



TSX-V: MEX

MARCH 18, 2009

MIDLANDS MINERALS CONFIRMS SOUTH EXTENSIONS OF OPEN PIT MINES ON SIAN/PRASO – GHANA

- A gold anomalous corridor 2 km wide by 16 km long on Sian/Praso has been confirmed
- Four major gold anomalous trends on strike with Esaase and Ampeha open pit mines have been highlighted by the results

TORONTO, CANADA – MARCH 18, 2009: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to report that soil results on South Praso confirm extensions of the Esaase and Ampeha open pit mines on the Sian Project, Ghana. Results of the recent infill geochemical survey provide further confirmation of the previously reported 2 kilometre wide by 16 kilometre long gold mineralized corridor that contains the Esaase and Ampeha gold deposits.

“This is a large and significant gold anomalous corridor of which *less than 10%* has been drilled to date. This puts the upside exploration potential on Sian/Praso in perspective, and makes our targets for a major gold discovery realistic,” said Kim Harris, President and Chief Executive Officer.

Located on the Sian project and on the Ashanti Gold Belt, the Esaase and Ampeha pits are two past gold producers with exceptional growth potential. Midlands’ contiguous Kwahu Praso project, which was once part of Sian, contains extensions of the Esaase and Ampeha trends. Sian/Praso, which together form a highly prospective 160 square kilometre gold district, are just 30 kilometres northeast of Newmont Mining’s +8.7 million ounce Akyem gold deposit.

Sian is a fully permitted past open pit gold producer with a resource, a 30 year mining lease, infrastructure, and a CIL (Carbon in Leach) gold processing plant. The Esaase pit has an indicated resource of 2.6 million tonnes at 2.3 g/t; and an inferred resource of 2.7 million tonnes at 2.4 g/t. A Technical Report on the resource estimation dated May 2008, is available on the Company’s website at www.midlandsminerals.com and also on Sedar at www.sedar.com.

The 2 kilometre by 16 kilometre corridor originates at the Dixcove Granite/Greenstone contact on Kwahu Praso and extends north to the contiguous Sian property passing through the Esaase and Ampeha deposits.

Please click the map link below to view Sian-Praso regional geology map:
www.midlandsminerals.com/press_releases/images/sian_praso_regional_geology.pdf

Pierre Lalande, P.Geo. and Midlands’ Senior Geologist stated: “Dixcove granites are believed to be the original source of some of the major gold deposits now in production in Ghana. The southern portion of the anomalous corridor provides additional drilling targets to the five (5)

previously identified as highly prospective targets”. Newmont Mining’s Ahafo deposit on the Sefwi Gold Belt in Ghana (with up to 21 million ounces of gold), has a strong granitic signature associated with the gold mineralization. The granites are believed to be the heat source for remobilization of the hydrothermal fluids.

Please click the map link below to view Sian-Praso Gold Bearing Trends:

www.midlandsminerals.com/press_releases/images/sian_praso_gold_bearing_trends.pdf

www.midlandsminerals.com/press_releases/images/kwahu_praso_gold_bearing_trends_ns.pdf

A detailed infill soil geochemical survey on a grid of 200 metres by 50 metres was conducted by Midlands during the month of October, 2008. A total of 746 samples were collected and sent to the SGS Laboratory at Tarkwa in Ghana. Sample preparation consisted of drying and sieving to -80 mesh, from which the fine fraction was pulverized to -200 mesh in a homogenizing mill. A 50g cut of the fine fraction was analyzed for gold by fire assay (FA50). Results are considered anomalous at 130 ppb Au (90.0 percentile), strongly anomalous at 290 ppb (97.5 percentile) and with a peak value of 750 Au ppb.

The next planned phase of work on Kwahu Praso includes a tighter soil geochemical grid with sampling at 25 metre intervals followed by 5,000 metres of preliminary RC exploratory drilling on the most prospective targets.

The scientific and technical information contained in this press release has been reviewed by Pierre Lalande, P.Geol., who is a Qualified Person within the meaning of 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 Company has a highly qualified management and technical team with extensive experience in the countries in which the Company operates. For more information on the Company, please visit Midlands’ website at www.midlandsminerals.com.

On behalf of the Board,

Kim Harris
President and Chief Executive Officer

For further information, please contact:

Kim Harris, President and CEO CEO Direct Line: +1-416-447-6882
1210 Sheppard Avenue East, Suite 302
Toronto, Canada M2K 1E3 Tel: +1-416-492-6992 Fax: +1-416-492-6993
E-Mail: info@midlandsminerals.com Website: www.midlandsminerals.com

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. The HJEI is a publication by Haywood Securities Inc. Midlands Minerals Corporation has also received coverage from e-Research and Objective Capital Limited (UK). All research reports are available on the Company’s Web Site at: www.midlandsminerals.com.

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the content of this news release.

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 source. 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.