



Midlands Minerals Provides Update on the Sian-Praso Gold Project, Ghana and Board of Directors Changes

Toronto, Ontario – July 13, 2012: Midlands Minerals Corp. (“Midlands” or the “Company”) (TSX-V: MEX) provides an update regarding its Sian-Praso gold project located in the Eastern Region of Ghana.

On May 31, 2012 Midlands announced that it had received a directive from the Minerals Commission of Ghana to communicate a resolution in respect of pending issues with its joint venture partner, Sian Goldfields Limited, to the Commission and to recommence operations on the Esaase concession by June 27, 2012. The directive stated that failure to comply will result in the Minerals Commission recommending the termination of the mining lease held by Akroma Gold Company in which Midlands has a 65% interest (refer to the Company’s press release dated May 31, 2012).

By way of an update, the Company has received a letter from the Minerals Commission extending the 30-day notice by an additional 30-day period, to conclude on August 9, 2012, to enable the partners to complete negotiations.

On June 25, 2012 the shareholders voted to approve management’s slate of directors. The independent directors of the Company are: Ace Anan Ankomah, John Carruthers, James Garcelon, Mark Keatley, Ralph Lean, and Nick Tintor. Craig Pearman is a non-independent director and President & CEO of the Company.

Anthony Wonnacott, Mark Morabito, and John Vettese did not stand for re-election.

Ace Anan Ankomah is a prominent and respected lawyer and managing partner at leading legal firm Bentsi-Enchill, Letsa & Ankomah in Ghana. He is the head of the Litigation and Dispute Resolution Department and focuses on corporate and commercial litigation.

Craig Pearman, President and CEO stated: “Midlands is making an effort to strengthen its team in Ghana and the appointment of Ace Anan Ankomah to the board goes a long way towards this initiative”.

About Midlands Minerals:

Midlands Minerals is focused on developing a portfolio of high quality gold exploration projects in Ghana and Tanzania, countries with exceptional histories of gold production and home to some of the most profitable gold mines in Africa. Midlands’ flagship gold property is the 65% owned Sian project, site of a past producing open pit gold mine located in the Ashanti gold belt. Sian has NI 43-101 compliant Indicated gold resources of 2.6 million tonnes grading 2.33 g/t gold (192,400 ounces) and Inferred gold resources of 2.7 million tonnes grading 2.35 g/t gold (203,350 ounces). Extensions to these resources are open along strike and at depth, highlighting the potential to grow the gold resource at Sian. Midlands’ Kaniago gold project is located in Ghana’s Asankrangwa gold belt and is contiguous to two past open pit gold producers: Abore to the north and Obotan to the south. Recent drilling and exploration has produced encouraging results, demonstrating the gold resource potential of the project.

Midlands also holds licences for gold and diamonds in two regions in Tanzania. The first is found in the Lake Victoria Goldfields region and includes its advanced Itilima Gold Project, which lies within the Geita-Bulyanhulu-Sekenke Trend, which hosts over 40 million ounces in gold reserves. The second region lies within the Kilindi-Handeni Trend and includes the New Kilindi-Handeni prospecting licences.

Craig Pearman, a “qualified person” as defined by National Instrument 43-101, has reviewed and approved the technical information and data included in this press release. Additional information on Midlands can be viewed under the Company’s profile at www.sedar.com or on Midlands’ website: www.midlandsminerals.com.

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