INGLE ROBERT P Form 4/A April 17, 2007

FORM 4

OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

Expires: January 31, 2005

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

(Check all applicable)

Issuer

Form 4 or Form 5 obligations may continue. See Instruction

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

2. Issuer Name and Ticker or Trading

INGLES MARKETS INC [IMKTA]

Symbol

(ME data)

1(b).

(Print or Type Responses)

INGLE ROBERT P

1. Name and Address of Reporting Person *

(Last)	(First)	(Middle)	3. Date of	of Earliest	Transactio	n					
·			(Month/) 03/30/2	Day/Year) 2007			:	X Director 10% OwnerX Officer (give titleX Other (specify below)			
	(Street)		4. If Am	endment, I	Date Origin	nal		6. Individual or Joint/Group Filing(Check			
				onth/Day/Ye	ar)			Applicable Line) _X_ Form filed by One Reporting Person			
BLACK M	IOUNTAIN, NC	27811	04/04/2	2007				Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Tab	ole I - Non	-Derivativ	e Secu	ırities Acqu	ired, Disposed of	, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	Code (Instr. 8)	4. Securior Dispo (Instr. 3,	esed of 4 and (A) or		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)	
Class A Common Stock (2)	04/02/2007			J <u>(1)</u>	700	D	\$ 40.77	118,430	I	Employee Benefit Plan Trustee (1)	
Class A Common Stock	04/02/2007			J <u>(1)</u>	800	D	\$ 40.73	117,630	I	Employee Benefit Plan Trustee (1)	
Class A Common Stock	04/02/2007			J <u>(1)</u>	1,000	D	\$ 40.45	116,630	I	Employee Benefit Plan	

								Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	400	D	\$ 41.15	116,230	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	3,800	D	\$ 41.34	112,430	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	400	D	\$ 41.26	112,030	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,146	D	\$ 41.2588	110,884	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	2,500	D	\$ 41.236	108,384	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,500	D	\$ 41.2207	106,884	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,100	D	\$ 41.22	105,784	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,000	D	\$ 41.214	104,784	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	2,500	D	\$ 41.2025	102,284	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,278	D	\$ 41.2	101,006	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	400	D	\$ 41.1925	100,606	I	Employee Benefit Plan Trustee (1)

Class A Common Stock	04/02/2007	J <u>(1)</u>	700	D	\$ 41.19	99,906	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	900	D	\$ 41.1789	99,006	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,200	D	\$ 41.1707	97,806	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,000	D	\$ 41.159	96,806	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	854	D	\$ 41.1476	95,952	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,200	D	\$ 41.1475	94,752	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,400	D	\$ 41.14	93,352	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	515	D	\$ 41.1389	92,837	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,261	D	\$ 41.1242	91,576	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	1,500	D	\$ 41.1213	90,076	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	J <u>(1)</u>	873	D	\$ 41.1148	89,203	I	Employee Benefit Plan Trustee (1)
	04/02/2007	<u>J(1)</u>	627	D		88,576	I	

Class A Common Stock					\$ 41.0622			Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	<u>J(1)</u>	1,000	D	\$ 41.0434	87,576	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	<u>J(1)</u>	846	D	\$ 41.013	86,730	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	<u>J(1)</u>	600	D	\$ 41.745	86,130	I	Employee Benefit Plan Trustee (1)
Class A Common Stock	04/02/2007	<u>J(1)</u>	740	D	\$ 40.6954	85,390	I	Employee Benefit Plan Trustee (1)

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.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Title	and	8. Price of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transact	iorNumber	Expiration D	ate	Amour	nt of	Derivative
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Underl	ying	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securit	ties	(Instr. 5)
	Derivative				Securities	1		(Instr.	3 and 4)	
	Security				Acquired					
					(A) or					
					Disposed					
					of (D)					
					(Instr. 3,					
					4, and 5)					
									Amount	
						Date	Expiration		or Number	
						Exercisable Date		of		
				Code V	(A) (D)				Shares	
				Code v	(A) (D)				Shares	

9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr

SEC 1474

(9-02)

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

INGLE ROBERT P

2913 US HIGHWAY 70 WEST X Chairman and CEO Profit Sharing Plan Trustee BLACK MOUNTAIN, NC 27811

Signatures

/s/Ronald B. Freeman, By: Ronald B. Freeman/Attorney-in-fact for Robert P. Ingle

04/16/2007

**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).
 - The reported transactions constitute sales of Class A Common Stock to meet the liquidity needs of the Ingles Markets Investment/Profit Sharing Plan (the "Plan") for making distributions to Plan participants. The number of shares reported as sold and as beneficially owned
- (1) reflect the total number of shares sold or owned by the Plan for the benefit of all Plan participants. The reporting person is a trustee of the 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.
- (2) The prices of certain trades made on April 2, 2007 were incorrect in the original Form 4 and all trades made on that date were as set forth in this amendment. Information regarding trades made on March 30, 2007 that were reported on the same form are not being amended.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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