



TSX-V: MEX

JUNE 29, 2009

**MIDLANDS GETS OVER 80% REPRESENTATION
AT ANNUAL MEETING OF SHAREHOLDERS**

Midlands Minerals Corporation, (“Midlands” or the “Company”) is pleased to announce representation of over 80% of the votes at its Annual and Special Meeting of Shareholders. The Meeting was held on Thursday June 25, 2009 at the Toronto Board of Trade. “This is a remarkable turnout and a strong indication of the level of involvement that Midlands’ shareholders have with their company”, said Kim Harris, President and Chief Executive Officer.

Your Company would like to thank all those who took the time to vote their shares as well as those who took the time to attend the meeting in person.

Midlands is also pleased to announce the Company's present Board of Directors was re-elected by a significant majority of shares voted, giving the Board and Management team a strong mandate to move forward. The Shareholder Rights Plan was approved by an equally significant number of the shares voted.

On June 24, 2009, the Company announced an agreement with South Africa’s E+PC Engineering & Projects Company (www.e-pc.co.za). This agreement, terms of which are currently being finalized by the two parties, creates a clear and focused arrangement, which brings together a new combined highly skilled team with broad African experience. Midlands brings extensive geological and exploration experience, and E+PC brings strong engineering, technical and operational expertise. This partnership will result in continued value creation for Midlands and its shareholders as we move the Sian gold project closer to production. E+PC’s project development experience as well as their experience in bringing gold projects into production will ensure appropriate sequencing of work programs and reduce risks on Sian.

Please click on the link below to view a recent article on Midlands:

<http://www.miningweekly.com/article/junior-has-high-hopes-for-ex-chinese-owned-ghana-gold-project-2009-06-23>

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 exceptional 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 on the Ashanti Gold Belt. 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 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

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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.

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 define a mineral resource. However, the Company is uncertain if further exploration will result in the discovery of 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.