

INGLE ROBERT P  
Form 4  
December 22, 2008

**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 \*  
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)  
12/18/2008

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

(Street)  
BLACK MOUNTAIN, NC 28711

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

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Class A Common Stock	12/18/2008		S		600	D	\$ 17 214,777
Class A Common Stock	12/18/2008		S		300	D	\$ 17 214,477
Class A Common Stock	12/18/2008		S		2,000	D	\$ 17.01 212,477
Class A Common	12/18/2008		S		500	D	\$ 17.01 211,977

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Stock								
Class A Common Stock	12/18/2008	S	600	D	\$ 17.02	211,377	D	
Class A Common Stock	12/18/2008	S	2,500	D	\$ 17.06	208,877	D	
Class A Common Stock	12/18/2008	S	300	D	\$ 17.07	208,577	D	
Class A Common Stock	12/18/2008	S	2,500	D	\$ 17.22	206,077	D	
Class A Common Stock	12/18/2008	S	2,000	D	\$ 17.23	204,077	D	
Class A Common Stock	12/18/2008	S	2,000	D	\$ 17.23	202,077	D	
Class A Common Stock	12/18/2008	S	2,000	D	\$ 17.24	200,077	D	
Class A Common Stock	12/18/2008	S	2,000	D	\$ 17.24	198,077	D	
Class A Common Stock	12/18/2008	S	2,000	D	\$ 17.26	196,077	D	
Class A Common Stock	12/18/2008	S	2,000	D	\$ 17.27	194,077	D	
Class A Common Stock	12/18/2008	S	2,000	D	\$ 17.3	192,077	D	
Class A Common Stock						930,000	I	Employee Benefit Plan Trustee

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474  
(9-02)



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purpose except to the extent of his or her pecuniary interest therein.

(5) The reporting person disclaims beneficial ownership of these shares.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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