



PRESS RELEASE

Northern Offshore Appoints New President and Chief Executive Officer

HOUSTON, TEXAS – July 26, 2010 -- Northern Offshore, Ltd. (Oslo Børs: NOF.OL) (the “Company”) announced today that Mr. Gary W. Casswell has been appointed by the directors to serve as President and Chief Executive Officer of the Company.

Mr. Casswell has more than 30 years industry experience, most recently serving as Vice President, Eastern Hemisphere Operations for Pride International, Inc. (NYSE: PDE). In that position, Mr. Casswell was responsible for the re-organization of Forasol/Foramer into a division of Pride, including operations of a fleet of 39 drillships, semis, jackups, tenders, and land rigs operating in eighteen countries. Prior to joining Pride, Mr. Casswell was with Santa Fe International and held a variety of increasingly responsible positions in operations, marketing, and business development, including responsibility for developing Santa Fe’s deepwater rig strategy. Mr. Casswell is a member of the Society of Petroleum Engineers, served as the Chairman of Drilling Contractor Publications for the International Association of Drilling Contractors (“IADC”) and received the IADC’s Exemplary Service award in 2007. Mr. Casswell holds a Bachelor of Science degree in Business Administration from the University of California, Long Beach.

In connection with Mr. Casswell’s appointment as President and Chief Executive Officer of the Company, Jim LaChance resigned his position as Interim President and Chief Executive Officer of the Company, effective immediately. Mr. LaChance will continue to serve the Company as Chairman of the Company’s Board of Directors.

Northern Offshore, Ltd. is a Bermuda holding company which operates offshore oil and gas production and drilling vessels deployed around the world. The company’s fleet consists of one floating production facility and five drilling units (a drillship, a semisubmersible and three jackup drilling rigs). The Northern Offshore fleet operates in various markets including the North Sea, the Indian Ocean, offshore Russia, the Mediterranean Sea and Southeast Asia. More information on Northern Offshore, Ltd. may be found by visiting the company's website at <http://www.northernoffshorelimited.com>.

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