

INGLE ROBERT P II  
Form 4  
September 21, 2006

**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

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

(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)

09/19/2006

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 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

Edgar Filing: INGLE ROBERT P II - Form 4

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)

