

**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: Transmitt 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 <i>Please type or print</i>		(b) RESIDENT NO.		(c) SEC. FILE NO.	
Cogent Communications Holdings INC		46-5705863		000-51829	
2. (a) ADDRESS OF ISSUER		CITY		STATE ZIP CODE	
2450 N Street NW		Washington		DC 20037	
3. (a) NAME OF PERSON FOR WHOM ACCOUNT THE SECURITIES ARE TO BE SOLD		(b) RELATIONSHIP TO ISSUER		(c) ADDRESS STREET CITY STATE ZIP CODE	
James Bulbeck		OFFICER		C/O 2450 N Street NW Washington DC 20037	

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					(d) TELEPHONE NO.
		Broker-Dealer File Number	(c) Number of Shares or Other Units To Be Sold (See Inst. 3(c))	(e) Aggregate Market Value (See Inst. 3(d))	(f) Number of Shares or Other Units Outstanding (See Inst. 3(e))	(g) Approximate Date of Sale (See Inst. 3(f))	
Common	UBS Financial Services INC 1501 K Street NW, Suite 1100 Washington, DC 20005		1,920	144,403.20	47,670,00K	12-10-2021	NASDAQ

INSTRUCTION:

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 relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
- (c) Such person's address, including zip code

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

OMB APPROVAL	
OMB Number: 3215-0101	Expires: July 31, 2003
Estimated average burden hours per response: 1.00	

SEC. USE ONLY	
DOCUMENT SEQUENCE NO.	

CUSIP NUMBER

WORK LOCATION

(d) TELEPHONE NO.

AREA CODE	NUMBER
202	295-4200

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 Securities	Date and Place Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date when acquired)	Amount of Securities Acquired	Date of Payment	Means of Payment
Common	12-1-2021	Restricted Stock Award	Common	2400	N/A	N/A

INSTRUCTIONS:

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.

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
James Bubeck c/o Cogent Communications Holdings 2450 N Street NW Washington, DC 20037	Common	12/1/21	1,920	143,729.25

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (e) 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 segregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities are to be sold hereby represents by signing this notice that he does not know any material adverse information he is required to disclose and that he is not aware of any material adverse information he is required to disclose. If such person has adopted a written trading plan or given trading instructions to another person, he must, by signing this notice, certify that the plan was adopted or the instructions given, that person neither represents nor warrants as to the plan's adoption or instructions given.

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTIONS, IF EXISTING ON RULE 144(a)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed and bear typed or printed signatures.

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