

FOR IMMEDIATE RELEASE

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MIDLANDS MINERALS REPORTS ADDITIONAL
EXPLORATION TARGETS ON SIAN - GHANA

TSX-VN: "MEX"

TORONTO CANADA, March 8th, 2007: Midlands Minerals Corporation ("Midlands" or the "Company") is pleased to report compilation of drill data has revealed two new gold exploration targets at Esaase East and at Odumasua on the Sian property in Ghana. At Esaase East, a potential quantity of 300,000 - 400,000 tonnes grading at 2.0 to 3.0 g/t, and at Odumasua, 650,000 - 750,000 tonnes grading at 1.0 to 1.5 g/t Au. The potential quantity and grade are conceptual in nature at this time, and it is uncertain if further exploration will result in discovery of a mineral resource.

On February 28, 2007, Midlands reported results of soil sampling surveys done in November 2006 and January 2007 which outlined two trends parallel to the Esaase Mine. These two trends are associated with Esaase East and Odumasua gold occurrences which were drilled by Sian Goldfields in early 90's. This further highlights the importance of the two anomalous soil trends parallel to the Esaase open pit mine.

The compilation of this drill data and drawing of sections permitted Midlands to determine the quality of the gold showings and their importance for future exploration.

Esaase East is located 300 meters east and Odumasua is 940 meters east of the Esaase open pit mine. The Esaase East showing has been diamond core drilled by 14 holes at 50 and 100 meter spacing and Odumasua occurrence has been tested by 8 holes at 100 meter spacing. Both showings were tested above 150 meter depth.

Esaase East

BLOCK	FROM	TO	Interval	Grade
	(m)	(m)	(m)	(Au g/t)
ZKEE60-1	28	29	1.1	1.01
= 8 110-1	41	44	3.4	2.47
ZKEE210-1	79	81	2.3	7.57
ZKEE210-2	124	128	4.2	1.82
ZKEE260-2	24	25	0.9	0.56
ZKEE260-1	51	58	7.0	5.80
ZKEE310-3	43	51	7.7	0.82
ZKEE310-1	69	72	2.8	1.20
ZKEE310-2	150	156	6.2	1.23
ZKEE360-2	34	38	4.5	2.05
ZKEE360-1	69	76	6.5	0.86
ZKEE410-1	40	42	1.8	2.46
ZKEE510-1	34	35	1.2	0.60
ZKEE610-1	47	50	2.5	0.63

Odumasua

BLOCK	INTERSECTION			GRAD E (Au g/t)
	FROM (m)	TO (m)	Interval (m)	
ZKON50-1	106	113	7.0	0.47
IKON 150-1	41	50	9.0	1.20
ZKON150-1	56	62	6.0	1.10
ZKON150-2	160	166	6.4	0.77
ZKON250-1	58	65	7.8	2.08
ZKON250-2	43	51	6.7	1.57
ZKON250-2	100	112	11.4	1.58
ZKON350-2	71	76	4.3	1.63

The Esaase East gold deposit is associated with soil gold values as 220, 110 and 140 Au ppb while the Odumasua deposit coincides with soil values of 280, 89 and 57 Au ppb. The soils surveys reported on February 28, 2007 revealed the Esaase open pit mine with indicated resource of 100,000 gold ounces (1.3 million tonnes @ 2.3 g/t Au) (see May 1st 2006 news release) to be associated with an anomaly of 250 Au ppb up to 440 Au ppb. The two showings are located at the north extremity of two parallel trends indicating the potential to find additional resources along these trends toward the south over a strike length of 2 km.

"The good news is that the Esaase East trend hosts five anomalous sites above 500 ppb Au with one site up to 1430 ppb Au. The Odumasua trend has 5 sites above 350 ppb with one at 650 ppb Au. We start drilling in April and we will test the best anomalies on these two trends through RC drilling", said Marc Boisvert, P. Eng, Vice President Exploration.

The scientific and technical information contained in this press release has been reviewed by Marc Boisvert, P.Eng., 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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