



For Immediate Release

September 14, 2009

Canadian Superior Energy Inc. Announces Chairman

CALGARY, ALBERTA--(Marketwire – September 14, 2009) - Canadian Superior Energy Inc. (“Canadian Superior” or the “Company”) (TSX:SNG) (NYSE Amex LLC:SNG) announced today that Mr. Marvin Chronister has been appointed as the Chairman of its board of directors. Mr. Chronister brings in excess of 30 years of extensive experience in the financial sector and the oil and gas industry both internationally and domestically. The company has also initiated the formal process of searching for a new CEO and has retained a leading executive search firm to assist with the identification of potential candidates.

This news release contains forward-looking information, including continued the approval of the Corporation’s plan of arrangement, the sale of Block 5(c) to BGI, recapitalization proposals and expectations of emerging from CCAA protection. Actual results could differ materially due to changes in project schedules and commercial negotiations, therefore there can be no assurance that any of the foregoing actions by the Company will be completed as contemplated. Forward-looking information contained in this news release is as of the date of this news release. The Company assumes no obligation to update and/or revise this forward-looking information except as required by law.

Statements contained in this news release relating to future results, events and expectations are forward-looking statements within the meaning of Section 27A of the Securities Act of 1933, as amended and Section 21E of the Securities Exchange Act of 1934, as amended. These forward-looking statements involve known and unknown risks, uncertainties, scheduling, re-scheduling and other factors which may cause the actual results, performance, estimates, projections, resource potential and/or reserves, interpretations, prognoses, schedules or achievements of the Corporation, or industry results, to be materially different from any future results, performance or achievements expressed or implied by such statements. Such factors include, among others, those described in the Corporation’s annual reports on Form 40-F or Form 20-F on file with the U.S. Securities and Exchange Commission.

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