

INGLES MARKETS INC  
Form 4  
September 13, 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 \*  
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)  
09/12/2005

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 (D) Price			
Class A Common Stock	09/12/2005		S	1,946	D \$ 15	93,954	D	
Class A Common Stock	09/12/2005		S	377	D \$ 15.01	93,577	D	
Class A Common Stock	09/12/2005		S	900	D \$ 15.02	92,677	D	
Class A Common	09/12/2005		S	300	D \$ 15.03	92,377	D	

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Stock							
Class A Common Stock	09/12/2005	S	800	D	\$ 15.04	91,577	D
Class A Common Stock	09/12/2005	S	920	D	\$ 15.05	90,657	D
Class A Common Stock	09/12/2005	S	500	D	\$ 15.06	90,157	D
Class A Common Stock	09/12/2005	S	500	D	\$ 15.07	89,657	D
Class A Common Stock	09/12/2005	S	1,847	D	\$ 15.08	87,810	D
Class A Common Stock	09/12/2005	S	200	D	\$ 15.09	87,610	D
Class A Common Stock	09/12/2005	S	699	D	\$ 15.1	86,911	D
Class A Common Stock	09/12/2005	S	900	D	\$ 15.11	86,011	D
Class A Common Stock	09/12/2005	S	1,000	D	\$ 15.12	85,011	D
Class A Common Stock	09/12/2005	S	600	D	\$ 15.13	84,411	D
Class A Common Stock	09/12/2005	S	757	D	\$ 15.14	83,654	D
Class A Common Stock	09/12/2005	S	400	D	\$ 15.15	83,254	D
Class A Common Stock	09/12/2005	S	100	D	\$ 15.18	83,154	D
Class A Common Stock	09/12/2005	S	300	D	\$ 15.19	82,854	D

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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)

Table with columns: 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. Number of Derivative Securities Beneficially Owned (Instr. 5).

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST
2913 US HIGHWAY 70 WEST
BLACK MOUNTAIN, NC 28711

X

Signatures

James W. Lanning 09/13/2005

\*\*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).

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