

INGLE ROBERT P II
Form 4
September 21, 2006

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 II

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
(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
09/19/2006

Director 10% Owner
 Officer (give title below) Other (specify below)
VP - Operations

BLACK MOUNTAIN, NC 28711
(City) (State) (Zip)

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

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 Beneficial Ownership (Instr. 4)
			Code	V	Amount (A) or (D) Price		
Class A Common Stock	09/19/2006		S		100 D \$ 27.06	117,400	D
Class A Common Stock	09/19/2006		S		1,000 D \$ 27.07	116,400	D
Class A Common Stock	09/19/2006		S		1,000 D \$ 27.079	115,400	D
Class A Common	09/19/2006		S		600 D \$ 27.1	114,800	D

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Stock							
Class A Common Stock	09/20/2006	S	2,650	D	\$ 26.75	112,150	D
Class A Common Stock	09/20/2006	S	1,000	D	\$ 26.763	111,150	D
Class A Common Stock	09/20/2006	S	350	D	\$ 26.77	110,800	D
Class A Common Stock	09/20/2006	S	1,200	D	\$ 26.7925	109,600	D
Class A Common Stock	09/20/2006	S	1,000	D	\$ 26.803	108,600	D
Class A Common Stock	09/20/2006	S	1,900	D	\$ 26.81	106,700	D
Class A Common Stock	09/20/2006	S	1,200	D	\$ 26.855	105,500	D
Class A Common Stock	09/20/2006	S	800	D	\$ 26.8631	104,700	D
Class A Common Stock	09/20/2006	S	400	D	\$ 26.89	104,300	D
Class A Common Stock	09/20/2006	S	800	D	\$ 26.895	103,500	D
Class A Common Stock	09/20/2006	S	500	D	\$ 26.932	103,000	D
Class A Common Stock	09/20/2006	S	200	D	\$ 26.96	102,800	D
Class A Common Stock	09/20/2006	S	300	D	\$ 27.1567	102,500	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

**Persons who respond to the collection of
information contained in this form are not**

SEC 1474
(9-02)

