

Northern Superior Resources Inc.

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NEWS RELEASE - For Immediate Release

NORTHERN SUPERIOR COMPLETES DIAMOND DRILL PROGRAM, NEARS COMPLETION OF ITS GEOPHYSICAL PROGRAM, WACHIGABAU GOLD PROPERTY, QUEBEC

Sudbury, Ontario (March 8th, 2010) **Northern Superior Resources Inc.** ("Northern Superior" or the "Company") is pleased to announce that diamond drilling on it's Wachigabau Gold property, Quebec, is complete. In addition, the grids required for the Company's related geophysical programs are also completed and related geophysical surveys have been initiated (see press release, March 1st, 2010). Results from both programs will be released as soon as they are available.

The drill program consisted of four drill holes, each approximately 200 metres (m) long. The drill program was designed to test two zones with historical gold assay values. Zone 1 consists of gold assay values that include 10.12 g Au/t over 1.0m and 5.7 g Au/t over 3.2m. Zone 2 includes a gold assay value of 10.3 g Au/t over 0.4m.

Coupled with this drilling, a ground geophysical program consisting of induced polarization and magnetic surveys (approximately 57 line kilometers) will be completed over exploration grid areas "B", "E", "E-north, and "C-northwest" and "Bachelor Lake" (see press release, March 1st, 2010). These areas were selected based on historical diamond drill hole intersections either on the property or along strike on adjacent claims. These surveys will compliment exploration completed in these areas during 2009 and better define high quality drill targets planned for the third quarter of 2010.

The Wachigabau project is an option and joint venture agreement with Matamec Explorations Inc. ("Matamec"). Following this phase of exploration, Northern Superior will have earned-in on its 50% of all mineral rights on the property and the Company and Matamec will form a 50- 50 joint venture for all commodities on the property. IAMGOLD retains certain back-in rights on some of the claims. Northern Superior is the operator of the project.

Northern Superior Resources Inc. would also like to invite those attending the Toronto Prospectors and Developers Association meeting, March 9th- 10th 2010 to drop by the Company's booth (2409B). Dr. T.F. Morris (President and CEO) and management will be present to discuss the Company's exploration projects.

Quality Control

Thomas Hart (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 Wachigabau property and has verified the data disclosed in this press release.

About Northern Superior

Northern Superior Resources Inc. is a junior exploration company focused on exploring for gold in 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. For further information contact:

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