



MIDLANDS MINERALS REPORTS SIGNIFICANT GOLD MINERALIZATION IN FOLLOW UP RC DRILLING AT SIAN, GHANA

TSX-V: MEX

- **significant gold mineralization in more than 50% of the drill holes**
- **drill results successfully extended known mineralization on Sian**
- **new targets found west of the Esaase pit**

TORONTO, CANADA July 31st, 2008: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to report the results of the additional 22 holes totalling 2,707 metres of RC drilling completed in May 2008 have successfully extended the known mineralization in each of the existing areas tested, and have identified a new target west of the Esaase pit. More than 50% of the holes encountered significant gold mineralization.

“Midlands is encouraged by these drill results which confirm both the postulated extension of the mineralized structures and the anticipated parallel zones”, said Joe Hinzer, M.Sc., P.Geo., Chief Operating Officer.

The follow-up drill program was designed to assess targets identified as a result of the recently completed NI 43-101 Resource Estimation undertaken by Geostat Systems International Inc. (“Geostat”) (see news release dated May 13, 2008). The Geostat Resource estimation showed the indicated resource increased by 92% up from 100,000 ounces to 192,400 ounces (2,568,000 tonnes at 2.33 g/t Au), and the inferred resource went up from 100,000 ounces to 203,350 ounces (2,694,000 tonnes at 2.35 g/t Au), an increase of 103.4%.

Additionally, the gold mineralization encountered in RC holes 54, 55, 61, 63, holes 66 and 68 and 71, is expected to add to the current inferred mineral resource.

Esaase South area RC hole number 61, which cored 3 metres grading 5.41g/t has extended the structure for more than 200 metres and the zone remains open to the south. Hanging Wall zone RC holes number 54 and 71 encountered 2 metres grading 15.13g/t and 2 metres grading 11.22g/t respectively, extending the Hanging Wall for more than 100 metres along strike. This drilling has also traced a parallel zone located approximately 80 metres to the east of the Hanging wall zone, for more than 600 metres along strike (see RC holes number 55, 65, 66, and 68 in the table 1 below).

Mpeyo Zone 1 mineralization was also extended 100 metres further to the north (see RC hole number 73). This zone remains open along strike in both directions.

RC hole number 75 which was testing a previously untested geochemical anomaly, encountered a narrow mineralized vein assaying 4.84g/t over 1m. This anomaly lies approximately 250 metres west of the pit and has a strike length in excess of 500 metres.

The drilling targeted four specific areas: two sites contiguous to the Esaase pit, the Esaase South area (6 holes), and the South Extension and Hanging Wall zones (11 holes), and two exploration

targets, the Mpeyo 1 zone (2 holes) to the southwest, and the previously untested geochemical anomaly immediately west of the Essase pit (2 holes).

Please click on the link below to view the map

www.midlandsminerals.com/press_releases/images/Sian_Structure_07_08.pdf

TABLE 1 SUMMARY OF SIGNIFICANT ASSAY RESULTS

Hole No	Core interval m	Core length m	Au g/t
Esaase South Area			
MERC 0060	2-4	2	1.12
MERC 0061	14-17	3	5.41
	35-36	1	1.31
MERC 0063	85-86	1	1.27
Hanging Wall and South Extension Area			
MERC 0054	14-16	2	1.04
	100-102	2	15.13
	123-124	1	4.08
MERC 0071	6-9	3	2.21
	18-20	2	0.57
	47-49	2	11.22
	93-94	1	1.80
MERC 0055	51-54	3	0.73
	82-84	2	2.07
MERC 0056	75-76	1	3.78
	87-89	2	0.77
MERC 0065	104-107	3	3.11
MERC 0066	22-26	4	1.97
	31-33	2	1.35
MERC 0067	72-74	2	1.82
MERC 0068	32-34	2	0.87
Mpeyo 1 Zone			
MERC 0073	7-9	2	0.56
	15-16	1	1.18
	56-57	1	2.98
	98-99	1	3.91
West Geochem Target			
MERC 0075	90-91	1	4.84

Please note: all assay intervals are metres of core length. True width of the zones, have not been determined but are estimated to be approximately 70% of true width.

Reverse Circulation (RC) drilling samples were taken at 1 metre intervals under dry drilling conditions by RSG Global Consulting Inc. (“RSG”) utilizing drilling and sampling techniques widely accepted in RC drilling programs. RSG are international geological consultants operating in Ghana, South Africa and Australia. RC Samples were collected via a cyclone at one metre

intervals, riffle split and taken for analysis. Field residues were retained in plastic bags on site. Drill pad and access preparation was carried out by using Cat D6 bulldozer wherever possible. All RC holes were logged on site by an RSG geologist using standard logging procedures and templates and representative samples which were collected in chip trays are stored at the Esaase Mine base camp in Ghana. QA/QC programs were in place using blanks and external standard samples. The company inserted Standard reference material (5% of samples), insertion of Blank material for each hole, and RC field duplicates taken (5% of samples).

All samples were sent to the SGS Laboratory in Tarkwa, Ghana, where they were assayed using standard 50 g fire assay with atomic absorption finish. SGS laboratories comply with ISO/IEC 17025 accreditation in applying internal assay quality control procedures.

Planned Work on Sian and Praso

Midlands is currently completing a compilation of all the available data for both the Sian and Kwahu Praso projects. In addition to the planning of the definition drilling at Sian, Midlands also intends to complete an airborne magnetic and radiometric survey over the entire Sian / Praso property to help prioritize the numerous soil geochemical targets for follow-up exploration and drill testing.

The scientific and technical information contained in this press release has been reviewed by Joe B. Hinzer, M.Sc, P.Geo, Chief Operating Officer, who is a Qualified Person within the meaning of 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 low risk countries with a history of gold mining. The Company mitigates potential risk to investors by operating in two politically stable countries with well established mining laws, and by having several high quality projects located near major gold deposits and on known prolific gold producing belts.

The Company has a highly qualified management and technical team with extensive experience in the countries in which the Company operates. The Company's priority project is the fully permitted and past gold producer, Sian gold project, located on the Ashanti Gold Belt in Ghana. **For more information on the Company, please visit Midlands' investor relations website at www.agoracom.com/IR/MidlandsMinerals or email MEX@agoracom.com.**

On behalf of the Board

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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 and there has been insufficient exploration to define a mineral resource. Further, the Company is uncertain if further exploration will result in discovery of a mineral resource. 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.