



NEWS RELEASE – FOR IMMEDIATE RELEASE

Northern Superior Provides Exploration Update

Toronto, Ontario (November 20, 2008): **Northern Superior Resources Inc.** (TSX.V: SUP) (“Northern Superior” or the “Company”) today provided an update on the Company’s *exploration* activities to the end of the third quarter of 2008. Exploration spending in the first nine months of 2008 totaled \$7.3 million, before refundable tax credits and cost recoveries, of which \$4.0 million related to the Company’s 50% interest in the Ti-pa-haa-kaa-ning gold project in Northern Ontario.

Dr. Thomas F. Morris, President and CEO of Northern Superior, commented: “We have made good progress so far in 2008, particularly on the 40,416 hectare Ti-pa-haa-kaa-ning project, with its gold grain dispersal apron and potential fertile strike length of 6 kilometers and extending 15 kilometers down ice, averaging 10.02 gold grains per kilogram of overburden. We are nearing completion of the current drill program at Ti-pa-haa-kaa-ning and expect to receive the results by either end of fourth quarter 2008 or first quarter 2009.”

Property Review

Ti-pa-haa-kaa-ning Gold Property

During the third quarter of 2008, the Company completed mapping and sampling programs, a reconnaissance level bedrock mapping program and a detailed overburden sampling program at the 50% owned Ti-pa-haa-kaa-ning property. In addition, the Company initiated a diamond drill program in the eastern part of the property (“TPK area”) late in the third quarter and has extended this program into other areas of the property during the fourth quarter. Completion of the diamond drill program is expected by the end of November. As a result of this summer’s exploration activities, the property has now been divided into three parts: a) the New Growth area (northwest part of the property) which is very early stage exploration; b) the Big Dam area (central part of the property) which is focused on defining the source of gold grain dispersal apron; and c) the Ti-pa-haa-kaa-ning or TPK area (extreme eastern part of the property) which is focused on evaluating the gold potential of the historical showings.

Thorne Lake Gold Property

Near the end of the third quarter of 2008, the Company signed a second Letter of Agreement with the Sachigo Lake First Nation (a first agreement was signed in 2007) and initiated a second phase of overburden sampling at the Thorne Lake gold property in the Ellard Lake area of Northern Ontario. The 26 16-unit claims or 656 hectare area was first staked in 2007, after regional overburden mapping in 2006 identified a gold grain dispersal train similar in characteristics to, and approximately 20 kilometers west of, the Sachigo River Gold Mine.

Diamond Properties

Earlier this year, Northern Superior completed exploration programs on its Ville Marie and L'Esperance diamond properties. In Ville Marie, a reverse circulation drilling program and ground gravity survey better defined the location of several kimberlite targets. Petrographic and grain geochemistry of kimberlite material from the Lac Honorat kimberlite pipe were completed. Grain geochemistry indicated a favorable geotherm for a favorable mantle environment for diamonds. In L'Esperance, material intersected in Northern Superior's 2008 spring drill program and from float recovered in the Fall of 2007 was submitted to a laboratory and is currently being processed and interpreted. Several potential kimberlite targets were defined from a ground geophysical program completed during the first quarter of 2008. Information from both these projects will determine future targets for diamond drilling.

Donald Boucher, P.Geo. and Vice President Exploration, is the Company's Qualified Person for the Ti-pa-haa-kaa-ning, Thorne Lake and diamond properties. Mr. Boucher has prepared or supervised the preparation of the technical and scientific information contained in this news release.

About Northern Superior

Northern Superior Resources Inc. is a junior exploration company whose focus is exploring for gold and diamonds on the Superior Province of the Canadian Shield. Northern Superior is also advancing gold and base metal properties as a by-product from its diamond exploration programs. The Company is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP.

ON BEHALF OF THE BOARD

Thomas F. Morris, PhD., FGAC, P.Geo.

President & CEO

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