



NORTHERN SUPERIOR RESOURCES INC.

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NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. initiates reverse circulation drill program, Ti-pa-haa-kaa-ning Gold Property.

Sudbury, Ontario (July 20th, 2010) **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) has initiated a second reverse circulation drill program on its Ti-pa-haa-kaa-ning gold grain dispersal apron. This program is designed to refine four key gold target areas identified within the gold grain-in-till dispersal apron during the Company’s spring 2010 reverse circulation drill program. The best targets generated from the follow-up work will then be tested by core drilling late third quarter. In addition, this reverse circulation drill program will also be expanded south and west, farther into the apron to complete the wide spaced reconnaissance reverse circulation drilling started last winter. This reconnaissance drilling is expected to generate additional gold targets. This work is being initiated ahead of completion of an option/ joint venture agreement between Rainy River Resources and the Company (see press release June 24th, 2010).

Dr. T.F. Morris, President and CEO states: “This drill program is crucial to better defining high quality gold targets, maximizing efficiencies in core drilling that may start as early as this quarter (core drill, already on site). Reverse circulation drilling will also be expanded south and west into the gold grain-in-till dispersal apron to define additional gold targets. The option/ joint venture agreement between the Company and Rainy River is nearing completion, and both Companies felt that this phase of drilling should be initiated now to: a) take advantage of the favorable weather and drill equipment presently on site; and b) facilitate the initiation of a core drill program as quickly as possible.”

The strong, regionally extensive gold grain-in-till dispersal apron defined by Northern Superior on the TPK property is a unique feature rivaled by only three other such features, associated with the Meadowbank gold mine and the Meliadine and Rainy River gold deposits, both currently being considered for development (see press release, June 24th, 2010).

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 currently has three high active, high quality gold exploration projects in Ontario and Quebec- TPK, Thorne Lake and Wachigabau (see Company web site, www.superior.com). These projects, and five more early stage gold exploration projects (Rapson Bay, Meston Lake, Lespinay, Lac Surprise and Hazeur), were all developed from the Company’s extensive geoscientific data base. Additional gold exploration projects are currently being developed from this data base. In addition to optioning out the TPK property, the Company is currently looking to option-out its other 100% owned Rapson Bay, Meston Lake, Lespinay, Lac Surprise and Hazeur gold projects. 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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