



1 **Title:** *Nordic Seas Deep-Water susceptible to enhanced freshwater export to the subpolar*  
2 *North Atlantic during peak MIS 11*

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14

## 15 **Abstract**

16 Recent investigations into Marine Isotope Stage (MIS) 11 (424-403 ka), an unusually long and warm  
17 interglacial of the Quaternary Period, have found that the Atlantic Meridional Overturning Circulation  
18 remained strong while background melting of the Greenland Ice-Sheet (GIS) was high, and resulted in  
19 a fresh and cold surface ocean in the Nordic Seas. These investigations support the hypothesis that  
20 deep-water formation may not be as susceptible to future GIS melting as previously thought. Here we  
21 test this hypothesis and present a palaeoceanographic investigation of a freshwater-related abrupt  
22 climate event recorded in the eastern North Atlantic during peak interglacial conditions (~412 ka),  
23 when the GIS was as small or smaller than today. Using sediment core DSDP-610B recovered from the  
24 western Rockall Trough we reconstruct the evolution of Nordic Seas Deep-Water (NSDW) using  
25 benthic carbon isotope, Neodymium isotopes, and grain-size analysis paired with end-member  
26 modelling. Further, a combination of planktonic foraminiferal assemblage census and Ice-Rafted  
27 Debris counts allow us to reconstruct surface water properties including temperature and the  
28 movement of oceanic fronts throughout this event. Our results demonstrate that a reduction of NSDW  
29 only occurs once GIS melt and polar freshwater reaches subpolar latitudes. We hypothesise that the  
30 reorganisation of fresh and cold surface waters from the Nordic Seas into the subpolar North Atlantic  
31 was responsible for an AMOC-related cold event centred at 412 ka. Placing our results in the  
32 palaeogeographical context of the North Atlantic Region we tentatively propose that the ocean-  
33 atmosphere climate dynamics linking the Nordic Seas with the subpolar North Atlantic played and will  
34 play a crucial role for the stability of NSDW formation in the future, considering the enhanced melting  
35 and overall hydrological cycle at high Northern latitudes predicted for future climate scenarios.

36

## 37 **1 Introduction**



38 Modern Greenland Ice-Sheet (GIS) melting is a response to increased global mean temperatures  
39 driven by rising greenhouse gas emissions (Aguiar et al., 2021;Fettweis et al., 2017;Tedesco and  
40 Fettweis, 2012;Golledge et al., 2019). The addition of meltwater has the potential to alter surface  
41 water buoyancy (Østerhus et al., 2001;Praetorius et al., 2008) and thereby deep-water formation  
42 (Galaasen et al., 2014;Bond et al., 1997) at high-latitudes. This is pertinent for future climate change  
43 scenarios, as multiple modelling studies suggest that the strength of the Atlantic Meridional  
44 Overturning Circulation (AMOC) may be impacted by meltwater (Stommel, 1961;Rahmstorf,  
45 1995;Caesar et al., 2018), derived from the GIS (Bakker et al., 2016;Böning et al., 2016;Luo et al.,  
46 2016;Yu et al., 2016). Modern observations over the past 30 years, however, do not confirm a decline  
47 or sustained weakening of the AMOC in response to increased freshwater export to deepwater  
48 formation regions (Worthington et al., 2021), highlighting the need for longer observations reaching  
49 beyond instrumental datasets.

50

51 Past archives of North Atlantic Deep Water (NADW) variability provide us with a tool to assess NADW  
52 stability and response to changing climate boundary conditions. This is important as recent palaeo  
53 studies by Caesar et al. (2021) and Thornalley et al. (2018) suggest the AMOC is currently at its weakest  
54 state for the past ~150 years. Thornalley et al. (2018) link the AMOC slowdown to freshwater runoff  
55 from the GIS. Therefore, it is crucial to improve our understanding of how surface and deep-water  
56 components within the North Atlantic are linked, and on what time frames they respond to  
57 freshwater-induced climate instabilities during interglacial climate boundary conditions. Past  
58 interglacials provide a good analogue to enhance our understanding of the complex nature of the  
59 climate system (Yin and Berger, 2015). In particular, periods with sufficiently similar boundary  
60 conditions to the present day can meaningfully advance our understanding of the antecedents and  
61 mechanisms generating variability and instability in the climate system.

