

Northern Superior Resources Inc.

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NEWS RELEASE – FOR IMMEDIATE RELEASE

Northern Superior Announces Board Appointments and the Release of Financial and Operating Results

Toronto, Ontario (August 19, 2008): **Northern Superior Resources Inc.** ("Northern Superior" or the "Company") today announced the appointment of Arnold Klassen and Roland Horst to the Company's Board of Directors and the release of its financial and operating results for the first six months and second quarter of 2008, with the Company's management's discussion and analysis and financial statements available on SEDAR at www.sedar.com and on its website at www.nsuperior.com.

Arnold Klassen is a Chartered Accountant and Certified Public Accountant who brings to Northern Superior's board more than 30 years of experience in accounting, audit and tax and 23 years of experience in the mining industry, most recently as Vice-President, Finance for Dynatec Corporation. Mr. Klassen will serve as Chair of the Audit Committee. Roland Horst, BSc, MSc, LLB, MBA, is a mining executive with over 30 years of experience in the mining sector. He began his careers as a geologist with Inco Limited Inc., and then subsequently gained considerable experience as an investment and corporate banker. More recently, Mr. Horst has served as President and CEO of a number of mining exploration and geophysical companies and is currently President and CEO of Royal Nickel Corporation. Murray Gordon, a director of the Company since 2004, has stepped down from the Board of Directors, effective August 14, 2008.

Included in Northern Superior's results for the first six months of 2008 were resource property expenditures totaling \$4,968,268 (not including refundable tax credits and cost recoveries), of which \$3,173,979 related to drilling on the Ti-pa-haa-kaa-ning gold project in Northwestern Ontario. Exploration drilling at Ti-pa-haa-kaa-ning during the first half of the year was conducted as part of an ongoing strategy aimed at identifying the source of gold grains associated with the highly-prospective, two kilometer long dispersal apron, averaging 10.02 gold grams per kilogram of overburden, which was first announced in the fourth quarter of 2007. At June 30, 2008, the Company's cash position stood at \$2,977,186 and increased subsequent to the end of the second quarter due to the receipt of \$1,481,007 from the Government of Quebec (2007 refundable tax credits) and \$1,248,567 from Lake Shore Gold, the Company's joint venture partner in the Ti-pa-haa-kaa-ning project.

Dr. Thomas F. Morris, President and CEO of Northern Superior, commented: "We are very pleased that Arnold and Roland, with their extensive expertise and diverse backgrounds, are joining our already strong and experienced Board of Directors. We would also like to thank Murray for his years of dedication and commitment to serving the Company and its shareholders. Looking ahead, we are encouraged by the potential of Ti-pa-haa-kaa-ning and our other properties, and are well funded to complete our planned exploration activities over the balance of this year and into 2009."

In connection with their appointment to the Board of Directors, each of Mr. Horst and Mr. Klassen was granted options to acquire 50,000 common shares of the Company at an exercise price of \$0.17, vesting in equal portions over three years and expiring on August 15, 2013.

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

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.

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