



**TSX-V: MEX**

**AUGUST 9, 2010**

**MIDLANDS ANNOUNCES THREE PRIMARY ROBUST DRILL TARGETS  
ON KANIAGO – GHANA**

- Kaniago VTEM results show three primary robust drill targets
- Soil geochemistry results and geophysical signatures are encouraging, in the context of known significant deposits in the region
- Kaniago is 20 km south of Keegan’s 3.5 moz Au deposit
- Kaniago is contiguous to two open-pit past gold producers (Obotan to the south - 800,000 oz Au and Afore to the north – 300,000 oz Au)

TORONTO, CANADA, MONDAY AUGUST 9, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce that three robust drill targets and five secondary targets have been delineated on the Kaniago gold project in Ghana.

“Midlands has always regarded Kaniago as a highly prospective project next to Sian/Praso. The fact that geology, geochemistry and geophysical targets coincide, is very encouraging”, said Kim Harris, President and Chief Executive Officer.

The drill targets identified are represented by geochemical footprints of up to 1km long in folded metasedimentary rocks of the Birimian System, with promising geophysical signatures interpreted in the context of known deposits in the region.

The VTEM data on Kaniago, together with previous data, define the conjunction of NE trend, high gold in soil, and possible bounding structures defined as resistivity anomalies that are used to delineate the current targets. The geophysical airborne survey, which was conducted by Geotech Airborne Limited in April 2010, included VTEM, Aeromagnetics and Radiometrics in terms of the geology and gold – in – soil surveys. Of the eight targets, four are considered to be top priority while four are secondary targets.

Kaniago, the Company’s second priority project next to Sian/Praso, is located on the Asankrangwa Gold belt and is contiguous to past open-pit gold producers, Obotan to the south (800,000 ounces), and Afore to the north (300,000 ounces). The project is 20 km south of Keegan’s 3.5 moz deposit and has a broad, somewhat discontinuous 7 km long gold soil anomaly on strike with Afore and the Keegan Resources.

“We are moving Kaniago up the food chain as quickly as we can, and we plan to commence drilling the first two priority targets in the 4th quarter of 2010”, said Kim Harris.

Kaniago lies in a NE to NNE trending belt of Birimian metasedimentary rocks that include three mineralized corridors, which are all represented on Kaniago.

*To view the map, please click on the link below:*

[www.midlandsminerals.com/press\\_releases/images/Kaniago\\_Compilation\\_Map\\_100808.pdf](http://www.midlandsminerals.com/press_releases/images/Kaniago_Compilation_Map_100808.pdf)

The Kaniago – Abore - Keegan Trend regionally contains Keegan’s 3.5 moz Au , and Abore’s 300,000 oz Au resource. The Kaniago Adubiaso Trend contains the Adubiaso deposit, while the Kaniago – Obotan Trend is associated with 800,000 ounces of gold.

“All these deposits have geochemical and geophysical footprints of 500 metres to 2 kilometres length that are elongated in a NE to NNE direction. They are all steeply dipping quartz vein arrays or stockworks commonly with associated silification that produce potentially resistive zones in otherwise conductive carbon-bearing metasedimentary rocks”, said David Groves Ph D, Technical Advisor to Midlands.

The first priority targets are Kaniago West and Mmooho, which are defined by a gold geochemical footprint about 1km long and 500 m wide, elongated in a NNE direction. It is interpreted to be related to a crosscutting and more resistive segment of an ENE – trending aeromagnetic lineament. All data are consistent with a gold mineralized system similar to other known gold deposits in the region.

The second priority target, Besease, is defined by an 800 m long and 200 m wide gold geochemical anomaly, with enhanced conductivity potentially related to gold-related alteration by analogy with other deposits in the region. Similar associations are noted at the Keegan Resources deposit. There are other secondary targets at Kaniago with NE –NNE trends with associated geochemical or geophysical indicators of mineralization.

#### **UPDATE ON SIAN-PRASO**

Diamond Core Drilling is ongoing on the Company’s priority projects – Sian and Kwahu Praso and assays are pending. The Company has drilled approximately 8,000 of the 20,000 planned metres to date (about 40%), and will shortly be announcing an expanded program taking into account the interpretation of the VTEM results.

The technical information in this news release was reviewed by Dr David Groves, PhD, a Qualified Person within the definition of the 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 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 also holds highly prospective licences for gold and diamonds in the Lake Victoria Goldfields in Tanzania.

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](http://www.midlandsminerals.com).

**On behalf of the Board**

Kim Harris  
President and Chief Executive Officer

**For further information, please contact:**

Kim Harris, President and CEO  
1210 Sheppard Avenue East, Suite 302  
Toronto, Canada M2K 1E3  
E-Mail: [info@midlandsmineals.com](mailto:info@midlandsmineals.com)

CEO Direct Line: + 1 416 447 6882  
Tel: + 1 416 492 6992  
Fax: + 1 416 492 6993  
Website: [www.midlandsmineals.com](http://www.midlandsmineals.com)

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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](http://www.sedar.com).*