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NEWS RELEASE – FOR IMMEDIATE RELEASE

NORTHERN SUPERIOR RESOURCES DEFINES GOLD GRAIN DISPERSAL TRAINS, THORNE LAKE GOLD PROPERTY, NORTHWESTERN ONTARIO

Toronto, Ontario (January 26, 2009): **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) today announced the discovery of three gold grain-in-till dispersal trains resulting from the fall 2008 overburden sampling program on its 100% owned Thorne Lake gold property (the “Property”) in Northwestern Ontario. The Property is situated within the Ellard Lake greenstone belt, 15.5 kilometers west of the Sachigo River gold mine, a past producer that generated 52,560 ounces of gold at an average grade of approximately 1.1 oz Au/t (38.8 grams Au/t). The Ellard Lake greenstone belt is highly prospective for gold but to date has not been extensively explored.

Dr. Thomas F. Morris, President and CEO of Northern Superior, commented: “Two of the three gold grain-in-till dispersal trains defined on the Thorne Lake gold property are very similar to dispersal trains extending south from the Sachigo River gold mine (see Table). In fact, one overburden sample, collected from the Property during last fall’s exploration program, contained 476 gold grains, 454 of which are pristine from a 10.6 kg sample. The best gold grain result associated with the Sachigo River gold mine contains 69 gold grains, 57 of which were pristine from a 7.7 kg sample collected by the Ontario Geological Survey within 100m of the Sachigo River mine site. The implication of these results is that the Thorne Lake property has a very high potential to host gold mineralization and we are looking forward to exploring this project further.”

The Thorne Lake gold property is located about 80 kilometers northeast of the First Nation community of Sachigo Lake, with whom Northern Superior has a long-standing relationship, including signed Letters of Agreement with the community to complete the staking and overburden sampling programs. The Property is 11.2 km long by 6.4 km wide, consisting of 26 claims, and covers an area of 6,656 hectares.

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 property and has verified the data disclosed in this press release.

Thorne Lake Gold Grain Dispersal

Sachigo River Gold Mine*

Trains	
<i>Dispersal Train 1</i>	
Sample Sites	46
Average Number Gold Grains/ 15 kg	15
Dispersal Length	8.1km
Largest Anomaly, Sample Weight (kg)	9
<i>Total Grains</i>	65
<i>Pristine Grains</i>	39
<i>Modified</i>	20
<i>Reshaped</i>	6
<i>Dispersal Train 2</i>	
Sample Sites	41
Average Number Gold Grains/ 15 kg	26
Dispersal Length	8.5km
Largest Anomaly, Sample Weight (kg)	10.6
<i>Total Grains</i>	476
<i>Pristine Grains</i>	454
<i>Modified</i>	19
<i>Reshaped</i>	3
<i>Dispersal Train 3</i>	
Sample Sites	16
Average Number Gold Grains/ 15 kg	16
Dispersal Length	4.3km
Largest Anomaly, Sample Weight (kg)	8
<i>Total Grains</i>	12
<i>Pristine Grains</i>	2
<i>Modified</i>	3
<i>Reshaped</i>	7

<i>Dispersal Train 1</i>	
Sample Sites	39
Average Number Gold Grains/ 15 kg	13
Dispersal Length	8.4km
Largest Anomaly, Sample Weight (kg)	8.2
<i>Total Grains</i>	18
<i>Pristine Grains</i>	9
<i>Modified</i>	2
<i>Reshaped</i>	7
<i>Dispersal Train 2</i>	
Sample Sites	30
Average Number Gold Grains/ 15 kg	30
Dispersal Length	4.3km
Largest Anomaly, Sample Weight (kg)	7.7
<i>Total Grains</i>	69
<i>Pristine Grains</i>	57
<i>Modified</i>	9
<i>Reshaped</i>	3

*Northern Superior Resource did not perform the work associated with the Sachigo Lake exploration results and does not attest to, or provide any guarantees of, the accuracy of the work completed.

About Northern Superior

Northern Superior Resources Inc. is a junior exploration company whose focus is exploring for gold and diamonds on the Superior Province of the Canadian Shield. Northern Superior is also advancing gold and base metal properties as a by-product from its diamond exploration programs. The Company is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP.

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.

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