



NORTHERN SUPERIOR RESOURCES INC.

1351C Kelly Lake Road, Unit 7

Sudbury, Ontario, Canada

P3E 5P5

Tel: (705) 525- 0992

Fax: (705) 525- 7701

NEWS RELEASE - For Immediate Release

Arthur Murdy Joins Northern Superior's Board of Directors

Sudbury, Ontario, August 2, 2016. Northern Superior Resources Inc. (TSXV:SUP) (the "Company") is pleased to announce that Arthur Murdy, of Kearney Ontario, has joined the Company's board of directors. Mr. Murdy has almost 40 years of experience in the mining industry. Mr. Murdy spent the first half of his career as an exploration geologist beginning with Patino Mines in the Chibougamau area of Québec, before moving to exploration project management with Canadian Occidental Petroleum in Saskatchewan then with Noramco in northwestern Ontario and Québec. Mr. Murdy subsequently took on the responsibility of establishing a Canadian Division for NaviDrill, before joining Bradley Brothers Drilling first as a contract manager, then general manager and finally as Vice President of Business Development. Mr. Murdy finished his career as Business Development Manager for Major Drilling.

Alan Moon, Chairman of the Company commented: "We are pleased to have Art join our Board. His experience in the mining business and his general business experience will be an asset to management and the Board. We look forward to his contribution."

About Northern Superior Resources Inc.

Northern Superior is a junior exploration company exploring for gold in the Superior Province of the Canadian Shield. The Company is currently focused on exploring its Croteau Est property in Québec and its Ti-pa-haa-kaa-ning property in Ontario. Northern Superior also has a number of other 100% owned properties in Ontario and Québec.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Québec, and trades on the TSX Venture Exchange under the symbol SUP.

For more information, please visit www.nsuperior.com

Thomas F. Morris, President and CEO

Northern Superior Resources Inc.

Tel: (705) 525 -0992

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Cautionary Note Regarding Forward-Looking Statements: This Press Release contains forward-looking statements that involve risks and uncertainties, which may cause actual results to differ materially from the statements made. When used in this document, the words “may”, “would”, “could”, “will”, “intend”, “plan”, “anticipate”, “believe”, “estimate”, “expect” and similar expressions are intended to identify forward-looking statements. Such statements reflect our current views with respect to future events and are subject to such risks and uncertainties. Many factors could cause our actual results to differ materially from the statements made, including those factors discussed in filings made by us with the Canadian securities regulatory authorities. Should one or more of these risks and uncertainties, such actual results of current exploration programs, the general risks associated with the mining industry, the price of gold and other metals, currency and interest rate fluctuations, increased competition and general economic and market factors, occur or should assumptions underlying the forward looking statements prove incorrect, actual results may vary materially from those described herein as intended, planned, anticipated, or expected. We do not intend and do not assume any obligation to update these forward-looking statements, except as required by law. Shareholders are cautioned not to put undue reliance on such forward-looking statements.