

Northern Superior Resources Inc.

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NEWS RELEASE - For Immediate Release

Northern Superior Resources Reports Additional Historical Gold Assay Results, Prepares Drill Targets, Wachigabau Gold Property, Quebec.

Sudbury, Ontario (November 11, 2009) **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) has identified additional drill targets for the 2010 drill program on the Wachigabau gold property. Recent research has identified an area in the northwest part of the property that has not been explored since the early 1960’s. High gold assay values from grab and channel samples, reported in assessment work reports and maps 1959, outline an area with exceptional potential for gold mineralization (Table 1).

Sample No.	Gold (oz/ton)	Value @ \$35.00/oz	Width (inches)
C-3441	80.85	\$2,829.75	4
C-3442	3.52	\$123.20	36
C-3443	0.26	\$9.10	8
C-3444	4.09	\$143.15	Grab
C-3445	138.03	\$4,831.05	Grab

Table 1. Reported gold assay values from the northwest part of Northern Superior Resources Inc. Wachigabau gold property. Table taken from: “Preliminary Report on L’Esperance Township Option of Opemisca Explorers Limited, W. Nowers Ashbury M.Sc., P.Eng, (1959), MRNF file GM09736.”

Dr. T.F. Morris, President and CEO states: *“The Company has recently found the historical trenches in the field and cut a grid at 50 m line spacing over the area. A ground magnetic survey has been completed and the grid is currently being mapped. With the recent receipt of government permits, a backhoe has been contracted to clean out the old trenches for mapping and channel sampling. These trenches are located about 4.5 km west, along strike with the structures hosting gold mineralization intersected by drilling of up to 10.12 g/t Au over 1.0m in the north-central portion of the Property (see press release June 17th, 2009). The presence of gold mineralization along a >4.5 km long structure indicates that the Wachigabau gold property has a high potential to host significant gold mineralization and we look forward to drilling targets in both areas.”*

The Company previously reported that this property is strategically located between the Lac Shortt gold mine to the northeast and the Coniagas zinc, lead and silver mine and Bachelor Lake gold mine and mill

complex to the southwest. All these mines are associated with the Lake Opiwica- Gwillim Fault system. Mineralization known to occur on the Wachigabau property includes:

- 1) lode gold associated with quartz veining with values in drill hole intersections up to 5.39g/t Au over 2.4m, 10.3 g/t Au over 0.3 m and 10.12 g/t Au over 1.0m;
- 2) Cu-Au remobilized along continuous fracture systems up to 2.62%Cu, 14g/t Ag and 3.14g/t Au over a 3.25 m drill hole intersection; and
- 3) the potential for volcanogenic Cu-Z massive sulphide mineralization.

In addition, re-sampling and geochemical analysis of drill core from previous drill programs completed on the Property by Northern Superior returned anomalous gold values of up to 550 ppb Au from a monzonitic dyke and 444 ppb Pt, 412 ppb Pd and 186 ppb Au from a gabbroic dyke (see press release June 17th, 2009).

The Wachigabau project is an option and joint venture agreement with Matamec Explorations Inc. ("Matamec"). Northern Superior is earning-in on its 50% of all mineral rights on the property, having already paid \$25,000 cash and issued 100,000 shares and 100,000 share purchase warrants to Matamec under the agreement. In addition, Northern Superior has spent \$75,000 of the \$500,000 it is committed to spend on the property over three years. Once Northern Superior has exercised its option, the Company and Matamec will form a 50- 50 joint venture for all commodities on the property. IAMGOLD retains certain back-in rights on some of the claims. Northern Superior is the operator of the project.

Donald Boucher (P.Geo.) is Northern Superior Resources Qualified Person for this project. As QP, he has prepared or supervised the preparation of the scientific or technical information for the Wachigabau property and has verified the data disclosed in this press release.

Withdrawal of Shareholder Rights Plan

The Company has determined at this time not to pursue the Shareholder Rights Plan announced June 12, 2009.

About Northern Superior

Northern Superior Resources Inc. is a junior exploration company whose focus is exploring for gold on the Superior Province of the Canadian Shield. The Company is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP.

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This news release includes certain "forward-looking statements". All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, exploration results 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. Important factors that could cause actual results to differ materially from Northern Superior's expectations are exploration risks detailed herein and from time to time in the filings made by Northern Superior with securities regulators.

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.