



NORTHERN
G O L D MINING INC.

DIAMOND DRILLING RESULTS on NORTHERN GOLD MINING'S FREDERICK HOUSE LAKE PROPERTY (TIMMINS AREA)

Toronto, Ontario (May 7, 2008): Northern Gold Mining Inc. (TSX-V NGM) announces that it has completed its on-ice winter drill program on its Frederick House Lake property in the Timmins Area. Frederick House Lake, covering an area 9.5 km by 5.0 km, is located approximately 35 kilometres northeast of Timmins, Ontario. Northern Gold Mining holds 18 claims comprising 214 claim units.

Seven of thirteen holes of the proposed 2,600 metre program were started from the ice of Frederick House Lake, with two of the most southerly holes being successfully completed in bedrock. Thicker than expected overburden prevented the relatively small B-15 drill from reaching bedrock in the other holes. The best intersections in the completed holes were:

Hole #	Interval (from-to metres)	Length (metres)	Assay (g/t)
FH-08-8	58.8 – 58.9	0.4	0.62
FH-08-9	187.6 – 188.0	0.4	1.53
FH-08-9	186.5 – 191.0	4.5	0.29

Both holes intersected local intervals containing abundant quartz-carbonate stringers, with and without fine pyrite. Ken Rattee, V.P. Exploration says, "We are very encouraged by the gold mineralization that we found in these two southern holes and we are looking forward to drilling the main anomalies to the north in future."

During 2007 Northern Gold Mining flew a 361 line km airborne VTEM survey over Frederick House Lake and collected 1565 MMI geochemical samples from the lake bottom sediments to define drilling targets. The MMI survey outlined two large areas of anomalous gold values. The West Anomaly covers an area 2.5 km by 0.8 km with individual MMI Au values to 109 ppb and response ratios to 52.9 (a response ratio is a measure of the individual value to a calculated background value with ratios greater than 20 being considered significant). The East Anomaly covers an area 2.0 km by 1.0 km with individual MMI Au anomalies to 61.4 ppb and response ratios to 29.8. Examination of the Mobile Metal Ions lake sediment geochemical data from Frederick House Lake by MMI expert, Dr. Mark Fedikow, Independent Consultant, indicates that "In the absence of any obvious sources of anthropogenic contamination the data likely represents a *bona fide* MMI gold anomaly." Northern Gold Mining interprets these two large anomalies to outline a broad zone of gold mineralization in the mafic and ultramafic rocks of the Kidd-Munro assemblage on the immediate north side of the regional Pipestone Fault. The two completed holes were drilled between 0.5 km and 1.0 km south of the main West Anomaly testing high individual MMI anomalies while all five uncompleted holes were designed to test targets within the main West Anomaly. The completed holes encountered metasedimentary rocks of the Porcupine assemblage indicating this area lies south of the Pipestone Fault and supporting the interpretation that the West MMI anomaly to the north lies within the optimal strata of the Kidd-Munro assemblage bounded by the Pipestone Fault on its south side.

KIRANA & BOURKES PROPERTIES UPDATE

Northern Gold Mining Inc. has completed a drilling program testing the grade of tailings from the past-producing (1927-1961) Sylvanite Mine tailings basin on its Kirana Claim Group. This 146 hole program resulted in a total of 927 metres being drilled and 760 samples collected. Samples were collected every 1.2 metres (four feet) at varying depths. An initial group of 28 samples has been sent to several laboratories for test work to develop the best approach to analyzing the rest of the samples collected. Northern Gold's Kirana Claims Group is comprised of 124 contiguous claim units and four patent blocks, as well as the eight non-contiguous claim units which cover the Sylvanite Mine tailings. The property is located five kilometres northeast of Kirkland Lake, Ontario.

Northern Gold continues exploration on its Bourkes Mine properties. An 18 hole, 1480 metre drill program in the Wolf Lake area has commenced. Located approximately 3 kilometres south of the Bourkes Mine, the drill targets were defined by geological reconnaissance, an MMI geochemical survey, and ground IP geophysics conducted during the 2007 summer exploration program.

Northern Gold Mining Inc. is a Toronto based junior resource company dedicated to gold exploration in the proven mining camps of Kirkland Lake and Timmins, in Northern Ontario.

This press release has been reviewed by R.V. Zalnierunas P.Geo., an independent consulting geologist who is the "Qualified Person" for this project as defined by NI 43-101.

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