

VIRMANI PREM  
Form 144  
August 22, 2003

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SEC USE ONLY
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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.*

<b>1(a) Name of Issuer</b>	<b>(b) IRS Ident. No.</b>	<b>(c) S.E.C. File No.</b>
COTT CORPORATION	N/A	000-19914
<b>(d) Address of Issuer</b>	<b>(e) Telephone</b>	
207 Queen s Quay West, Suite 340	Toronto, Ontario M5J 1A7	(416) 203-3898
(Street)	(City) (State) (Zip Code)	(Area Code) (Numbers)
<b>2(a) Name of Person For Whose Account the Securities are to be Sold</b>	<b>(b) IRS Ident. No.</b>	<b>(c) Relationship to Issuer</b>
PREM VIRMANI	118-58-1325	Vice President, Technical Services

(d) Address

601 Winterhaven Way

Columbus, GA 31904

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(Street)

(City)

(State)

(Zip Code)

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**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.*

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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 <i>(See Instr. 3(c))</i>	(d) Aggregate Market Value <i>(See Instr. 3(d))</i>	(e) Number of Shares or Other Units Outstanding <i>(See Instr. 3(e))</i>	(f) Approximate Date of Sale (Mo/Day/Yr) <i>(See Instr. 3(f))</i>	(g) Name of Each Securities Exchange <i>(See Instr. 3(g))</i>
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 <i>(if gift, also give date donor acquired)</i>	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)**