

INGLES MARKETS INC
 Form 4
 September 26, 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 *
LANNING JAMES W

(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)

09/22/2005

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)
 President / 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	09/22/2005		J ⁽¹⁾		1,300	D	\$ 15	71,216	I	By Employee Benefit Plan Trust ⁽¹⁾
Class A Common Stock	09/22/2005		J ⁽¹⁾		100	D	\$ 15.02	71,116	I	By Employee Benefit Plan Trust ⁽¹⁾
Class A Common Stock	09/22/2005		J ⁽¹⁾		100	D	\$ 15.03	71,016	I	By Employee

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Stock								Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/22/2005	<u>J(1)</u>	100	D	\$ 15.05	70,916	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/23/2005	<u>J(1)</u>	4,175	D	\$ 15	66,741	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/23/2005	<u>J(1)</u>	1,000	D	\$ 15.01	65,741	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/23/2005	<u>J(1)</u>	500	D	\$ 15.02	65,241	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/23/2005	<u>J(1)</u>	184	D	\$ 15.03	65,057	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock	09/23/2005	<u>J(1)</u>	179	D	\$ 15.04	64,878	I	By Employee Benefit Plan Trust <u>(1)</u>
Class A Common Stock						6,250	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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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

