



TSX-V: MEX

NOVEMBER 30, 2009

**MIDLANDS EXTENDS SOIL SURVEY ON PRASO
TO BORDER WITH NEWMONT MINING – GHANA**

- **Praso North survey to be extended to the Newmont border**
- **Results to provide drill ready targets on Praso North**

TORONTO, CANADA: Monday, November 30th, 2009: Midlands Minerals Corporation (“Midlands” or the “Company”) is pleased to announce that in preparation for drilling, a follow up MMI soil survey will commence on Praso North on December 1, 2009. This survey will cover the northeastern part of Kwahu Praso, covering an area right up to the border with Newmont Mining’s Nkokoo property which is contiguous to Praso North.

Please click link below to view map:

http://www.midlandsminerals.com/press_releases/images/Nov25SianPrasoMap.jpg

Sian currently has an indicated gold resource of 2.6 million tonnes grading at 2.3 g/t and an inferred resource of 2.7 million tonnes grading at 2.4 g/t, and has significant exploration upside potential. The Company’s objective is to demonstrate the potential size of the Sian deposit by drilling on the contiguous Kwahu Praso property to the south, and to the north of the Sian deposit.

The MMI soil survey will be on a grid with line spacing at 400 metres and sampling stations at 40 metre intervals. The lines will be placed between a previous soil grid which was done at 400 metres with sampling stations at 50 metre intervals. A tighter MMI infill soil survey will follow on Praso North, and that will be done at 100 metre line spacing with sampling stations at 20 metre intervals. A total of 1,550 MMI samples will be collected and sent to SGS Laboratories in Toronto for MMI analysis. The Company will use the same MMI field and assay procedures as those used on earlier MMI surveys on Praso North.

“This tight grid should give us a large number of samples, and it should also give us drill ready targets and clusters of high ratio MMI gold sites,” said Pierre Lalande, P.Geo and Midlands’ Senior Geologist.

The objective of the infill program is to further define the mineralized trend while at the same time extending the tighter grid eastward to the border with Newmont Mining.

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.

On behalf of the Board

Kim Harris
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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.