



TSX-V: MEX

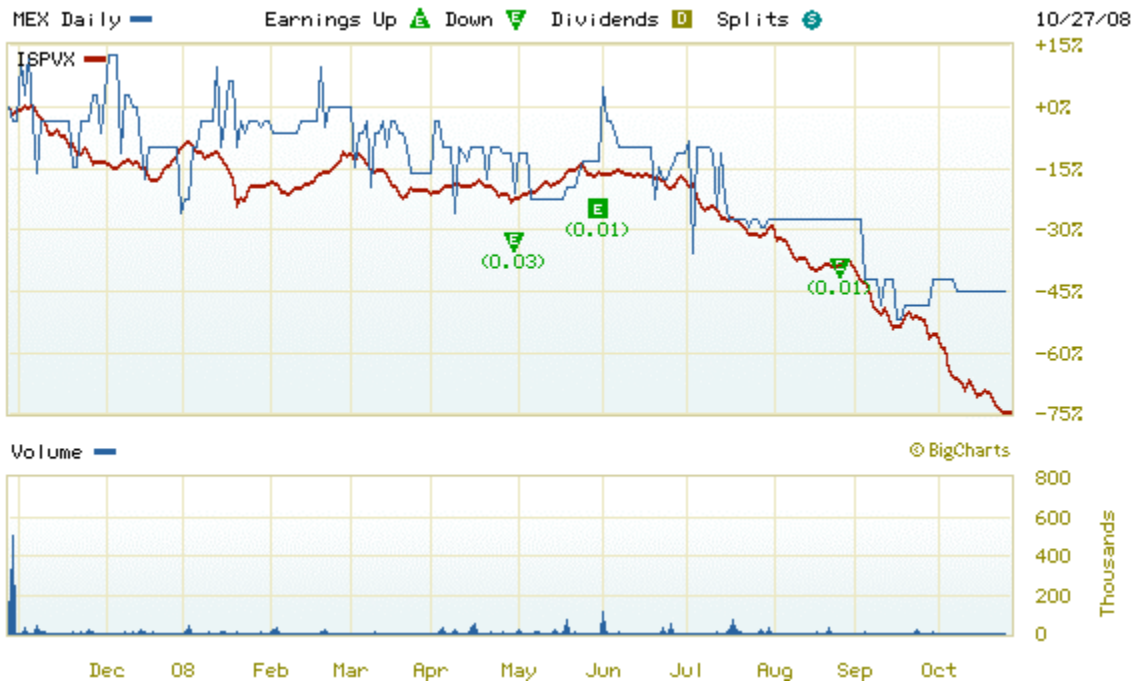
OCTOBER 30, 2008

THE NEXT PHASE OF DRILLING IS EXPECTED TO SIGNIFICANTLY INCREASE THE RESOURCE ON SIAN, GHANA

While market conditions are keeping us all on our toes, Midlands Minerals would like you to know that we have been very busy in the field in preparation for further drilling on the Sian and Kwahu Praso (“Sian/Praso”) projects in Ghana. 452 soil samples were collected on Sian/Praso during the month of October 2008.

Sian and Kwahu Praso are located on the prolific Ashanti Gold Belt, just 30 km north east of Newmont Mining’s +8.7 million oz Akyem gold deposit. Sian has a 30 year mining lease, and is a fully permitted past open pit gold producer (2001-2004) with existing infrastructure, roads, power, water, including a CIL plant and a recently upgraded NI 43-101 compliant mineral resource estimate (see news release dated April 4, 2008).

The Chart below shows Midlands Minerals’ performance during these turbulent times relative to the **S&P/TSX Venture Index** (Blue line is Midlands).



ABOUT MIDLANDS MINERALS

Midlands is a growth oriented and value based gold exploration company operating in Ghana and Tanzania, two stable low risk countries with a history of gold mining. The Company mitigates potential risk to investors by operating in two politically safe countries with well established mining laws, and by having several high quality projects located near major gold deposits and on known prolific gold producing belts.

The Company has a highly qualified management and technical team with extensive experience in the countries in which the Company operates. The Company's priority project is the fully permitted and past gold producer, Sian gold project, located on the Ashanti Gold Belt in Ghana.

For more information on the Company, please visit Midlands' investor relations website at www.agoracom.com/IR/MidlandsMinerals or email MEX@agoracom.com.

On behalf of the Board

Kim Harris
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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 featured 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.

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 resource. 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.