



Tech spec

Kinesis 4S Tiagra

Price: £1,600 (£795 in sale).

Sizes: S/51cm (tested), M/54cm, L/57cm, XL/60cm.

Weight: 10.1kg (22.3lb) with guards but no pedals.

Frame & fork: Kinesis double-butted 6061 alloy frame with Kinesis carbon fork and steerer, threaded BB, 12 mm thru-axes front and rear, and fittings for rear rack, mudguards and two bottle cages.

Wheels: 32–622 Maxxis Pursuer tyres, Sector A519 aluminium rims, plain-gauge spokes, Novatec D729SB 6-bolt-disc hubs.

Transmission: no pedals, 170mm Tiagra chainset with 50–34 chainrings, Shimano HT11 bottom bracket, Shimano 10-speed chain, 11–34 Tiagra cassette. Shimano Tiagra 4720 hydraulic levers and Tiagra front and rear derailleurs. 20 ratios, 27–123in.

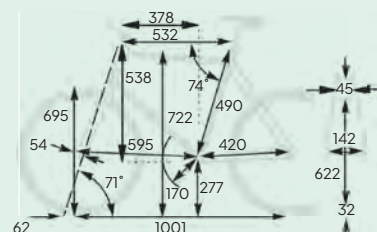
Braking: Tiagra BR–4770 hydraulic flat-mount callipers with Shimano RT56 rotors, 160 mm front and rear.

Steering & seating: All Kinesis branded and 6061 alloy: 420mm handlebar; 80mm x 6° stem; tapered headset with loose ball bearings. Selle Italia X3 saddle, 27.2x350mm seatpost; alloy clamp.

Equipment: unbranded mudguards.

kinesisbikes.co.uk

Dimensions in millimetres and degrees



Kinesis 4S Tiagra

Promising ‘a balance between speed and adventure’, the £1,600 Kinesis 4S was just £795 at time of testing. Hannah Collingridge tried it out

Women’s-specific road bikes seem to be a rarer breed these days. I tested one last year, the Liv Avail AR 1 (cyclinguk.org/liv-avail-review). But what’s more common is for unisex bikes to be sold in a wide enough range of sizes to suit men and women. That’s the case with the Kinesis 4S.

On paper, it looks to do a similar job as the Liv but at a lower price – much lower if you buy it in the Kinesis sale.

Frame, fork & components

The 4S (‘four seasons’) aluminium frame is not new; I think the original iteration came out a decade ago. But it’s still a sensible, practical frame. It can be set up for year-round use and for a variety of purposes. It has space for wide road tyres (35–45 mm) and fixings for a rear rack and mudguards.

If you’re commuting, the Tiagra 2x10 transmission is a more practical choice than 12-speed, being hard wearing and more reasonably priced when parts need replacing. The groupset fitted is actually all Tiagra 4700 series, rather than a mix of series and non-series parts.

Top: The versatile frameset (aluminium frame, full-carbon fork) is equipped with 2x10-speed Tiagra, hydraulic discs and budget wheels

The gears work with the standard Shimano functionality, and the hydraulic disc brakes add great stopping power, which I tested in time-honoured fashion with an endo. I had to replace the Selle Italia saddle, which is definitely not female specific. You might get on with it.

The frame comes in four sizes, S–XL, in 3cm increments from 51–60cm. The sizing chart on the Kinesis website suggested that I, at 5ft 6in, go for the small. My cyclocross bike, coincidentally a Kinesis, is a 54 so I was curious how well it would fit. While the 4S top tube length is similar to that of the medium-sized Liv I tested, the Kinesis has a shorter stem so it does feel more compact at the front end. Riders shorter than 5ft 3in would be better off with the Liv, which comes in smaller sizes.

Ride

It rides well. The frame is shorter than I’m used to but there is good adjustability with bar and seatpost height. While the shorter frame made it feel nimble and agile, —→