62

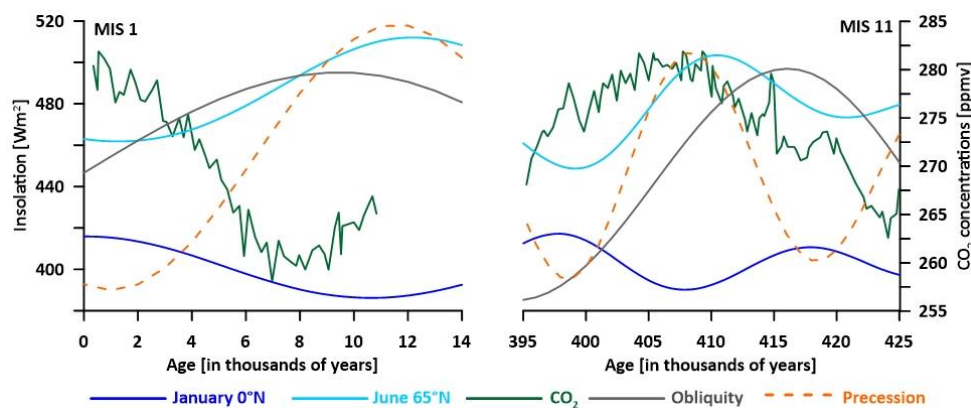
63 Marine Isotope Stage (MIS) 11 began at ~424 ka (Lisiecki and Raymo, 2005) and was a particularly  
64 long, ~30 ka, interglacial (Howard, 1997;McManus et al., 1999;Reyes et al., 2014), covering two  
65 precessional cycles (Laskar et al., 2004). Unlike the current Holocene, the manifestation of the climate  
66 optimum occurred relatively late into the interglacial, i.e., after ~410 ka (Ruddiman, 2005;Tzedakis et  
67 al., 2012;McManus et al., 1999;Kandiano and Bauch, 2007;Dickson et al., 2009), most likely due to the  
68 anti-phasing of precession and obliquity (Laskar et al., 2004). Nevertheless, MIS 11 is often cited as a  
69 good analogue for our current interglacial (Tzedakis et al., 2012;Droxler et al., 2003;Berger and Loutre,  
70 2002;Loutre and Berger, 2003;Candy et al., 2014;Tzedakis, 2010;Mcmanus et al., 2003) due to  
71 persistently high atmospheric CO<sub>2</sub> concentrations (Petit et al., 1999;Raynaud et al., 2005;Nehrbass-



72 Ahles et al., 2020), similar to preindustrial Holocene values (Bazin et al., 2013) (Figure 1), and  
73 dampened precession modulated by an eccentricity minimum (Berger and Loutre, 1991; Bauch et al.,  
74 2000; Hodell et al., 2000; Dickson et al., 2009; Loutre and Berger, 2000; Bazin et al., 2013).

75

76 The peaks in precession at 424 ka and 408 ka (Pol et al., 2011; Tzedakis, 2010), contributed to  
77 protracted high-latitude warming. Paired with high CO<sub>2</sub> concentrations these boundary conditions  
78 resulted in excessive GIS melt/retreat culminating in minimum GIS extent at ~403 ka (Robinson et al.,  
79 2017a). Due to the retreat of high-latitude ice sheets, MIS 11 had relative sea levels ~6 to 13 metres  
80 above present-day values, peaking at ~403 ka (PAGES, 2016; Reyes et al., 2014; Robinson et al.,  
81 2017a; Raymo and Mitrovica, 2012). Further, terrestrial archives provide evidence for sustained  
82 warming of the North Atlantic and Arctic regions during MIS 11 (Melles et al., 2012; Desprat et al.,  
83 2005a; Nitychoruk et al., 2005; Prokopenko et al., 2010; SHICHI et al., 2009; Ashton et al., 2008; Preece  
84 et al., 2007; Reille et al., 2000; Tzedakis et al., 1997; Tzedakis et al., 2006) demonstrating warmer than  
85 present boundary conditions at least at high Northern latitudes. However, several palaeoceanographic  
86 studies document lower than present Sea Surface Temperature (SST) in the Nordic Seas (Kandiano et  
87 al., 2016; Helmke and Bauch, 2003; Bauch et al., 2000; Doherty and Thibodeau, 2018; Thibodeau et al.,  
88 2017; Kandiano et al., 2012).



89

90 Figure 1: Climate forcings during MIS 1 and MIS 11. January insolation at 0°N [dark blue], June insolation at 65°N  
91 [light blue], Obliquity [grey], and Precession [dashed orange] (Laskar et al., 2004). Antarctica CO<sub>2</sub> (ppmv) [green]  
92 – MIS 1 (Bazin et al., 2013) – MIS 11 (Nehrbass-Ahles et al., 2020).

93

94 The leading hypothesis explaining these low SSTs postulates that the prolonged high-latitude warming  
95 enhanced freshwater export via melting from adjacent ice-sheets (Thibodeau et al., 2017; Kandiano et  
96 al., 2017a) and/or amplified Eurasian river runoff (Doherty and Thibodeau, 2018) throughout MIS 11  
97 (de Vernal and Hillaire-Marcel, 2008; PAGES, 2016; Reyes et al., 2014). Increased freshwater at high  
98 latitudes then likely resulted in cool and relatively fresh buoyant surface water (Kandiano et al.,



99 2017a;Thibodeau et al., 2017;Kandiano et al., 2012) at least until ~411 ka (Kandiano et al., 2012). Yet,  
100 despite the presence of freshwater, Nordic Sea Deep Water (NSDW) formation is believed to have  
101 been generally vigorous throughout MIS 11 (Dickson et al., 2009;Riveiros et al., 2013;McManus et al.,  
102 1999) although it's short-term stability/variability has been questioned (Galaasen et al. 2020). This  
103 scenario is contrary to models (Brodeau and Koenigk, 2016;Stouffer et al., 2006) and palaeo-  
104 observations of the recent past (Caesar et al., 2021;Thornalley et al., 2018).

