



TSX-V: MEX

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**GOLD RESULTS INDICATE A ROBUST
DOWN PLUNGE EXTENSION OF SIAN DEPOSIT TO 230 METRES**

- Gold grades are continuous and consistent from hole to hole

TORONTO, CANADA: Friday, September 24th, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce gold intersections from four recent diamond drill holes confirm continuity of gold grades at depth on the Sian project in Ghana. The drilling indicates a robust geological model for the gold mineralization. Importantly, gold grades are continuous from hole to hole and are likely to increase the current resource of 400,000 ounces of gold grading an average of 2.3 g/t. This resource lies within the small proportion of the Sian property drilled so far. The property contains a number of significant geophysical and geochemical anomalies which are currently being assessed.

Holes MEDD 28-31 contained the following gold intersections:

- 15.5 metres grading 2.3 g/t including
 - 3 metres grading 3.42 g/t,
 - 3 metres grading 4.04 g/t
- 10.1 metres grading 2.20 g/t including
 - 3 metres at 3.52 g/t
- 15.1 metres grading 1.58 g/t

“These results confirm the significant potential for expanding the Sian gold deposit and demonstrate potential for much higher gold grades below the 150 metre level. With these diamond drill holes spaced only 50 metres apart, the assays are connecting the dots and expanding the resources,” said Kim Harris, President and Chief Executive Officer.

To view the sections, please click the link below:

www.midlandsminerals.com/press_releases/images/Sections_MEDD028_31.pdf

Current diamond drilling is testing the northern extension of the Sian gold deposit along strike and at depth. About 9,500 metres of 20,000 planned metres have been drilled to date and drilling is ongoing.

Below is a summary of four recent diamond drill holes, numbers 28 to 31, drilled in September 2010, to test the down plunge extension of the mineralized body:

Summary of Gold Drill Intercepts (0.5 g/t Au cut-off)

Hole ID	From	To	Interval	Grade (g/t)	Hole Depth
MEDD-10-28	182	197.5	15.5	2.37	300.2
MEDD-10-29	223	226	3	0.68	350.8
	232	247.15	15.15	1.73	
Including	232	242.1	10.1	2.42	
MEDD-10-30	31	33	2	0.73	315.5 metres
MEDD-10-30	158	159	1	0.64	
MEDD-10-30	162	165	3	0.64	
MEDD-10-30	202	204	2	1.05	
MEDD-10-30	231	234	3	1.66	
MEDD-10-30	259	260	1	0.54	
MEDD-10-30	292	298	6	1.04	
MEDD-10-30	308	310	2	2.79	
MEDD-10-31	191	192	1	4.6	365.1 metres
MEDD-10-31	204	206	2	0.5	
MEDD-10-31	243	244	1	8.08	
MEDD-10-31	255	257	2	0.59	
MEDD-10-31	258	259	1	0.53	
MEDD-10-31	263	267	4	2.47	
MEDD-10-31	272	275	3	1.75	
MEDD-10-31	290	291	1	2.07	
MEDD-10-31	318	319	1	1.89	

Core samples are generally taken at 1 metre intervals with exceptions varying from 0.3 to 1.5 metres 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 were assayed using standard 50 gram fire assay with atomic absorption finish. QA/QC programs are in place using blanks and external standard samples.

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 metres) of less than 0.5 g/t Au. All holes were drilled in direction at an angle of 90° with the deposit trend. The dip of the holes were planned to intersect at a specific vertical depth. The dip of the deposit is varying between 70 to 80 degrees.

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.

The technical information in this news release has been reviewed by David Groves, PhD, Technical Advisor to Midlands and 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' second priority project is the highly prospective Kaniago gold project, which is located on the Asankrangwa Gold belt and is contiguous to two past open pit gold producers - Abore to the north and Obotan to the south.

Midlands also holds highly prospective licences for gold and diamonds in the Lake Victoria Goldfields in Tanzania, including its advanced Itilima Gold project which lies within the Geita-Bulyanhulu-Sekenke Trend, which is host to over 40 million ounces in gold reserves.

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.