

INGLE ROBERT P II
Form 4
August 22, 2005

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

3. Date of Earliest Transaction (Month/Day/Year)
08/18/2005

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

VP - Operations

(Street)

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

BLACK MOUNTAIN, NC 28711

(City) (State) (Zip)

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 or Price		
Class A Common Stock	08/18/2005		M		15,000 A \$ 10.5	107,500	D
Class A Common Stock	08/18/2005		S		2,824 D \$ 15	104,676	D
Class A Common Stock	08/18/2005		S		300 D \$ 15.02	104,376	D
Class A Common	08/18/2005		S		100 D \$ 15.03	104,276	D

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Stock							
Class A Common Stock	08/18/2005	S	200	D	\$ 15.05	104,076	D
Class A Common Stock	08/18/2005	S	2,000	D	\$ 15.06	102,076	D
Class A Common Stock	08/18/2005	S	462	D	\$ 15.07	101,614	D
Class A Common Stock	08/18/2005	S	738	D	\$ 15.08	100,876	D
Class A Common Stock	08/18/2005	S	1,800	D	\$ 15.09	99,076	D
Class A Common Stock	08/18/2005	S	1,276	D	\$ 15.1	97,800	D
Class A Common Stock	08/18/2005	S	300	D	\$ 15.11	97,500	D
Class A Common Stock	08/18/2005	S	2,000	D	\$ 15.15	95,500	D
Class A Common Stock	08/18/2005	S	200	D	\$ 15.16	95,300	D
Class A Common Stock	08/18/2005	S	300	D	\$ 15.17	95,000	D
Class A Common Stock	08/18/2005	S	869	D	\$ 15.18	94,527	D
Class A Common Stock	08/18/2005	S	500	D	\$ 15.19	93,631	D
Class A Common Stock	08/18/2005	S	100	D	\$ 15.2	93,531	D
Class A Common Stock	08/18/2005	S	600	D	\$ 15.21	92,931	D

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Class A Common Stock	08/18/2005	S	100	D	\$ 15.22	92,831	D
Class A Common Stock	08/18/2005	S	300	D	\$ 15.23	92,531	D
Class A Common Stock	08/18/2005	S	31	D	\$ 15.24	92,500	D
Class A Common Stock	08/19/2005	M	5,500	A	\$ 10.5	98,000	D
Class A Common Stock	08/19/2005	S	2,300	D	\$ 15	95,700	D
Class A Common Stock	08/19/2005	S	2,300	D	\$ 15.08	93,400	D
Class A Common Stock	08/19/2005	S	800	D	\$ 15.1	92,600	D
Class A Common Stock	08/19/2005	S	100	D	\$ 15.15	92,500	D

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

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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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock	\$ 10.5	08/18/2005		M	15,000	10/13/2003	10/12/2005	Class A Common	15,000

Option (Right to Buy)											Stock
Employee Stock Option (Right to Buy)	\$ 10.5	08/19/2005		M	5,500	10/13/2003	10/12/2005			Class A Common Stock	5,500

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

08/22/2005

 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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