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NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. Intersects Gold-Bearing Shear Zones, Thorne Lake Gold Property, Northwestern Ontario.

Sudbury, Ontario (October 29th, 2009) **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) is pleased to announce the discovery of several gold-bearing shear zones on its Thorne Lake gold property, Northwestern Ontario. These gold-bearing shear zones were recognized during Northern Superior’s 2009 second phase exploration program which consisted of bedrock mapping, channel sampling and drilling (see figures at www.nsuperior.com).

Dr. T.F. Morris, President and CEO commented: *“The Company has made tremendous progress during the short summer field season in defining several gold-bearing shear zones. These gold-bearing shears will be the focus of our near term exploration activities. There are additional undrilled gold exploration targets associated with anomalous gold grain-in-till values from the summer overburden sampling program (see press release, October 27th, 2009). These gold grain anomalies will be the focus of our future exploration programs. We are extremely encouraged by the discoveries made to date and by the gold potential of this property.”*

Mapping, prospecting, bedrock grab sampling and channel sampling defined shear zones and confirmed that they were gold-bearing. Seven channel samples were completed across the four gold showings and samples from a number of the channels returned >1.0 g/t gold. From showing # 2, a series of four widely separated channels across quartz veinlets hosted by a > 50 m long shear cutting mafic metavolcanic included samples that returned 43.20 g/ t gold over 0.3 m (channel “A”); 1.2 g/ t gold over 0.42 m (channel “B”); and 2.98 g/ t gold over 0.39 m (channel “D”). From gold showing # 4, channels across quartz veinlets hosted by a sheared gabbro sill include samples that returned 7.25 g/ t gold over 0.29 m (channel “A”); and 1.92 g/ t gold over 0.32 m (channel “B”). Also at gold showing # 4, a channel across a siliceous dyke containing disseminated sulphides, cutting the sheared gabbro, included a sample that returned 2.17 g/ t gold over 0.39 m (channel “C”) and an adjacent sample of a biotitic shear within the gabbro returned 3.72 g/ t gold over 0.39 m . Two hand dug test pits located 2 m and 6 m west of the outcrop, and dug through 0.5 m and 1.0 m of overburden respectively, indicate continuity of the dyke towards the west. Grab samples taken from these pits returned 26.4 g/ t gold and 14.2 g/ t gold respectively.

A first phase drill program (6 holes, 1,002 m) was completed to test six targets. The program was successful in testing the targets associated with the four previously reported gold showings and two targets associated with combined anomalous gold-in-till and bedrock grab samples. Samples from five of the six holes returned values > 1.0 g/ t gold including: TL09-001, 2.98 g/ t gold over 1.15 m; TL09-002, 1.54 g/ t gold over 0.48 m; TL09-004, 3.31 g/ t gold over 1. 40 m; TL09-005, 1.42 g/ t gold over 0.88 m;

and TL09-006, 2.26 g/t gold over 0.46 m. Of note, drill holes TL09-001, -004, and -006 each intersected more than one zone of gold mineralization associated with moderate to strong shearing, biotite ± carbonate and silica alteration and trace to 5% disseminated pyrite and pyrrhotite mineralization. TL09-001 collared into a wide shear zone containing mineralized intervals of 2.75 g/t gold over 0.30 m and 2.98 g/t Au over 1.15 m within the first 14 m of the drill hole, and part of a shear zone that is a minimum of 30 m wide. This shear zone was not exposed in outcrop.

Dr. Morris further states: *“From the preliminary information gathered from the exploration program completed this summer we believe that the potential for significant gold mineralization on the Thorne Lake property is excellent. Further exploration will include gridding, ground geophysics, prospecting, bedrock and overburden mapping. We are confident that these activities will develop targets for an aggressive and focused drill program.”*

Quality Control Program

Donald Boucher (P.Geol., V.P. Exploration, Northern Superior Resources) is responsible for overseeing all aspects of the Thorne Lake project. Thomas Hart (P.Geol., Chief Geologist, Northern Superior Resources) has directly supervised the preparation of the scientific or technical information for this phase of the exploration property and has verified the data disclosed in this press release as Qualified Person.

The Thorne Lake property is subject to an option agreement entered into with International Nickel Ventures Corporation (INV) in May 2009 (see press release May 28th, 2009). Under the terms of the agreement, INV may earn a 50% interest in the Property by funding \$1.5 million in exploration expenditures over four years, with a first year commitment of \$500,000. Upon INV completing its funding obligations, a joint venture will be formed with INV and Northern Superior each holding a 50% interest in the property. During the earn-in period, Northern Superior will remain the operator of the exploration project. INV may elect to sole-fund additional work programs, after earning its 50% interest, through to the completion of a pre-feasibility study to earn a maximum 60% interest.

About Northern Superior

Northern Superior Resources Inc. is a junior exploration company whose focus is exploring for gold on the Superior Province of the Canadian Shield. The Company is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP.

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This news release includes certain “forward-looking statements”. All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, exploration results and future plans and objectives of Northern Superior are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from

Northern Superior's expectations are exploration risks detailed herein and from time to time in the filings made by Northern Superior with securities regulators.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.