

INGLES MARKETS INC
Form 4
September 13, 2005

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
INGLE ROBERT P

2. Issuer Name and Ticker or Trading Symbol
INGLES MARKETS INC [IMKTA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
2913 US HIGHWAY 70 WEST

3. Date of Earliest Transaction (Month/Day/Year)
09/09/2005

Director 10% Owner
 Officer (give title below) Other (specify below)
Chairman and CEO / Profit Sharing Plan Trustee

(Street)
BLACK MOUNTAIN, NC 28711

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Ownership (Instr. 4)			
			Code	V	Amount	(A) or (D)	Price			
Class A Common Stock	09/09/2005		J(1)		160	D	\$ 15.02	109,240	I	By Employee Benefit Plan Trust (1)
Class A Common Stock	09/09/2005		J(1)		300	D	\$ 15.03	108,940	I	By Employee Benefit Plan Trust (1)
	09/09/2005		J(1)		340	D		108,600	I	

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Class A Common Stock					\$ 15.04			By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	100	D	\$ 15.05	108,500	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	1,400	D	\$ 15.06	107,100	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	1,800	D	\$ 15.09	105,300	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	100	D	\$ 15.1	105,200	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	1,700	D	\$ 15.11	103,500	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	1,500	D	\$ 15.12	102,000	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	900	D	\$ 15.13	101,100	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	800	D	\$ 15.14	100,300	I	By Employee Benefit Plan Trust <u>(1)</u>
	09/09/2005	<u>J(1)</u>	300	D		100,000	I	

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Class A Common Stock					\$ 15.15				By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	700	D	\$ 15.17	99,300		I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	600	D	\$ 15.18	98,700		I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	300	D	\$ 15.2	98,400		I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	500	D	\$ 15.21	97,900		I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	200	D	\$ 15.24	97,700		I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	1,100	D	\$ 15.25	96,600		I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	500	D	\$ 15.26	96,100		I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/09/2005	<u>J(1)</u>	200	D	\$ 15.29	95,900		I	By Employee Benefit Plan Trust <u>(1)</u>
						80,000		D	

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purpose except to the extent of his or her pecuniary interest therein.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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