

INGLE ROBERT P
Form 4/A
April 17, 2007

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

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)
03/30/2007

Director 10% Owner
 Officer (give title below) Other (specify below)
Chairman and CEO / Profit Sharing Plan Trustee

(Street)
BLACK MOUNTAIN, NC 27811

4. If Amendment, Date Original Filed(Month/Day/Year)
04/04/2007

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(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	(D)	Price			
Class A Common Stock ⁽²⁾	04/02/2007		J ⁽¹⁾		700	D	\$ 40.77	118,430	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/02/2007		J ⁽¹⁾		800	D	\$ 40.73	117,630	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	04/02/2007		J ⁽¹⁾		1,000	D	\$ 40.45	116,630	I	Employee Benefit Plan

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

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

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

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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(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)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V (A) (D)		

