



**TSX-V: MEX**

**MARCH 3, 2010**

## **EXPLORATION UPDATE – SIAN/PRASO, GHANA**

TORONTO, CANADA: Wednesday, March 3<sup>rd</sup>, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce that drilling on Sian is going well. Assays from the first 4 holes have been received by the Company and will be published within a day. “We are pleased with SGS Laboratories’ turnaround time for assays,” said Kim Harris, President and Chief Executive Officer.

### **Drilling Update**

“We have just crossed 3,000 metres now, and we are well on our way towards the 20,000 metres that are planned. We are pleased to report that we are drilling almost 25% more metres per day than anticipated,” said Kim Harris.

Please click the link below to view the drill hole locations in a video prepared for Midlands by SGS Canada Inc.:

[http://www.midlandsminerals.com/media/Midlands\\_Minerals\\_Drilling\\_SGS.wmv](http://www.midlandsminerals.com/media/Midlands_Minerals_Drilling_SGS.wmv)

### **Soil GeoChem Update**

Over 2,000 samples have been collected and sent to SGS Laboratories in Tarkwa, Ghana. Infill soil surveys were completed on North Praso and South Praso with results showing a defined mineralized corridor along the border with Newmont Mining’s Nkoko property which is contiguous to Praso North. Infill soil assays have defined drill targets on Praso North and South and these will be drilled in the second quarter of 2010 as part of the current 20,000 metre program.

### **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

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*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).*