



TSX-V: MEX

NOVEMBER 20, 2008

MIDLANDS MINERALS IN HAYWOOD'S JUNIOR EXPLORATION INDEX

Midlands Minerals is pleased to share with you the **Haywood Securities Mining Flash** which was released on November 18, 2008.

Midlands Minerals is number 13 in the top 20 companies under Year-to-Date performance category, and number 10 in the top 20 in the Quarter-to-Date category.

Please click the link below for today's report:

<http://www.haywood.com/pdf/files/JrMMNov182008.pdf>

Midlands Minerals is one of 40 companies covered 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. Midlands has also received coverage from e-Research and Objective Capital Limited (UK).

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.

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