



TSX-V: MEX

FEBRUARY 3, 2009

**MIDLANDS MINERALS ANNOUNCES
GRANTING OF OPTIONS**

TORONTO, CANADA February 3, 2009: Midlands Minerals Corporation (“Midlands” or the “Company”) announces granting of options in accordance with the TSX Venture Exchange policies and consistent with the Company’s Stock Option Plan as approved by the shareholders of the Company on June 25, 2008.

1,280,290 options, valid for a period of sixty (60) months, with an expiry date of February 2 2014, have been granted to consultants, employees and directors of the Company. The options are exercisable at the price of \$0.40 per share.

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. Midland’s 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 exceptional 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 kilometers northeast of Newmont Mining’s +8.7 million Akyem gold deposit.

The Company has a highly qualified management and technical team with extensive experience in the countries in which the Company operates. For more information on the Company, please visit Midlands’ Web Site 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.

Midlands Minerals is one of 40 companies covered in the **Haywood Securities Junior Exploration Index**. The Haywood Junior Explorer Index (“HJEI”) tracks the performance of the group of junior exploration companies relative to the market. The HJEI is a bi-monthly publication by Haywood Securities Inc. Midlands Minerals Corporation has also received coverage from e-Research and Objective Capital Limited (UK).

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 source. 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.