

Northern Superior Resources Inc.

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NEWS RELEASE – FOR IMMEDIATE RELEASE

NORTHERN SUPERIOR RESOURCES DEFINES HEAD OF THE BIG DAM GOLD-IN-TILL DISPERSAL APRON AND IDENTIFIES THREE NEW AREAS FOR GOLD EXPLORATION AT TI-PA-HAA-KAA-NING GOLD PROPERTY.

Toronto, Ontario (February 26th, 2009): **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) today announced that it has successfully defined the head and lateral boundaries of the Big Dam gold grain-in-till dispersal apron on its Ti-pa-haa-kaa-ning gold property. The boundaries were defined using a normalized gold grain count for all overburden samples within the Big Dam area. The majority of these samples were collected from an extensive overburden sampling program completed last summer over the Property. The 2008 overburden sampling program also defined three new areas with anomalous gold grain-in-till values in the New Growth area of the Property that require further exploration.

The highly prospective gold grain-in-till dispersal apron was first identified from an overburden sampling program completed during the summer of 2007. During the fourth quarter of 2007 the Company reported the apron as having a fertile strike length of 6 km averaging 10.02 gold grains per kilogram of overburden (see press release October 15th, 2007). The 2008 sampling program further refined the outline of the dispersal train and identification of a sharp up ice head or cut-off to the gold in till apron.

It is within this area of the sharp cut-off that prospecting last summer identified a previous unknown area of outcrop adjacent to the head of the apron which hosts a new gold showing with up to 8.9 g/t over 0.34 m. In the same area, diamond drilling completed in the Fall of 2008 intersected numerous brittle-ductile sheared and altered intervals which returned up to 5.38 g/t over 0.4 m (see press release January 6th, 2009). The Fall drilling program consisted of six holes covering less than 700 m of the entire six km strike length for the apron head.

Dr. Thomas F. Morris, President and CEO of Northern Superior commented: “The results derived from this past summer’s overburden sampling program successfully defined a six km strike length for the head, and lateral boundaries, for the Big Dam gold grain-in-till dispersal apron. Further processing of the data including till geochemistry will more precisely identify specific areas along the head of the apron for drilling. In addition, this overburden sampling program identified three new areas of anomalous gold grain-in-till values within the western New Growth area of the Property. The Company is presently compiling a 43-101 report that will in part recommend future exploration programs and budgets to determine the source of gold grains associated with the remarkable Big Dam gold grain-in-till dispersal apron and to explore the three new gold targets.”

The Ti-pa-haa-kaa-ning gold property is owned 50% by Northern Superior, which acts as operator, and 50% by Lake Shore Gold Corp. This Property represents a large land position in Northwestern Ontario covering a total of 42,719 hectares. Staking of additional claims in June 2008 led to the subdivision of this extensive property into three smaller parts to better reflect the different geological models being applied to gold exploration: a) the western New Growth area; b) the central Big Dam area; and c) the eastern Ti-pa-haa-kaa-ning area.

Northern Superior invites all shareholders and interested parties to visit its booth (2402B, Investors Exchange), Tuesday and Wednesday (March 3rd and 4th 2009) at the Prospectors and Developers Convention being held in Toronto March 1st- 4th, 2009. At the same convention, Dr. Morris will also be presenting a summary of the Company's exploration activities entitled "Northern Superior Resources: New Growth, a Golden opportunity" at the Exchange Forum, Monday March 2nd, 10:40 am.

Quality Control

The Company's Qualified Person ("QP") for the property is Thomas Hart, P.Ge. 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.

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.

ON BEHALF OF THE BOARD
Thomas F. Morris, PhD., FGAC, P.Ge.
President & CEO

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

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