

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 *
INGLES MARKETS INC
INVESTMENT/PROFIT SHARING
PLAN TRUST

(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)
09/09/2005

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)

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)
				Code	V Amount (A) or (D) Price			
Class A Common Stock	09/09/2005		S	160	D	\$ 15.02 109,240	D	
Class A Common Stock	09/09/2005		S	300	D	\$ 15.03 108,940	D	
Class A Common Stock	09/09/2005		S	340	D	\$ 15.04 108,600	D	
Class A Common	09/09/2005		S	100	D	\$ 15.05 108,500	D	

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Stock							
Class A Common Stock	09/09/2005	S	1,400	D	\$ 15.06	107,100	D
Class A Common Stock	09/09/2005	S	1,800	D	\$ 15.09	105,300	D
Class A Common Stock	09/09/2005	S	100	D	\$ 15.1	105,200	D
Class A Common Stock	09/09/2005	S	1,700	D	\$ 15.11	103,500	D
Class A Common Stock	09/09/2005	S	1,500	D	\$ 15.12	102,000	D
Class A Common Stock	09/09/2005	S	900	D	\$ 15.13	101,100	D
Class A Common Stock	09/09/2005	S	800	D	\$ 15.14	100,300	D
Class A Common Stock	09/09/2005	S	300	D	\$ 15.15	100,000	D
Class A Common Stock	09/09/2005	S	700	D	\$ 15.17	99,300	D
Class A Common Stock	09/09/2005	S	600	D	\$ 15.18	98,700	D
Class A Common Stock	09/09/2005	S	300	D	\$ 15.2	98,400	D
Class A Common Stock	09/09/2005	S	500	D	\$ 15.21	97,900	D
Class A Common Stock	09/09/2005	S	200	D	\$ 15.24	97,700	D
Class A Common Stock	09/09/2005	S	1,100	D	\$ 15.25	96,600	D

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.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.