16A Plug & Connector - H07RN-F ExtremeFlex90®



Description

Bespoke 16A Plug & connector extension lead adaptor, cut to length, available in multiple cable variants. Designed for secure and reliable power connections. Durable, high-quality solutions for professional and commercial use.

Key Features

Minimum Bending Radius
(Less than 12mm²): 3 X Overall Diameter
(More than 12mm²): 4 X Overall Diameter

Flame Retardancy
BS EN 60332-1-2

Temperature Limits
Temperature Range: -40 to 90°C

Core Colours

3 Core: Brown | Blue | Green Yellow

Standards

- BS EN 60811-2-1
- BS EN 60228
- Conforms to H07RN-F
- BS EN/IEC 60332-1-2
- UV Resistant Sheath
- BS EN 50363
- AD8 water resistance

Construction

- **Conductor**: Class 5 flexible, stranded copper
- **Insulation**: Ethylene Propylene Rubber (EPR)
- **Outer Sheath**: UV Resistant Chlorinated Polyethylene (CPE)
- **Sheath Colour**: Black

Training & Testing Lab

AN ISO/IEC 17025 ACCREDITED FACILITY

Cleveland Cable Test & Training Lab
Our state-of-the-art cable testing facility ensures that every cable meets the highest standards of quality and compliance through continuous, rigorous testing.

ISO/IEC 17025 Accredited Testing Laboratory
31196

CPR
Cleveland Cable Company is committed to compliance with the Construction Products Regulation (CPR). Where applicable, all cables manufactured after 1st July 2017 have been assessed in accordance with CPR requirements, with full supporting documentation available.

Our Sustainability Commitment

We are committed to the journey to Net Zero as a business partner, an employer and a community member.

By thinking and acting sustainably, we deliver excellent customer service while reducing carbon emissions in collaboration with our customers and suppliers.

ecovadis
Cleveland Cable Company has been independently assessed by EcoVadis, a globally recognised provider of business sustainability ratings. Our score places us among the top 35% of companies evaluated worldwide, reflecting our strong commitment to environmental, social, and ethical performance

16A Plug & Connector - H07RN-F ExtremeFlex90® - Dimensions

Reference	Conductor Size (mm2)	No Of Cores	Stranding(mm)	Insulation Thickness (mm)	Sheath Thickness (mm)	Overall Diameter(Lower)	Overall Diameter(Upper)	Length(m)	Voltage
3183P1/5EXT1M/16B	1.5	3	30/0.25	0.8	1.5	9.6	10.6	1	230V
3183P1/5EXT2M/16B	1.5	3	30/0.25	0.8	1.5	9.6	10.6	2	230V
3183P1/5EXT3M/16B	1.5	3	30/0.25	0.8	1.5	9.6	10.6	3	230V
3183P1/5EXT4M/16B	1.5	3	30/0.25	0.8	1.5	9.6	10.6	4	230V
3183P1/5EXT5M/16B	1.5	3	30/0.25	0.8	1.5	9.6	10.6	5	230V
3183P1/5EXT10M/16B	1.5	3	30/0.25	0.8	1.5	9.6	10.6	10	230V
3183P1/5EXT15M/16B	1.5	3	30/0.25	0.8	1.5	9.6	10.6	15	230V
3183P1/5EXT20M/16B	1.5	3	30/0.25	0.8	1.5	9.6	10.6	20	230V
3183P1/5EXT25M/16B	1.5	3	30/0.25	0.8	1.5	9.6	10.6	25	230V
3183P1/5EXT1M/110V	1.5	3	30/0.25	0.8	1.5	9.6	10.6	1	110V
3183P1/5EXT2M/110V	1.5	3	30/0.25	0.8	1.5	9.6	10.6	2	110V
3183P1/5EXT3M/110V	1.5	3	30/0.25	0.8	1.5	9.6	10.6	3	110V
3183P1/5EXT5M/110V	1.5	3	30/0.25	0.8	1.5	9.6	10.6	5	110V
3183P1/5EXT10M/110V	1.5	3	30/0.25	0.8	1.5	9.6	10.6	10	110V
3183P1/5EXT15M/110V	1.5	3	30/0.25	0.8	1.5	9.6	10.6	15	110V
3183P2/5EXT1M/16B	2.5	3	50/0.25	0.9	1.7	11.4	12.6	1	230V
3183P2/5EXT2M/16B	2.5	3	50/0.25	0.9	1.7	11.4	12.6	2	230V
3183P2/5EXT3M/16B	2.5	3	50/0.25	0.9	1.7	11.4	12.6	3	230V
3183P2/5EXT4M/16B	2.5	3	50/0.25	0.9	1.7	11.4	12.6	4	230V
3183P2/5EXT5M/16B	2.5	3	50/0.25	0.9	1.7	11.4	12.6	5	230V
3183P2/5EXT10M/16B	2.5	3	50/0.25	0.9	1.7	11.4	12.6	10	230V
3183P2/5EXT15M/16B	2.5	3	50/0.25	0.9	1.7	11.4	12.6	15	230V
3183P2/5EXT20M/16B	2.5	3	50/0.25	0.9	1.7	11.4	12.6	20	230V

