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Rido R2 saddle £29.99 ★★★★☆

Well worth a look if normal saddles make you suffer... unless you're a weight weenie

"You do notice that there's no pressure up front, and the bits of your rear that you are sitting on are well suspended by the dual density base and padded sections.

It's a lot more comfortable than it looks"

We've all seen amusing, noseless 'medical' saddles, but have you ever tried riding a bike while sitting on one? It's only then that you appreciate how much of your control is down to the nose of your seat. But the science behind the twin-pad designs is pretty sound - you're sitting on it using your sit bones, rather than perching on your perineum.

The Rido is the happy middle ground, a saddle that's more or less a conventional looking beast but with what Rido call 'Pressure Shift Geometry'. Essentially you're shifting your weight further back to sit on the shoulders of the saddle, and you're not in contact with the nose: it's just there for control.

The first time you sit on the Rido it feels, well, weird. It's immediately obvious that you're using a different part of your behind. It's not uncomfortable though, your weight is just supported a bit further back, and after a few rides you get used to the position. You do notice that there's no pressure up front, and the bits of your rear that you are sitting on are well suspended by the dual density base and padded sections. It's a lot more comfortable than it looks.

The main aim of the Rido, though, is to eliminate pressure where it's not wanted. I have to say I'm impressed, and convinced that it's an improvement: even on long rides there's no issues with pain or numbness. I'm not a big sufferer in this regard anyway, but if you are then the R2 is definitely worth a punt: it's not an expensive unit and could be the answer to your prayers.

One thing it's not is a race saddle. Rido claim that "It is no larger or heavier than a top-end sports saddle", but at 480g it's a weighty bit of kit when compared to even a bog standard road perch. That'll put off the sportive set, which is a pity as they're possibly the ones with most to gain here. When I mentioned this to Rido they confirmed that they're working on a feathery Carbon version that'll incorporate the same pressure shift shape into a much lighter seat. I'm looking forward to that one.

Verdict

The Rido is designed to relieve the pressure on your parts and it's a success. If numbness or discomfort is an issue for you, you should check out the R2. Weight weenies might want to wait for the Carbon version, as the heavy R2 is more suited to commuter or leisure bikes.

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Dave Atkinson, road.cc tester

"I usually ride whatever I'm testing... My best bike is: Trek 1.5 with Ultegra 6700. I've been riding for: 10-20 years. I ride every day I would class myself as experienced."

Age: 36 / Height: 190cm / Weight: 98kg

- Rate the product for quality of construction: 7/10
- Rate the product for performance: 8/10
- Rate the product for durability: 8/10
- Rate the product for comfort, if applicable: 8/10
- Rate the product for value: 8/10

- Did you enjoy using the product? Yes

- Would you consider buying the product? No, I'm waiting for the Carbon one

- Would you recommend the product to a friend? Yes, especially those with 'issues'..

- Overall rating: 8/10

