



PRESS RELEASE

Northern Offshore Announces Resignations of Senior Vice Presidents of Marketing and Operations

HOUSTON, TEXAS – July 29, 2010 -- Northern Offshore, Ltd. (Oslo Børs: NOF.OL) today announced that the Company's Senior Vice President Marketing, Steven J. Gangelhoff, and Senior Vice President Operations, Fred Brooks, have resigned from the Company effective in early September 2010.

Mr. Gangelhoff and Mr. Brooks joined the company in January 2008 and resigned for personal reasons. Mr. Gangelhoff and Mr. Brooks will assist with transitioning their responsibilities to others in the Company until the effective dates of their resignations on September 8, 2010 and September 4, 2010, respectively.

Gary Casswell, President and Chief Executive Officer of the Company, joined the Board in thanking Mr. Gangelhoff and Mr. Brooks for their contributions to the Company over the last two and one-half years stating: "Steve Gangelhoff and Fred Brooks have made significant contributions to the success of Northern Offshore and we wish them well in their next endeavors. The Company is moving forward promptly to transition their duties to other experienced professionals inside or outside our organization."

Northern Offshore, Ltd. is a Bermuda holding company which operates offshore oil and gas production and drilling vessels in various markets 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, the Mediterranean Sea and Southeast Asia. The company also provides rig management services, and is currently operating in this capacity on two semisubmersibles in the Caspian Sea. More information on Northern Offshore, Ltd. may be found by visiting the company's website at <http://www.northernoffshorelimited.com>.

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