



TSX-V: MEX

MARCH 2, 2010

MIDLANDS MINERALS AT BOOTH #2637 AT THE PDAC

Midlands Minerals invites you to visit us at our booth at the PDAC, which is taking place from March 7th – 10th, 2010, at the Metro Toronto Convention Centre, South Building, located at 222 Bremner Boulevard.

7-10 March: Midlands Minerals will be exhibiting from March 7-10 at Booth #2637.

Exhibit Hours: Sunday, March 7: 10:00 am – 5:30 pm
Monday, March 8: 10:00 am – 5:30 pm
Tuesday, March 9: 10:00 am – 5:30 pm
Wednesday, March 10: 9:00 am – 12:00 pm

8 March: Kim Harris, President and CEO of Midlands Minerals, will be presenting at the PDAC Exchange Forum in Room 802AB, on March 8th at 2:40 pm.

9 March: Kim Harris will also be presenting at Mine Africa's *Investing in African Mining Seminar* at the Sheraton Centre Hotel at 123 Queen Street West, Toronto, Ontario, M5H 2M9. The event lasts from 7:55 am to 11:15 am.

There is no charge to visit the Investor's Exchange. If you wish to register in advance for PDAC, or for the Investor Exchange Forum only, you can do so here:

<http://www.pdac.ca/pdac/conv/2010/registration.html>.

We look forward to seeing you at our booth and at the special sessions.

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.midlandsmine.com.

On behalf of the Board

Kim Harris
President and Chief Executive Officer

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