



NEWS RELEASE

Northern Superior Announces Annual Meeting Details and Reviews Gold Properties

Toronto, Ontario (May 1, 2009): **Northern Superior Resources Inc.** (TSX.V: SUP) (“Northern Superior” or the “Company”) has announced that it will hold its annual meeting on May 7, 2009 at 4:15 pm in the Richmond Room at the Toronto Hilton Hotel at 145 Richmond Street West in Toronto. In addition to the formal business of the meeting, Dr. Thomas F. Morris, President and CEO of Northern Superior will provide a review of the Company’s strategy and performance.

Dr. Thomas F. Morris commented: *“The last year has been one of transition and solid progress for the Company as we made a strategic decision to focus our efforts, and capital more fully on our gold projects, specifically the 40,416 hectare Ti-pa-haa-kaa-ning property as well as the Thorne Lake and Wachigabau properties. We started 2009 with some encouraging exploration results at Ti-pa-haa-kaa-ning and Thorne Lake, and look forward to further successes going forward. I look forward to meeting with our shareholders on May 7th to discuss our progress.”*

In addition, Northern Superior Resources will not be renewing its administration agreement with Lake Shore Gold Corp., April 30th, 2009. At that time, Alasdair Federico and Meri Verli will be stepping down as Corporate Secretary and Chief Financial Officer respectively. Northern would like to thank both for their excellent work and high level of professionalism. In their place, Northern is appointing Aris Morfopolous (Morfopolous Consulting Associates Limited) as its new Chief Financial Officer and Paul Simpson (Armstrong Simpson) as its new Corporate Secretary. Dan Rothberg (Minden Gross) is the Company’s new external legal counsel. Northern’s corporate office will be located at 1988 Kingsway, Unit G, Sudbury, Ontario, P3B 4J8.

Gold Property Summary

Ti-pa-haa-kaa-ning Gold Property

In 2008, the Company completed an aggressive exploration program at the Ti-pa-haa-kaa-ning project, including two diamond drill programs, an extensive overburden sampling program, bedrock and overburden mapping and an orientation induced polarization survey. Based on this work, encouraging exploration results were issued in January 2009 and included the discovery of a new gold showing and several gold-bearing ductile shear zones at the head of the gold grain-in-till dispersal apron in the Big Dam area of the property. The new gold showing consisted of several quartz-veins hosted by granodiorite that returned 3.34 grams per tonne gold and 8.9 grams per tonne gold, both over 0.34 metres. This discovery indicated the presence of gold-bearing

bedrock structures in the area up-ice of the gold-in-till anomalies, indicating a close proximity to the significant gold mineralization required to produce the very large pristine gold grain concentrations in the till.

Thorne Lake Gold Property

During the fall of 2008, the Company signed an Agreement with Sachigo Lake First Nations which allowed the completion of an overburden sampling program designed to better define a gold-in-till dispersal apron discovered on the property. On January 26, 2009, the Company announced the discovery of three gold grain-in-till dispersal trains on the property, two of which are very similar to dispersal trains extending south from the Sachigo River gold mine. One 10.6 kg overburden sample collected from the Thorne Lake property during last fall's exploration program contained 476 gold grains, of which 454 were pristine.

Wachigabau Gold Property

On January 21, 2009, the Company signed an option and joint venture agreement with Matamec Exploration Inc. to explore for all commodities on the Wachigabau property in the Desmaraisville area of west-central Québec, with a particular focus on gold and base metals. Under the terms of the Agreement, Northern Superior can earn 50% of all mineral rights on the Wachigabau project property by spending \$500,000 (the timing of which is at the discretion of Northern Superior) over three years, among other requirements. A total of \$75,000 had been spent as of the fall of 2008 on a ground magnetic survey. The Wachigabau property is underlain by structures and geology associated with gold mineralization in the Bachelor Lake gold mine located 10 kilometers to the west and also overlies geology and structures associated with the Lac Shortt gold deposit 4.5 kilometers to the northeast.

About Northern Superior

Northern Superior is an exploration stage company engaged in the identification, evaluation, acquisition and exploration of primarily gold properties, but also properties involving diamonds, uranium and base metals, in Ontario and Québec. The Company is a reporting issuer in British Columbia, Alberta, Ontario and Québec and trades on the TSX Venture Exchange under the symbol SUP.

Donald Boucher, P.Geo. and Vice President Exploration, is the Company's Qualified Person for the Ti-pa-haa-kaa-ning, Thorne Lake, Wachigabau and diamond properties. Mr. Boucher has prepared or supervised the preparation of the technical and scientific information contained in this news release.

ON BEHALF OF THE BOARD

Thomas F. Morris, PhD., FGAC, P.Geo.
President & CEO

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.

For further information contact:
Thomas F. Morris
President and CEO
Tel: (416) 703-4830

Fax: (416) 703-5391

e-mail: info@nsuperior.ca
www.nsuperior.com