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Poster presentation:

## **Double-L Channel: an Amazingly Non-destructive Method of Continuous Sub-sampling from Sediment Cores**

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If you have ever recovered sediment cores by yourself and sub-sampled from them at high-resolution, for more than three different people for different analyses, perhaps you can clearly remember, and will never forget the disappointment in seeing, the cores appear thoroughly exhausted. Worse still, the cores no longer appear tidy. Instead, they are full of cracks and are not in a suitable condition for further high-resolution or continuous sub-sampling. There is a solution! A newly developed “double-L channel” technique, which is a sort of modified U-channel technique, allows you to take as many continuous sub-samples (of any size) as you like, without disturbing the rest of the core. All you need is a pair of L-channels and a fishing line. You simply insert two L-channels, one by one, from the core surface, so that they make a U shape in section, and cut it off from the core using fishing line. Unlike U-channels, double-L channels allow you to repeat sub-sampling from the same core very easily. This is achieved by applying one new L-channel to protect the shoulder and inserting another one so that they again become a U shape in combination. Moreover, sub-samples recovered in double-L channels are extremely easy to cut and transfer to your test tubes. By sliding one channel downward, the samples will be fully exposed sitting on the remaining L-channel, protected from only two sides instead of three, which is the case with U-channels.