



TSX-V: MEX

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MIDLANDS BEGINS DRILLING ON NEW PRIORITY AIRBORNE TARGETS

- Additional RC rig added to Sian/Praso program to drill priority target area 5 km north of Sian gold deposit;
- Sian 400,000 oz resource being updated based on 9,500 metres drilled to date

TORONTO, CANADA: Monday, October 4th, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce the addition of an RC drill rig to begin drilling on priority target A1, as identified by the airborne survey. Priority target A1 will be drilled concurrently with ongoing diamond drilling on Sian/Praso.

“By drill testing the A1 target, which lies approximately 5 kilometres north of the Sian deposit where current drilling is ongoing, this new drilling is expected to extend and expand the size of the gold mineralization northwards into the contiguous Kwahu Praso property. 5,100 metres of RC drilling are planned on the A1 target. The additional rig is expected to accelerate the pace of our drilling, and we expect this to result in more frequent reporting of drill assays,” said Kim Harris, President and Chief Executive Officer.

Sian/Praso is a 160 square kilometre prime gold district broadly delineated by a 16 kilometre gold mineralized corridor. The eight highly ranked target zones as indicated on the map below, all fall within this mineralized corridor. Of the delineated priority target zones, A1 is one of three selected priority zones, which were given a “very high priority” rating because the airborne interpretation coincided with gold-in-soil geochemical anomalies.

Please click the map link below to view map:

http://www.midlandsminerals.com/press_releases/images/Sian_Praso_Map_4OCT10.pdf

Priority target A1 was delineated by Geotech Airborne Limited from a compilation of airborne results with gold in the soil geochemistry and underlying geology, with ground observations from Midlands’ geologists on the ground. RC drilling on priority target A1 will run concurrently with ongoing diamond drilling at the Sian open pit area, where drilling is now focused on testing the northeastern extension of the Sian gold deposit, with the objective of increasing the current resource to the Company’s initial target of one million ounces of gold.

The Sian property contains Esaase and Ampeha, two previously producing open pit gold mines with significant growth potential. Midlands’ contiguous Kwahu Praso project, which was once part of Sian, contains extensions of the Esaase and Ampeha trends.

Priority drill targets delineated by the Airborne survey are within a broad northerly trending zone with a high potassium to thorium ratio in the radiometrics, with possible demagnetization as demonstrated by the aeromagnetics, forked aeromagnetic lineaments, and discontinuities in VTEM

resistors/conductors. These zones, in the volcanic rocks, are also associated with known gold mineralization and geochemical anomalies.

The integrated geophysical interpretation of the Sian/Praso helicopter borne versatile time domain electromagnetic (VTEM) survey was carried out by Qualified Geophysicists from Geotech Airborne Limited, under the leadership of Dr. Magdel Combrinck, PhD, Senior Geophysicist. The ongoing geological interpretation to more closely define specific targets within target zones is being carried out by the Midlands team under the direction of David Groves, PhD, a Qualified Person under National Instrument 43-101 and Midlands' Technical Advisor.

Midlands also offers its congratulations to Dr. David Groves, who recently received the Penrose Gold Medal awarded by the Society of Economic Geologists. The medal recognizes a full career in the performance of "unusually original work in the earth sciences." David Groves is a world leader in economic geology, and in the interpretation of geological structures, and has a broad knowledge of the major gold deposits in Ghana. He has, also recently been closely associated with a gold discovery in Tanzania within a new gold province.

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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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.