and 3.50 g/tAu / 1 m from 164 to 165m.)
1.11g/t Au over 6 meters from 176m to 183
15.36 g/t Au over 1meter from 218 to 219 m

Core samples are generally taken at 1 meter intervals with exceptions varying from 0.3 to 1.3 meters due to the particular rock type. Sampling is done utilizing a core saw to split the core in two parts, sending one half to the laboratory and keeping the other half as witness core. All core drill samples are 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.

“There are 2 diamond drill hole assays still pending and we are expecting to receive these within the next two weeks”, said Kim Harris, President and Chief Executive Officer.

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 is 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 this news release and has neither approved nor disapproved the contents of this press release.

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