

INGLES MARKETS INC  
 Form 4/A  
 March 08, 2006

**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)  
**03/06/2006**

4. If Amendment, Date Original Filed(Month/Day/Year)  
**03/07/2006**

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_ Director \_\_\_X\_\_\_ 10% Owner  
 \_\_\_ Officer (give title below) \_\_\_ Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 \_X\_ 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	03/06/2006		S	1,700	D \$ 16	20,145	D
Class A Common Stock	03/06/2006		S	2,400	D \$ 16.01	17,745	D
Class A Common Stock	03/06/2006		S	463	D \$ 16.02	17,282	D
Class A Common Stock	03/06/2006		S	537	D \$ 16.03	16,745	D

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Stock							
Class A Common Stock	03/06/2006	S	600	D	\$ 16.04	16,145	D
Class A Common Stock	03/06/2006	S	311	D	\$ 16.05	15,834	D
Class A Common Stock	03/06/2006	S	400	D	\$ 16.06	15,434	D
Class A Common Stock	03/06/2006	S	390	D	\$ 16.07	15,044	D
Class A Common Stock	03/06/2006	S	2,400	D	\$ 16.11	12,644	D
Class A Common Stock	03/06/2006	S	2,500	D	\$ 16.19	10,144	D
Class A Common Stock	03/06/2006	S	600	D	\$ 16.2	9,544	D
Class A Common Stock	03/06/2006	S	2,400	D	\$ 16.21	7,144	D
Class A Common Stock	03/06/2006	S	200	D	\$ 16.22	6,944	D
Class A Common Stock	03/06/2006	S	200	D	\$ 16.23	6,744	D
Class A Common Stock	03/06/2006	S	500	D	\$ 16.24	6,244	D
Class A Common Stock	03/06/2006	S	1,200	D	\$ 16.26	5,044	D
Class A Common Stock	03/06/2006	S	100	D	\$ 16.27	4,944	D
Class A Common Stock	03/06/2006	S	270	D	\$ 16.28	4,674	D

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Class A Common Stock	03/06/2006	S	400	D	\$ 16.41	4,274	D
Class A Common Stock	03/06/2006	S	1,196	D	\$ 16.42	3,078	D
Class A Common Stock	03/06/2006	S	370	D	\$ 16.43	2,708	D
Class A Common Stock	03/06/2006	S	130	D	\$ 16.44	2,578	D
Class A Common Stock	03/06/2006	S	100	D	\$ 16.55	2,478	D
Class A Common Stock	03/06/2006	S	100	D	\$ 16.71	2,378	D
Class A Common Stock	03/06/2006	S	100	D	\$ 16.72	2,278	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 required to respond unless the form displays a currently valid OMB control number.**

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(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)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V	(A)	(D)

