



**TSX-V: MEX**

**JANUARY 14, 2010**

**MIDLANDS COMMENCES 20,000 METRES  
OF DRILLING FOR MORE GOLD ON SIAN/PRASO - GHANA**

**TARGETS:**

- **Increase the gold resource on Sian**
- **Upgrade at least 30% of the resource to a measured and indicated category**
- **Expand the size of the resource by drilling on the contiguous Kwahu Praso property to the north and south of the Sian deposit on the 16 km strike length soil gold anomaly**

TORONTO, CANADA: Thursday, January 14<sup>th</sup>, 2010: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce drilling for more gold will commence on or about January 29, 2010 on the Sian and Kwahu Praso projects in Ghana. Sian hosts an indicated gold resource of 2.6 million tonnes grading 2.3 g/t and an inferred resource of 2.7 million tonnes grading 2.4 g/t. The Sian and Praso properties give Midlands control over 160 square kilometres of a prime gold exploration district delineated by a 16 kilometre corridor with large soil gold anomalies providing excellent potential for the discovery of several gold deposits on the property.

Midlands has entered into a contract with Minerex Drilling Contractors Limited to provide RC and diamond drilling services. The Company has also entered into a contract with SEMS Exploration Services Ltd. to provide National instrument 43-101 compliant drilling support services throughout the drilling program. 20,000 metres of infill drilling are planned of which up to 18,000 metres will be RC (reverse circulation) drilling and about 2,000 metres will be diamond core drilling. Infill drilling is planned in the Sian open pit (Esaase pit), the northern and southern extensions, and on the Mpeyo East and West zones.

The Mpeyo zones are approximately 60 to 100 metres apart and were drill intersected in the previous drilling program (conducted April to June 2008) on 4 different sections spaced 200 metres apart. There are several anomalous gold envelopes, each 10 metres in width, hosting grade intervals above the cut-off grade of 0.5 g/t Au. The continuity of each structure is over 500 metres in strike length. This indicates excellent growth potential. Both structures remain open at the north and south extremities.

***Please click the links below to view the maps:***

[http://www.midlandsminerals.com/press\\_releases/images/IP\\_Sian\\_Praso\\_Interpretation\\_October\\_2007.pdf](http://www.midlandsminerals.com/press_releases/images/IP_Sian_Praso_Interpretation_October_2007.pdf)

[http://www.midlandsminerals.com/press\\_releases/images/SianPrasoMap.jpg](http://www.midlandsminerals.com/press_releases/images/SianPrasoMap.jpg)

[http://www.midlandsminerals.com/press\\_releases/images/Sian\\_Location\\_Of\\_Infrastructures\\_March\\_2008.pdf](http://www.midlandsminerals.com/press_releases/images/Sian_Location_Of_Infrastructures_March_2008.pdf)

The coinciding soil anomaly and geophysics IP (induced polarization) chargeability indicate potential for a lateral extension 450 metres towards the north and over 1 kilometre toward the south. To be drill tested is a second soil anomaly located 600 metres west of Mpeyo on the adjacent Kwahu Praso property with gold values ranging from 100 ppb Au up to 570 ppb Au with dimensions of 260 metres by 870 metres.

“Drilling will start on the north and south extensions of the Sian deposit, focusing on infill drilling at 50 metres between holes and 50 metres between sections, or better, with the target of establishing a 200 metre strike length on each of the areas and drilling down to a down hole depth of 150 metres at an angle of 55 degrees,” said Pierre Lalande, P.Geol. and Midlands’ Senior Geologist.

The technical information in this news release has been reviewed by Pierre Lalande, P.Geol., who is a Qualified Person under 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

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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.*

*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).*