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NEWS RELEASE - For Immediate Release

**FOUR GOLD SHOWINGS DISCOVERED ON THORNE LAKE PROPERTY, NORTHWESTERN ONTARIO,
NORTHERN SUPERIOR INITIATES DRILL PROGRAM**

Sudbury, Ontario (August 25th, 2009): **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) is pleased to announce the discovery of four gold showings on its Thorne Lake gold property. Northern Superior and partner International Nickel Ventures Corporation (“INV”) have initiated a diamond drill program to test all four showings during the third quarter.

Dr. T.F. Morris, president and CEO commented: “The discovery of these four gold showings along an approximately 2 km strike length is an exciting development for our exploration program. All four showings were discovered at the head of, or within the vicinity of, the most westerly of three gold grain-in-till dispersal trains defined on the property in the Fall of 2008 (see press releases, January and July 2009). The diamond drill program will consist of approximately 1,500 metres (m) and will focus on these showings, but will also test other areas of potential gold mineralization that may be contributing to this dispersal train.”

A program of overburden sampling, completed in July 2009, was designed to better define the three gold grain-in-till dispersal trains discovered in the Fall of 2008, particularly the heads of the trains where the source of gold is thought to occur. Geological mapping, bedrock sampling and prospecting completed concurrently with the overburden sampling program concentrated on the area around the heads of the 2008 dispersal trains. Assay results of seventy two (72) grab samples collected from a series of outcrops discovered from these areas, returned anomalous gold values (>100pb, 14 samples). The distribution of these outcrops and related anomalous gold values define an approximately 2 km long zone oriented approximately 110°. The samples that returned grades greater than 1 gram per tonne (g/t) gold (Au) are listed in the table below. Gold Showings 1, 2, and 3 appear to occur along roughly the same structure, but Gold Showing 4 is located on a parallel structure approximately 300m to the south. Gold mineralization is hosted by quartz veins occurring within a sequence of northwest striking mafic metavolcanic rocks intruded by weakly foliated gabbro, granodiorite, and hornblende granodiorite sills. The hornblende granodiorite sills are not directly associated with the quartz veins but could be associated with the development of the structures along which the veins were emplaced, and may be related to the sanukitoid Ellard Lake pluton that intrudes the greenstone belt west of the property.

Gold Showing	Au g/t	Ag g/t	Sample	Host
1	2.66	10.6	Quartz vein	Mafic metavolcanic rocks, the vein maybe isoclinally folded within the narrow shear
2	3.54	0.62	Quartz vein	Mafic volcanic rocks intruded by hornblende granitic sills; vein traced for over 40 m until lost under soil cover
3	1.23	0.34	Quartz vein	Mafic metavolcanic rocks intruded by hornblende granodiorite sills; vein traced for over 20 m until lost under soil cover
4	4.17	1.77	Quartz vein	Weakly foliated coarse-grained gabbro, intruded by a hornblende granodiorite sill

These newly discovered gold showings are approximately 17 km west of the past-producing Sachigo River gold mine, which produced 52,560 ounces of gold at an average grade of 1.1 ounces of gold per ton (38.8 g/t Au) from quartz veins hosted by mafic metavolcanic rocks. The mafic metavolcanic rocks at the mine are intruded by gabbro and intermediate sills, and a small sanukitoid pluton is located south of the mine. This geological environment is similar to the geology observed on the Thorne Lake property.

One hundred (100) of the 216 till samples submitted from the July 2009 sampling program are still being processed. However, preliminary data received to-date more clearly defines the most westerly of the three gold grain-in-till trains. The distribution of pristine gold grains suggests that there may be at least two additional sources of gold mineralization contributing gold grains to this dispersal train. In addition, a single anomalous gold grain value (161 pristine out of 186 total gold grains) occurs down-ice and in the vicinity of Gold Showing 3 and a fourth dispersal train extends down-ice from the area associated with Gold Showing 2. Additional prospecting will be conducted during the Fall drill program to further investigate the relationship of these anomalous till gold grain values and their source(s), and any other trains or anomalous gold grain values defined by the unprocessed samples.

The Thorne Lake Gold Property (“the Property”) is located approximately 80 km north of the First Nation of Sachigo Lake in northwestern Ontario. An additional 11 mining claims were added to the Property during this phase of exploration. The Property is now composed of 41 mining claims consisting of 672 units covering 10,752 hectares.

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

INV entered into an option agreement with Northern Superior in May 2009 (see press release May 28th, 2009). Under the terms of the agreement, INV may earn a 50% interest in the Property by funding \$1.5 million in exploration expenditures over four years, with a first year commitment of \$500,000. Upon INV completing its funding obligations, a joint venture will be formed with INV and Northern Superior both holding a 50% interest in the property. During the earn-in period, Northern Superior will remain the operator of the exploration project. INV may elect to sole-fund additional work programs, after earning its 50% interest, through to the completion of a pre-feasibility study to earn a maximum 60% interest.

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.