



NEWS RELEASE – FOR IMMEDIATE RELEASE

Northern Superior Resources Inc. Provides Update on Ti-pa-haa-kaa-ning Gold Property

Toronto, Ontario (August 6, 2008): **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) today announced that it has completed and received all data associated with its winter-spring 2008 drill program on the Ti-pa-haa-kaa-ning Gold property (“Ti-pa-haa-kaa-ning” or the “Property”) in Northwestern Ontario. Northern Superior has also initiated its summer exploration programs which involve overburden and bedrock mapping. Upon receiving and interpreting results from this summer program, Northern Superior intends to initiate a second phase of drilling. This summer’s exploration programs are aimed at identifying the source of gold grains associated with the highly-prospective, two kilometer long dispersal apron, first announced in the fourth quarter of 2007. The apron, which averages 10.02 gold grains per kilogram of overburden, has an estimated strike length of at least six kilometers. In total, the Ti-pa-haa-kaa-ning property consists of 194 claims covering 40,416 hectares.

The winter-spring 2008 drilling program met its key objectives, including: a) to identify several structures that host, or have the potential to host gold mineralization (see following Table); b) improve the understanding of the stratigraphy and structures in an area hosting Northern Superior’s newly discovered greenstone belt where there is less than 1% outcrop exposure; c) advance the Company’s understanding of the new greenstone belts’ stratigraphy and relationship between rock types and structures; and d) understand the possible bedrock source of gold mineralization responsible for forming the previously reported significant gold grain in till dispersal apron. By achieving these goals, the understanding gained of the characteristics of Northern Superior’s newly discovered greenstone belt will eventually help identify the source of gold grains associated the gold grains in the dispersal apron.

Dr. Thomas F. Morris, President and CEO of Northern Superior, commented: “The Ti-pa-haa-kaa-ning Gold property is large, the area of the entire Timmins gold camp can be placed in the eastern part of the property. This, and the almost complete lack of outcrop exposure, makes identifying the source of the gold grains in the very unique and highly-prospective dispersal train a challenging exercise. We were encouraged by the intersection of several narrow gold-bearing structures during the winter-spring 2008 program. Gold-bearing structures commonly vary in grade along strike and although none of these were of sufficient grade or width to be the source of the gold grains, there is significant potential for the gold grades hosted by these structures to vary up-dip and/or along strike, or for additional parallel structures located just north to be the source of the gold grains in till. The new exploration program will pursue these scenarios as well as other prospective targets.”

Table 1: Ti-pa-haa-kaa-ning Project Gold Assay Results, 2008 Winter-Spring Diamond Drilling Program

Drill Hole	Hole Depth (meters)	Sample Interval		Core Length (meters)	Au Grams/Tonne
		From	To		
CAN-08-11	218	161.9	163.4	1.5	0.52
		187.4	188.9	1.5	0.331
CAN-08-12	263	122.1	123.6	1.5	0.328
		125.1	126.6	1.5	0.483
CAN08-013	250	101.5	103	1.5	0.265
		138	139.5	1.5	0.285
		145.5	147	1.5	0.409
		179.5	181.5	2.0	0.283
		237	238.5	1.5	0.585
CAN08-018	236	67	68.5	1.5	0.401
		71.5	73	1.5	0.722
		79	80.5	1.5	0.323
		118	119.5	1.5	0.238
		211	212.5	1.5	0.218
CAN08-019	245	65	66.5	1.5	0.381
		69.5	71	1.5	0.233
		114.5	116	1.5	0.213
CAN08-021	256	35.1	36.2	1.1	0.439
		37.5	38.7	1.2	0.26
		38.7	40	1.3	0.348
		130.4	132.1	1.7	0.311
		145.1	145.6	0.5	1.03
CAN08-026	271	254	255.5	1.5	0.397
		257	258.2	1.2	0.303
		258.2	258.7	0.5	0.407
CAN08-027	278.5	41.16	42.5	1.34	0.639
		161.05	161.5	0.45	0.545
		163.1	163.47	0.37	3.44
		163.47	163.78	0.31	0.2
		270.5	271	0.5	0.51
CAN08-028	284	16.8	18	1.2	0.374
		42	43.5	1.5	0.438
		53.5	54	0.5	0.228
		116	117.5	1.5	0.39
		140.65	141.6	0.95	0.546
		141.6	142.6	1	0.337
CAN08-029	255.5	120.9	122.2	1.3	0.283
		122.2	122.5	0.3	0.449

Drill Hole	Hole Depth (meters)	Sample Interval		Core Length (meters)	Au Grams/Tonne
		From	To		
CAN08-030	271	48.4	50	1.6	0.203
		74	75.5	1.5	0.363
		90.5	92	1.5	0.229
		146.7	147.35	0.65	0.31
		195.7	196.1	0.4	0.73
		214	215.5	1.5	0.403
		215.5	217	1.5	0.391
		234	234.5	0.5	3.34
		253.1	254	0.9	0.259
		264.5	266	1.5	1.05
	270	271	1.0	0.216	
CAN08-031	281.5	78.4	79.37	0.97	0.419
		83.8	84.28	0.48	1.335
		162.1	163.49	1.39	0.511
		163.49	164.88	1.39	0.812
		164.88	165.28	0.40	0.626

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

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