

INGLES MARKETS INC
Form 4
August 24, 2005

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 II

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

BLACK MOUNTAIN, NC 28711

(City) (State) (Zip)

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

3. Date of Earliest Transaction
(Month/Day/Year)
08/22/2005

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

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 Ownership (Instr. 4)
				(A) or (D)	Price		
Class A Common Stock	08/22/2005		M	4,718	A \$ 10.5	97,218	D
Class A Common Stock	08/22/2005		S	1,600	D \$ 15.03	95,618	D
Class A Common Stock	08/22/2005		S	932	D \$ 15.04	94,686	D
Class A Common	08/22/2005		S	386	D \$ 15.05	94,300	D

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Stock								
Class A Common Stock	08/22/2005	S	600	D	\$ 15.08	93,700		D
Class A Common Stock	08/22/2005	S	200	D	\$ 15.09	93,500		D
Class A Common Stock	08/22/2005	S	800	D	\$ 15.1	92,700		D
Class A Common Stock	08/22/2005	S	100	D	\$ 15.11	92,600		D
Class A Common Stock	08/22/2005	S	100	D	\$ 15.13	92,500		D
Class A Common Stock	08/23/2005	M	5,938	A	\$ 10.5	98,438		D
Class A Common Stock	08/23/2005	S	1,900	D	\$ 14.5	96,538		D
Class A Common Stock	08/23/2005	S	800	D	\$ 14.51	95,738		D
Class A Common Stock	08/23/2005	S	300	D	\$ 14.52	95,438		D
Class A Common Stock	08/23/2005	S	200	D	\$ 14.53	95,238		D
Class A Common Stock	08/23/2005	S	200	D	\$ 14.55	95,038		D
Class A Common Stock	08/23/2005	S	200	D	\$ 14.56	94,838		D
Class A Common Stock	08/23/2005	S	38	D	\$ 14.59	94,800		D
Class A Common Stock	08/23/2005	S	100	D	\$ 14.62	94,700		D

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Class A Common Stock	08/23/2005	S	700	D	\$ 14.63	94,000	D
Class A Common Stock	08/23/2005	S	100	D	\$ 14.64	93,900	D
Class A Common Stock	08/23/2005	S	400	D	\$ 14.67	93,500	D
Class A Common Stock	08/23/2005	S	100	D	\$ 14.72	93,400	D
Class A Common Stock	08/23/2005	S	600	D	\$ 14.73	92,800	D
Class A Common Stock	08/23/2005	S	100	D	\$ 14.74	92,700	D
Class A Common Stock	08/23/2005	S	200	D	\$ 14.77	92,500	D

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

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SEC 1474
(9-02)

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)		
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to	\$ 10.5	08/22/2005		M	4,718	10/13/2003	10/12/2005	Class A Common Stock	4,718

Buy)
 Employee
 Stock
 Option \$ 10.5 08/23/2005 M 5,938 10/13/2003 10/12/2005 Class A Common 5,938
 (Right to Buy) Stock

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 08/24/2005
**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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