

NORTHERN SUPERIOR RESOURCES INC.



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NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. Named 2012 Prospector of the Year

Sudbury, Ontario, November 22, 2012. Northern Superior Resources Inc. (the “Company” or “Northern Superior”) is pleased to announce that it has been named the 2012 “Prospector of the Year” by the Association L’Exploration Minière du Québec (AEMQ). According to its web site, “each year the AEMQ recognizes and honors the dynamism and entrepreneurship of companies and individuals involved in the development of Quebec’s mining and exploration industry.” Specifically, the AEMQ “Prospector of the Year” award is presented to “highlight the importance of a new discovery that produced a significant ripple effect on exploration activities with regard to both the property itself and the surrounding area” and was awarded to Northern Superior in recognition of the importance of the Croteau Est Gold discovery in the Chapais, Chibougamau and Oujé-Bougoumou regions of Quebec.

Since commencing operations on the Croteau Est property in August of 2011, Northern Superior’s exploration programs have defined and continue to expand a gold-bearing alteration corridor that extends to at least 450 m depth, is at least 1,000 m in length and 50 to 150 m in width. The alteration corridor and associated gold mineralization (75.44 g/ t over 4.80 m; 8.16 g/ t over 19.55 m, as examples) remains open along strike in both directions and at depth (see press releases March 1, June 11, October 8, November 12, November 20, 2012).

Dr. T.F. Morris, President and CEO of Northern Superior states: “This award is a fantastic endorsement from our peers in Québec, of the terrific work and progress that employees and contractors of Northern Superior Resources have made on the Company’s Croteau Est gold property in such a very short period of time. We look forward to sharing news of the Company’s progress on Croteau Est as we continue our exploration through the balance of 2012 and into 2013.”

Northern Superior was also named to the 2011 TSX Venture Top 50 and has also won an Ontario Business Achievement Award for Corporate Governance in 2011.

About Northern Superior

Northern Superior is a junior exploration company exploring for gold in the Superior Province of the Canadian Shield. The Company currently has over \$9.5 million in cash and is currently focused on exploring its Croteau Est/Waconichi gold properties in Quebec. The Company has a number of 100%-

owned properties (see Company web site, www.nsuperior.com) in the Stull, Wunnumin and Chibougamau gold districts.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP. For further information contact:

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Forward looking statements: This news release includes certain “forward-looking information” within the meaning of Canadian securities legislation and “forward-looking statements” within the meaning of the United States Private Securities Litigation Reform Act of 1995 (collectively, “forward looking statements”). Forward looking statements include predictions, projections and forecasts and are often, but not always, identified by the use of words such as “seek”, “anticipate”, “believe”, “plan”, “estimate”, “forecast”, “expect”, “potential”, “project”, “target”, “schedule”, “budget” and “intend” and statements that an event or result “may”, “will”, “should”, “could” or “might” occur or be achieved or other similar expressions and includes the negatives thereof. All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, exploration results, interpretation of results, the timing and success of exploration activities generally, the timing and results of future resource estimates, 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. Forward looking statements are based on a number of material factors and assumptions. Important factors that could cause actual results to differ materially from Northern Superior’s expectations include exploration risks, changes in project parameters as plans continue to be refined, results of future resources estimates, future metal prices, availability of capital and financing on acceptable terms, general economic, market or business conditions, uninsured risks, regulatory changes, defects in title, availability of personnel, materials and equipment on a timely basis, accidents or equipment breakdowns, delays in receiving government approvals, unanticipated environmental impacts on operations and costs to remedy same, and other exploration or other risks detailed herein and from time to time in the filings made by the Company with securities regulators. Although the Company has attempted to identify important factors that could cause actual actions, events or results to differ from those described in forward looking statements, there may be other factors that cause such actions, events or results to differ materially from those anticipated. There can be no assurance that forward looking statements will prove to be accurate and accordingly readers are cautioned not to place undue reliance on forward looking statements.

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