

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	(D)	Price
Class A Common Stock	09/19/2006		S		100	D	\$ 27.06 117,400
Class A Common Stock	09/19/2006		S		1,000	D	\$ 27.07 116,400
Class A Common Stock	09/19/2006		S		1,000	D	\$ 27.079 115,400
Class A Common	09/19/2006		S		600	D	\$ 27.1 114,800

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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**

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(9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned Following Transaction (Instr. 5)
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
INGLE ROBERT P II 2913 US HIGHWAY 70 WEST BLACK MOUNTAIN, NC 28711	X		VP - Operations	

Signatures

Ronald B.
Freeman/Attorney-in-Fact 09/21/2006
**Signature of Reporting Person Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

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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