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NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. reports high grade gold 92.57 g/t from Trench-3, Croteau Est Gold Property, Chibougamau Gold District, Québec.

Sudbury, Ontario (October 12, 2011) **Northern Superior Resources Inc.** ("Northern Superior" or the "Company") is pleased to announce that a channel sample returned a gold assay of **92.57 g/t over 1m** from Trench-3 of the Croteau Est Gold Property, Quebec (see accompanying figure). The assay is associated with reported visible gold observed in a quartz vein within a strongly carbonate altered zone with pyrite (see press release, September 21st, 2011). This assay is part of a wider shear zone within Trench-3, referred to as the Marco zone, which has a weighted average channel sample assay of **12.8 g/t gold over 7.9 m**. The Marco zone was originally identified within Trench-1 with a reported channel sample gold assay of **3.23 g/t gold over 12.3m** (see press release September 21st, 2011). Trench-1 is located 80 meters east of Trench-3.

Running parallel to, and 16m south of the Marco zone within Trench-3 is a second shear zone with a channel sample gold assay of 2.5 g/t gold over 5.05m. This zone is referred to the Dede zone and was also identified in Trench-1 (see press release September 21st, 2011). Within Trench-1, the reported Dede zone channel sample returned an assay of 2.11 g/t gold over 11.0m.

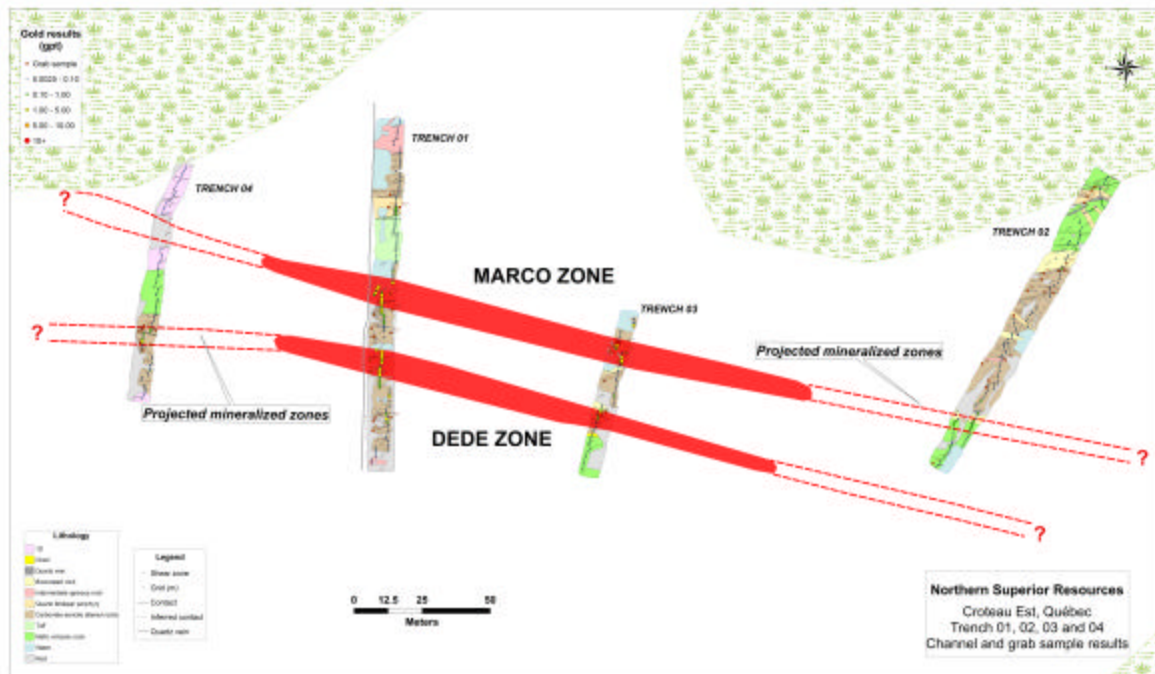
The Marco and Dede zones are located within the Croteau Est deformation and alteration corridor. This corridor is approximately 600m wide and strikes west-northwest to east-southeast. The strike of the Croteau Est deformation and alteration corridor extends beyond the four trenches hosting the Dede and Marco mineralized zones.

In Trench-04, 80 metres west of Trench-01, the Dede zone is represented by highly anomalous gold values over several metres (0.31 g/t gold over 6.30m) indicating the fertility and continuity of the Dede zone westward. Similarly, the Marco mineralized zone is projected to cross Trench-4 within a ~12 m section of this trench. Unfortunately, this section was not channel sampled due to a thick overburden cover that could not be excavated down to bedrock.

In Trench-02, 150 metres to the east of Trench-03, only the Marco zone was intersected as Trench-3 does not extend far enough south to intersect the projected east-southeast extension of the Dede Zone. The Marco Zone returned highly anomalous gold values over several metres (0.19 g/t gold over 5.65m).

Dr. T.F. Morris, President and CEO of Northern Superior states: *"The gold assay results from Trenches 1 through 4 indicate that Croteau Est has the potential to host a large gold-bearing system. These trenches summarizes work completed within a very short period of time (less than 5 weeks) and represents only one of three such shear zones already recognized on the property. To date, 30 trenches have been completed over all three shear zones and exploration continues. This fall, the Company plans to complete*

mapping and sampling of all trenches, complete an airborne geophysical survey and commence a first phase diamond drilling program.”



Trenches 1,2,3 and 4 with location of the Marco and Dede shear zones.

Northern Superior operates the Croteau Est property under an option agreement (see press release, August 23, 2011).

The Company's Qualified Persons ("QP") for the Croteau Est gold property are Donald Boucher, P.Geo. and Michel LeBlanc, P.Geo. As QP's, Mr. Boucher and Mr. LeBlanc have prepared or supervised the preparation of the scientific or technical information for this program and has verified the data disclosed in this press release.

About Northern Superior Resources Inc.

Northern Superior is a junior exploration company focused on exploring for gold and diamonds in the Superior Province of the Canadian Shield. The Company is actively exploring for gold within two important gold districts: the Stull-Wunnimun in Ontario and the Chibougamau in Quebec. The Company has a number of 100% owned properties (see Company web site, www.nsuperior.com) within these districts that were identified and developed from the Company's extensive geoscientific data base and from which additional gold exploration projects are being generated. The Company is currently seeking to option-out a number of these properties.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP. For further information contact:

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For Investors

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