

**Pros & cons**

- + Allows MTB cleats on road shoes
- Poor adjustability
- MTB cleats cost extra

## Shimano Cleat Adapter SM-SH41

A way to use three-bolt shoes with two-bolt pedals

£20.99 [shimano.com](http://shimano.com)



**H**ere we have a great idea in theory – an adapter plate that allows the fitting of two-bolt MTB-type cleats to road cycling shoes with the standard three-bolt fitting – let down in execution by an obvious and severe flaw.

Why bother using otherwise incompatible shoes and pedals in the first place? Lacking the deep rubber tread seen on MTB shoes, road shoes tend to be lighter and stiffer at a similar price point. They also tend to put the cleat median position further forward than MTB shoes, which may (or may not) offer a better cleat position for the rider.



Shimano's Cleat Adapter SM-SH41 comprises, for each shoe: a triangular plate with a hole at each apex spaced to match the standard road three-bolt fitting; three countersunk hex bolts to fix the plate to the road shoe sole; a moulded plastic block that fits over the plate; and a further two countersunk bolts to attach the two-bolt cleat (not provided) to the plate. The block, which also functions as a pair of pontoons to stabilise the shoe, covers the shoe's rear two apex bolts and is fixed in place by the front apex and two cleat bolts.

It's easy enough to assemble, and the plate is flexible enough to conform to the curvature of most

road shoe soles. The position of the plate is, however, determined by the position of the road cleat fittings, which are non-adjustable. Any positional adjustment in fore-and-aft, lateral and rotational planes would be provided by the road cleat rather than the shoe.

The Shimano adapter only offers limited lateral movement, this thanks to the few millimetres of sideways movement in the MTB cleat itself. Rotational movement, if any, is thanks to the cleat fitting loosely in the pedal, while the adapter allows for no fore-and-aft movement whatsoever. The centre line of the MTB cleat sits 8mm in front of the rear two road cleat bolt centres. Compare this to the position of your road pedal axle relative to the two rear bolts to see if your foot would be correctly positioned. Even then, it might not be at a comfortable angle. ●

**Richard Hallett**

**Verdict**

*Potentially useful adapter system let down by the impossibility of making often vital adjustments. It's a matter of luck whether the MTB cleat ends up exactly where the rider wants it.*

**Other options**

**WELLGO RC8 CLEAT ADAPTER**

£35

All-metal adapter with some positional adjustment. Designed to work with Wellgo MTB pedals. [en.wellgopedal.com](http://en.wellgopedal.com)



**AMONIDA BIKE PEDAL ADAPTER**

£18.76

Copy of Shimano Cleat Adapter SM-SH41 – with the same failing. [amazon.co.uk](http://amazon.co.uk)

