



NORTHERN SUPERIOR RESOURCES

INC.

1988 Kingsway, Unit G

Sudbury, Ontario, Canada

P3B 4J8

Tel: (705) 525-0992

Fax: (705) 525-7701

NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. initiates reverse circulation drill program, Ti-pa-haa-kaa-ning Gold Property.

Sudbury, Ontario (July 20th, 2010) **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) has initiated a second reverse circulation drill program on its Ti-pa-haa-kaa-ning gold grain dispersal apron. This program is designed to refine four key gold target areas identified within the gold grain-in-till dispersal apron during the Company’s spring 2010 reverse circulation drill program. The best targets generated from the follow-up work will then be tested by core drilling late third quarter. In addition, this reverse circulation drill program will also be expanded south and west, farther into the apron to complete the wide spaced reconnaissance reverse circulation drilling started last winter. This reconnaissance drilling is expected to generate additional gold targets. This work is being initiated ahead of completion of an option/ joint venture agreement between Rainy River Resources and the Company (see press release June 24th, 2010).

Dr. T.F. Morris, President and CEO states: “This drill program is crucial to better defining high quality gold targets, maximizing efficiencies in core drilling that may start as early as this quarter (core drill, already on site). Reverse circulation drilling will also be expanded south and west into the gold grain-in-till dispersal apron to define additional gold targets. The option/ joint venture agreement between the Company and Rainy River is nearing completion, and both Companies felt that this phase of drilling should be initiated now to: a) take advantage of the favorable weather and drill equipment presently on site; and b) facilitate the initiation of a core drill program as quickly as possible.”

The strong, regionally extensive gold grain-in-till dispersal apron defined by Northern Superior on the TPK property is a unique feature rivaled by only three other such features, associated with the Meadowbank gold mine and the Meliadine and Rainy River gold deposits, both currently being considered for development (see press release, June 24th, 2010).

About Northern Superior

Northern Superior Resources Inc. is a junior exploration company focused on exploring for gold in the Superior Province of the Canadian Shield. The Company currently has three high active, high quality gold exploration projects in Ontario and Quebec- TPK, Thorne Lake and Wachigabau (see Company web site, www.superior.com). These projects, and five more early stage gold exploration projects (Rapson Bay, Meston Lake, Lespinay, Lac Surprise and Hazeur), were all developed from the Company’s extensive geoscientific data base. Additional gold exploration projects are currently being developed from this data base. In addition to optioning out the TPK property, the Company is currently looking to option-out its other 100% owned Rapson Bay, Meston Lake, Lespinay, Lac Surprise and Hazeur gold projects. 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:

Thomas F. Morris

President and CEO
Tel: (705) 525 □0992
Fax: (705) 525 □7701
e-mail: info@nsuperior.ca
www.nsuperior.com

Forward looking statements: This news release includes certain “forward□looking information” within the meaning of Canadian securities legislation and “forward□looking statements” within the meaning of the United States Private Securities Litigation Reform Act of 1995 (collectively, “forward looking statements”). Forward looking statements include predictions, projections and forecasts and are often, but not always, identified by the use of words such as “seek”, “anticipate”, “believe”, “plan”, “estimate”, “forecast”, “expect”, “potential”, “project”, “target”, “schedule”, “budget” and “intend” and statements that an event or result “may”, “will”, “should”, “could” or “might” occur or be achieved or other similar expressions and includes the negatives thereof. All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, exploration results, interpretation of results, the timing and success of exploration activities generally, the timing and results of future resource estimates, 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. Forward looking statements are based on a number of material factors and assumptions. Important factors that could cause actual results to differ materially from Northern Superior’s expectations include exploration risks, changes in project parameters as plans continue to be refined, results of future resources estimates, future metal prices, availability of capital and financing on acceptable terms, general economic, market or business conditions, uninsured risks, regulatory changes, defects in title, availability of personnel, materials and equipment on a timely basis, accidents or equipment breakdowns, delays in receiving government approvals, unanticipated environmental impacts on operations and costs to remedy same, and other exploration or other risks detailed herein and from time to time in the filings made by the Company with securities regulators. Although the Company has attempted to identify important factors that could cause actual actions, events or results to differ from those described in forward looking statements, there may be other factors that cause such actions, events or results to differ materially from those anticipated. There can be no assurance that forward looking statements will prove to be accurate and accordingly readers are cautioned not to place undue reliance on forward looking statements.

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.