

VIRMANI PREM
Form 144
August 22, 2003

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**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

FORM 144

**NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933**

ATTENTION: *Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.*

1(a) Name of Issuer	(b) IRS Ident. No.	(c) S.E.C. File No.
COTT CORPORATION _____	N/A _____	000-19914 _____
(d) Address of Issuer	(e) Telephone	
207 Queen s Quay West, Suite 340 _____	Toronto, Ontario M5J 1A7 _____	
(Street)	(City)	(State) (Zip Code)
		(Area Code) (Numbers)
2(a) Name of Person For Whose Account the Securities are to be Sold	(b) IRS Ident. No.	(c) Relationship to Issuer
PREM VIRMANI _____	118-58-1325 _____	Vice President, Technical Services _____

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(d) Address

601 Winterhaven Way

(Street)

Columbus, GA 31904

(City)

(State)

(Zip Code)

INSTRUCTION: *The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.*

3(a) Title of the Class of Securities to be Sold	(b) Name and Address of Each Broker Through Whom the Securities Are to be Offered or Each Market Maker Who is Acquiring the Securities	SEC USE ONLY Broker-Dealer File Number	(c) Number of Shares or Other Units to be Sold (See Instr. 3(c))	(d) Aggregate Market Value (See Instr. 3(d))	(e) Number of Shares or Other Units Outstanding (See Instr. 3(e))	(f) Approximate Date of Sale (Mo/Day/Yr) (See Instr. 3(f))	(g) Name of Each Securities Exchange (See Instr. 3(g))
COMMON SHARES	Raymond James 1000 Broadway Columbus, GA 31901		5,500	\$129,085(1)	69,469,555	August 22, 2003	NYSE

INSTRUCTIONS:

1. (a) Name of issuer

(b) Issuer's

I.R.S.

Identification

Number (c) Issuer's

S.E.C. file

number, if

any (d) Issuer's

address,

including zip

code (e) Issuer's

telephone

number,

including area

code 2. (a) Name

of person for

whose

account the

securities are

to be

sold (b) Such

person's I.R.S.

Identification

number, if

such person is

an

entity (c) Such

person's

relationship

to the issuer

(e.g., officer,

director, 10%

stockholder,

or member of

immediate

family of any

of the

foregoing) (d) Such

person's
address,
including zip
code 3.(a) Title
of the class of
securities to
be
sold(b) Name
and Address
of each
broker
through
whom the
securities are
intended to be
sold(c) Number
of shares or
other units to
be sold (if
debt
securities,
give the
aggregate
face
amount)(d) Aggregate
market value
of the
securities to
be sold as of a
specified date
within
10 days prior
to the filing
of this
notice(e) Number
of shares or
other units of
the class
outstanding,
or if debt
securities the
face amount
thereof
outstanding,
as shown by
the most
recent report
or statement
published by
the
issuer(f) Approximate
date on which
the securities
are to be
sold(g) Name
of each
securities
exchange, if
any, on which
the securities
are intended
to be sold

TABLE I SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (if gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
COMMON SHARES	Various Dates from 2001 - 2003	Grants pursuant to the Executive Incentive Share Compensation Plan ("EISCP")	Open Market Purchases by EISCP Trust	5,500	Various Dates from 2001 - 2003	CASH PURCHASES BY TRUST

INSTRUCTIONS:

1. If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.
2. If within two years after the acquisition of the securities the person for whose account they are to be sold had any short positions, put or other option to dispose of securities referred to in paragraph (d)(3) of Rule 144, furnish full information with respect thereto.

TABLE II SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds

REMARKS:

(1) Based on a closing price of \$23.47 on the New York Stock Exchange on August 21, 2003.

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed.

August 22, 2003

/s/ Prem Virmani

DATE OF NOTICE

(SIGNATURE)

The notice shall be signed by the persons for whose account the securities are to be sold.

At least one copy of the notice shall be manually signed.

Any copies not manually signed shall bear typed or printed signatures.

ATTENTION:

**Intentional misstatements or omission of facts constitute
Federal Criminal Violations (See 18 U.S.C. 1001)**