

7 X 45mm Ingram (7mm X 223 Improved)

Handgun:	Remington XP-100	Bullet Diameter:	0.284"
Barrel:	14½", 1 in 10" Twist	Maximum COL:	2.685"
Case:	Hornady/Frontier Ref.	Max. Case Length:	1.760"
Primer:	Remington 7½	Case Trim Length:	1.750"

Metallic silhouette shooting is a popular handgun sport. This wildcat cartridge, developed by Dave Ingram, is one of the results of shooters' demands for flat shooting cartridges. Adequacy of the cartridge on the distant 200 meter rams is good, with few targets failing to topple.

The 7x45 Ingram is based on a 223 case necked up to 7mm with a 45° shoulder and less body taper than its parent cartridge case. This cartridge is very similar to the 7mm TCU, significantly differing only in shoulder angle. The 7x45mm has a 45° angle (as opposed to the 40° shoulder angle of the 7mm TCU cartridge) and therefore requires extra care in seating bullets to prevent shoulders from collapsing.

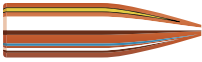
This cartridge is quite efficient. It provides good velocity from a short barrel with small charges of powder. During our testing all powders listed gave good results, while H 322 and IMR 4895 provided the best uniformity and accuracy.

All in all, the 7 x 45mm Ingram is an extremely well suited to the purposes for which it was designed. Despite our one caveat regarding careful bullet seating, this is a first rate cartridge.

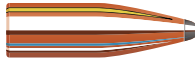
120 GRAIN BULLETS

SECTIONAL DENSITY:
DIAMETER:

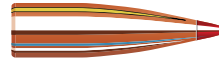
0.213
0.284"



120 gr. HP (Discontinued)
Item No. 2815
C.O.L.: 2.600"
G1 B.C.: 0.334



120 gr. SP (Discontinued)
Item No. 2810
C.O.L.: 2.600"
G1 B.C.: 0.350



120 gr. V-MAX®
Item No. 22810
C.O.L.: 2.600"
G1 B.C.: 0.365

VELOCITY (FPS – feet per second)

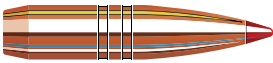
POWDER	2000	2100	2200	2250	2300	2350	2400
Alliant RL-7	20.4 gr.	21.5 gr.	22.6 gr.	23.1 gr.			
H322	23.5 gr.	24.5 gr.	25.6 gr.	26.1 gr.	26.6 gr.	27.1 gr.	
IMR 3031	24.6 gr.	25.8 gr.	26.7 gr.	27.2 gr.	27.6 gr.		
WIN 748			28.7 gr.	29.3 gr.	30.0 gr.	30.6 gr.	31.2 gr.
IMR 4895	26.6 gr.	27.9 gr.	29.1 gr.	29.7 gr.	30.4 gr.		
BL-C(2)		29.6 gr.	31.1 gr.	31.8 gr.	32.5 gr.		

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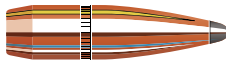
139 GRAIN BULLETS

SECTIONAL DENSITY:
DIAMETER:

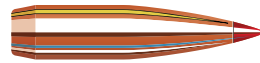
0.246
0.284"



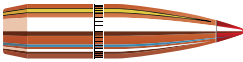
139 gr. GMX®
Item No. 28270
C.O.L.: 2.685"
G1 B.C.: 0.486



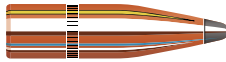
139 gr. InterLock® BTSP
Item No. 2825
C.O.L.: 2.685"
G1 B.C.: 0.453



139 gr. InterBond®
Item No. 28209
C.O.L.: 2.685"
G1 B.C.: 0.486



139 gr. SST®
Item No. 28202
C.O.L.: 2.685"
G1 B.C.: 0.486



139 gr. InterLock® SP
Item No. 2820
C.O.L.: 2.685"
G1 B.C.: 0.392

VELOCITY (FPS – feet per second)

POWDER	1900	2000	2100	2150	2200	2250
Alliant RL-7	20.2 gr.	21.6 gr.				
H322	23.5 gr.	24.5 gr.	25.6 gr.	26.1 gr.	26.6 gr.	
IMR 3031	24.4 gr.	25.4 gr.	26.3 gr.	26.7 gr.	27.2 gr.	27.7 gr.
WIN 748		27.2 gr.	28.6 gr.	29.3 gr.	30.0 gr.	30.6 gr.
IMR 4895	26.1 gr.	27.3 gr.	28.5 gr.	29.1 gr.	29.7 gr.	
BL-C(2)	27.9 gr.	29.2 gr.	30.6 gr.	31.2 gr.	31.9 gr.	

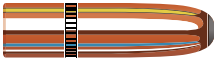
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7 X 45mm Ingram (7mm X 223 Improved)

154 GRAIN BULLETS

SECTIONAL DENSITY:
DIAMETER:

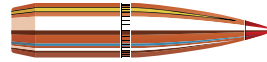
0.273
0.284"



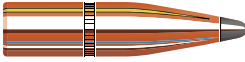
**154 gr. InterLock®
RN** (Discontinued)
Item No. 2835
C.O.L.: 2.675"
G1 B.C.: 0.279



154 gr. InterBond®
Item No. 28309
C.O.L.: 2.675"
G1 B.C.: 0.525



154 gr. SST®
Item No. 28302
C.O.L.: 2.675"
G1 B.C.: 0.525



154 gr. InterLock® SP
Item No. 2830
C.O.L.: 2.675"
G1 B.C.: 0.433

POWDER	VELOCITY (FPS – feet per second)					
	1800	1900	2000	2050	2100	2150
H322	22.0 gr.	23.2 gr.	24.4 gr.	25.0 gr.		
IMR 3031	23.0 gr.	24.1 gr.	25.2 gr.	25.7 gr.	26.2 gr.	
WIN 748		25.7 gr.	27.1 gr.	27.8 gr.	28.4 gr.	29.1 gr.
IMR 4895	25.0 gr.	26.2 gr.	27.4 gr.	28.0 gr.	28.6 gr.	
BL-C(2)	26.1 gr.	27.5 gr.	28.9 gr.	29.6 gr.	30.3 gr.	31.0 gr.

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