

INGLES MARKETS INC
Form 4
September 12, 2008

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 *
INGLE ROBERT P

(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)

09/10/2008

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)
CEO / Profit Sharing Plan Trustee

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	09/10/2008		J ⁽¹⁾		1,000	D	\$ 25.285	966,765	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/10/2008		J ⁽¹⁾		1,500	D	\$ 25.362	965,265	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/10/2008		J ⁽¹⁾		1,500	D	\$ 25.5227	963,765	I	Employee Benefit Plan Trustee ⁽¹⁾

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Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,097	D	\$ 25.547	962,668	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,100	D	\$ 25.6227	961,568	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,000	D	\$ 25.6339	960,568	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,500	D	\$ 25.6367	959,068	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,000	D	\$ 25.641	958,068	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,500	D	\$ 25.6555	956,568	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,303	D	\$ 25.6859	955,265	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	2,000	D	\$ 25.749	953,265	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,300	D	\$ 25.7999	951,965	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,500	D	\$ 25.8293	950,465	I	Employee Benefit Plan Trustee <u>(1)</u>
Class A Common Stock	09/10/2008	<u>J⁽¹⁾</u>	1,000	D	\$ 25.8339	949,465	I	Employee Benefit Plan Trustee <u>(1)</u>
	09/10/2008	<u>J⁽¹⁾</u>	1,500	D		947,965	I	

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Plan. The reporting person disclaims beneficial ownership of the reported securities except to the extent of his or her pecuniary interest therein, if any, and this report shall not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or for any other purpose except to the extent of his or her pecuniary interest therein.

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