



TSX-V: MEX

OCTOBER 1, 2009

MIDLANDS ANNOUNCES COMPLETION OF SCOPING STUDY ON SIAN PLANT – GHANA

- **CIL plant is in much better condition than previously thought by MEX**
- **The plant can be fully re-commissioned**
- **The plant capacity is expandable**

TORONTO, CANADA: Thursday, October 1st, 2009: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to report that the scoping study focusing on the condition of the existing Sian CIL plant (as announced on August 5, 2009), has been received by the Company. E+PC Engineering & Projects Company Limited (E+PC), a wholly owned subsidiary of Aveng (Africa) Ltd, conducted the study. The study also focused on what would be required to re-commission the plant.

“Midlands is focusing on bringing the Sian deposit from 400,000 ounces to at least one million ounces with the next round of drilling,” said Kim Harris, President and Chief Executive Officer. At the same time, the Company will focus on upgrading the indicated resource to a measured category, while increasing the overall grade by 30%. The Company expects to expand the resource by at least one million tonnes of low grade stockpiles left by previous owners.

Midlands also plans to expand the deposit through drilling on the Esaase extensions to the north and south of the deposit, follow-up drilling of targets near the pits, as well as initial drilling on Kwahu Praso (which is contiguous to Sian).

The next phase of drilling will include up to 10,000 metres of RC infill drilling in the Sian deposit and its immediate extension (*please click on link to review*).

<http://www.midlandsminerals.com/09/SianOct109.pdf>

The phase will also include 2,000 metres of RC drilling on low grade stockpiles left by the previous owners; and 2,500 meters of initial RC drilling on the contiguous Praso as follow-up to soil geochemical anomalies coincident with known structures in favourable lithologies.

In addition, 2,000 samples from drill cores and RC cuttings (previously assayed using 50g fire assay) will be re-analyzed using 2 kg Leachwell. Analyzing a larger fraction (or aliquot) could potentially increase the tonnage and/or grade by as much as 30% when a “nugget effect” exists as is indicated in the current and historical Sian databases. The Company is also planning to run a metallurgical program to test gravity using 300-kg of material stored on site and to be available from the next drilling campaign.

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.

The scientific and technical information contained in this press release has been reviewed by Pierre Lalonde, P.Geo., who is Senior Geologist for Midlands and a Qualified Person within the meaning of National Instrument 43-101.

On behalf of the Board

Kim Harris
President and Chief Executive Officer

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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.

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. There has been sufficient exploration to evaluate a mineral resource. However, the Company is uncertain if further exploration will result in a mineral reserve. 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.