



MIDLANDS REPORTS GOLD STRUCTURE EXTENDS OVER 200 M NORTH WITH POTENTIAL FOR HIGHGRADE MINERAL SHOOTS OF +5 G/T AT SIAN - GHANA

TSX-VN: "MEX"

TORONTO CANADA, August 29th, 2007: Midlands Minerals Corporation ("Midlands" or the "Company") is pleased to announce assay results from diamond holes number 6 and 7 show the Esaase open pit gold structure extends for over 200 meters north of the open pit mine, with potential for high grade mineral shoots of over 5 g/t of gold at Sian, Ghana. Sian is a fully permitted past gold producer with a gold recovery of 91%. The property is 30 km northeast of Newmont Mining's Akyem deposit with over 8 million ounces of gold and is on trend. Drilling is in progress on the Sian property.

"We are pleased with these results. Hole MEDD-007 is very important because the results allow us to connect the north limit of the 100,000 ounce gold resource (1.3 million tonnes @ 2.3 g/t Au) to Sian's previous drill intersections which assayed 5.75 g/t Au over 12.03 meters. This now extends the gold bearing structure hosting the Esaase mineralization for over 200 meters towards the north of the known resource", said Marc Boisvert, P.Eng., Vice President Exploration.

Drill hole MEDD-007 intersected two anomalous gold bearing zones of 13 meters and 14 meters respectively, each hosting an interval grading above the company's 0.5 g/t gold cut-off. This indicates the north part of the Esaase mineralization is divided into two lenses.

Results from MEDD-001, which were reported on May 10th, 2007, intersected 10.81 g/t of gold over 7 meters at a 157 meter vertical depth. The Company's interpretation is that the gold mineral intercepts of a previous Sian hole (ZKE390-1) and Midlands' MEDD-001 are part of a high grade mineral shoot located in the north part of the deposit. This is significant because it greatly enhances the potential to increase the average grade towards the north end of the Esaase open pit.

Hole MEDD-006 was designed to test the south limit of the currently known deposit at a depth of 200 meters. This hole intersected gold mineralization at a shallower depth than expected as was the case with hole MEDD-005 which was reported on July 24th, 2007.

"This re-enforces our interpretation that the mineralization on the south part of Esaase changes its orientation toward the southeast in the direction of an area of ground not previously tested by drill holes", said Marc Boisvert, P.Eng.

There are also encouraging results from hole number MEDD-006 which intersected a gold anomalous mineral-alteration zone over 22 meters from 158.0 meters to 180.0 meters. MEDD-006 and MEDD-007 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.

Hole MEDD-006	2.43 g/t Au over 5.64 meters from 158.36 to 164.0 meters
Hole MEDD-007	0.52 g/t Au over 2 meters from 28.0 to 30.0 meters
	0.87 g/t Au over 4 meters from 117.0 to 121.0 meters

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.

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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