Reference	Conductor Size (mm2)	No Of Cores	Stranding(mm)	Insulation Thickness (mm)	Sheath Thickness (mm)	Overall Diameter(Lower)	Overall Diameter(Upper)	Length(m)	Voltage
3183P2/5EXT25M/16B	2.5	3	50/0.25	0.9	1.7	11.4	12.6	25	230V

EXTREMEFLEX90 FLEXIBLE CABLE - CURRENT CARRYING CAPACITY (AMPS)

CONDUCTOR CROSS SECTIONAL AREA	SINGLE CORE CABLES	2 CORE CABLE WITH OR WITHOUT PROTECTIVE CONDUCTOR	3 CORE CABLE	4 OR 5 CORE CABLE
(MM^2)	(AMPS)	(AMPS)	(AMPS)	(AMPS)
1*	16	16	21	17
1.5*	27	23	26	23
2.5*	35	30	36	32
4	49	39	49	42
6	60	51	63	54
10	83	70	86	75
16	111	95	115	100
25	147	125	149	127
35	181	154	185	158
50	226	193	225	192
70	279	238	289	246
95	338	288	352	298
120	391	-	410	346
150	449	-	473	399
185	513	-	421	456
240	603	-	542	538
300	694	-	641	-
400	825	-	-	-
500	946	-	-	-
630	1044	-	-	-

EXTREMEFLEX90 FLEXIBLE CABLE - VOLTAGE DROP

NOMINAL CROSS SECTIONAL AREA MM²	2 CORE CABLE DC mV/A/m	TWO CORE CABLE SINGLE-PHASE AC mV/A/m			1 X THREE CORE, FOUR CORE OR FIVE CORE CABLE, THREE PHASE AC			2 X SINGLE CORE CABLES TOUCHING			
								DC mV/A/m	SINGLE PHASE AC * mV/A/m		
1	46	46			34,0			-	27,0		
1,5	32	32			23,3			-	23,3		
2,5	19	19			14			-	14		
4	12	12			8,7			-	8,7		
6	7,8	7,8			5,8			-	5,90		
10	4,6	4,6			3,4			-	3,40		
16	2,9	2,9			2,2			-	2,20		
		R	X	Z	R	X	Z		R	X	Z
25	1,8	1,8	0,175	1,85	1,44	0,15	1,44	-	1,40	0,25	1,40
35	-	-	-	-	1,05	0,15	1,04	1,31	1,31	0,21	1,32
50	-	-	-	-	0,78	0,145	0,75	0,91	0,91	0,21	0,93
70	-	-	-	-	0,57	0,14	0,56	0,64	0,64	0,2	0,67
95	-	-	-	-	0,42	0,135	0,44	0,49	0,49	0,195	0,53
120	-	-	-	-	0,33	0,135	0,36	0,38	0,38	0,19	0,43
150	-	-	-	-	0,27	0,13	0,3	0,31	0,31	0,19	0,36
185	-	-	-	-	0,22	0,13	0,26	0,25	0,25	0,19	0,32
240	-	-	-	-	0,17	0,13	0,21	0,19	0,195	0,185	0,27
300	-	-	-	-	0,135	0,125	0,185	0,15	0,155	0,18	0,24
400	-	-	-	-	-	-	-	0,115	0,12	0,175	0,21
500	-	-	-	-	-	-	-	0,09	0,099	0,17	0,20
630	-	-	-	-	-	-	-	0,068	0,079	0,17	0,185

R = RESISTIVE COMPONENT X = REACTIVE COMPONENT Z = IMPEDANCE VALUE

* A LARGER VOLTAGE DROP WILL RESULT IF THE CABLES ARE SPACED APART

AMBIENT TEMPERATURE:	30 °C
CONDUCTOR OPERATING TEMPERATURE:	90°C
GROUND TEMPERATURE:	20°C
BURIAL DEPTH:	0.8M
THERMAL RESISTIVITY:	1.5KMV

FOR OTHER VARIABLES - REFER TO TABLES BELOW

FOR AMBIENT GROUND TEMPERATURES OTHER THAN 20°C

AMBIENT TEMPERATURE (°C)	10	15	25	30
DERATING FACTOR	1,07	1,04	0,96	0,89

FOR SOIL THERMAL RESISTIVITY OTHER THAN 1.5 Km/W

THERMAL RESISTIVITY (Km/W)	1	1,2	2,0	2,5
DERATING FACTOR	1,06	1,04	0,98	0,8

FOR DEPTHS OTHER THAN 0.8M

DEPTH (METRES)	0,5	0,8	1,00	1,2
DERATING FACTOR	1,02	1,00	0,98	0,8

ALL ELECTRICAL CALCULATIONS REGARDING THE ABOVE DERATING VARIABLES MUST BE CARRIED OUT BY A CERTIFIED ELECTRICAL ENGINEER IN CONJUNCTION WITH THE CORRECT APPENDICES WITHIN THE 18TH EDITION WIRING REGULATIONS, OFFICIALLY KNOWN AS BS 7671:2018

THE INFORMATION CONTAINED WITHIN THIS DATASHEET IS FOR GUIDANCE ONLY AND IS SUBJECT TO CHANGE WITHOUT NOTICE OR LIABILITY. WE BELIEVE THE INFORMATION IS CORRECT AT THE TIME OF PUBLICATION. PLEASE NOTE WHEN SELECTING CABLE ACCESSORIES THAT ACTUAL CABLE DIMENSIONS MAY VARY DUE TO MANUFACTURING TOLERANCES.