105 An abrupt climate event at ~412 ka on past thresholds for reorganizing the climate-circulation regime  
106 as the boundary conditions (e.g. freshwater fluxes and distribution) evolve within the Nordic Seas and  
107 North Atlantic Basin. This event is recorded as a sea surface cold event (Kandiano et al., 2017b;Barker  
108 et al., 2015;Irvali et al., 2020;McManus et al., 1999;Alonso-Garcia et al., 2011) across the subpolar  
109 North Atlantic. A concurrent perturbation of stable carbon isotopes ( $\delta^{13}\text{C}$ ) measured on benthic  
110 foraminifera (Galaasen et al., 2020;Hodell et al., 2008;McManus et al., 1999;Riveiros et al., 2013)  
111 further suggests a connection with the deep ocean. Continuous background melting or an abrupt  
112 meltwater discharge from the GIS, have been proposed as a trigger for this event, similar to events  
113 identified during other interglacials of the Quaternary (Galaasen et al., 2014;Galaasen et al.,  
114 2020;Irvali et al., 2020;Irvali et al., 2016). However, the mechanisms and phase relationships linking  
115 the release of freshwater across the Subpolar Gyre (SPG) to a slowdown in NSDW, remain elusive due  
116 to the low temporal resolution of existing records.

117 Here we present a detailed investigation of the climate-ocean perturbation at 412-ka, focusing on the  
118 temporal evolution (leads/lags) between surface and deep-water changes, within the eastern North  
119 Atlantic. We reconstruct both SST and deep-water properties from the same samples of Deep Sea  
120 Drilling Project (DSDP) site 94-610B (610B). Site 610B lies in the path of both the surface North Atlantic  
121 Current (NAC) and deep-water Wyville-Thomson Overflow Water (WTOW), a conduit of NSDW. This  
122 unique location and approach allow us to assess the relative timing between climate forcing and the  
123 response in the surface and deep branch of the AMOC located in the eastern North Atlantic. We are  
124 thus able to test the hypothesis linking background melting to a weakening of NSDW formation.  
125 Specifically, we aim to improve our mechanistic understanding of the climate response to meltwater  
126 forcing – a mechanism likely pertinent to the future evolution of the ocean-atmosphere climate  
127 system.

## 128 **2 Hydrographic setting and materials**

129 Modern sites for deep-water formation in the North Atlantic are the Nordic Seas and the subpolar  
130 North Atlantic, including the Irminger and Labrador Seas (Sgubin et al., 2017a). Overturning in the  
131 Nordic Seas is primarily modulated by thermohaline forcing (Hansen and Østerhus, 2000). The



132 production of Iceland Scotland Overflow Waters (ISOW) and the Denmark Strait Overflow Waters  
133 (DSOW) creates density and pressure gradients at depths that drive overflow transport (Hansen and  
134 Østerhus, 2000;Olsen et al., 2008). As a result the outflow at depth creates a pressure gradient at the  
135 surface between the North Atlantic and the Nordic Seas (Jungclaus et al., 2006a;Mauritzen,  
136 1996;Doherty et al., 2021;Olsen et al., 2008;Østerhus et al., 2001;Hansen and Østerhus, 2000) forcing  
137 a compensating inflow of Atlantic Waters into the Nordic Seas (Østerhus et al., 2001;Hansen and  
138 Østerhus, 2000). Thus, deep-water formation in the Nordic Seas (NSDW) may continue despite  
139 enhanced freshening, as long as a density gradient across the Greenland-Scotland Ridge, connecting  
140 the Atlantic and the Nordic Seas, is maintained (Østerhus et al., 2001) and the inflow of Atlantic Water  
141 via wind stress continues (Sandø et al., 2012). Overturning in the Irminger and Labrador Seas mainly  
142 occurs in winter as a result of buoyancy loss to the atmosphere (Sgubin et al., 2017a;Brodeau and  
143 Koenigk, 2016). As a result these sites likely respond more rapidly to freshwater input (Latif et al.,  
144 2006), which could stabilise the water column and thereby weaken overturning, as modelled by  
145 Jungclaus et al. (2006a) and Olsen et al. (2008). To assess the full impact of freshwater on the  
146 variability and strength of deep-water formation, long-term observations are required because of the  
147 decadal to multidecadal integration of surface water variability in the deep ocean (Buckley and  
148 Marshall, 2016). However, in-situ observations are only available since 2004 (Smeed et al., 2018)  
149 leaving us with a gap in our understanding of how NADW responds to sustained freshwater forcing.

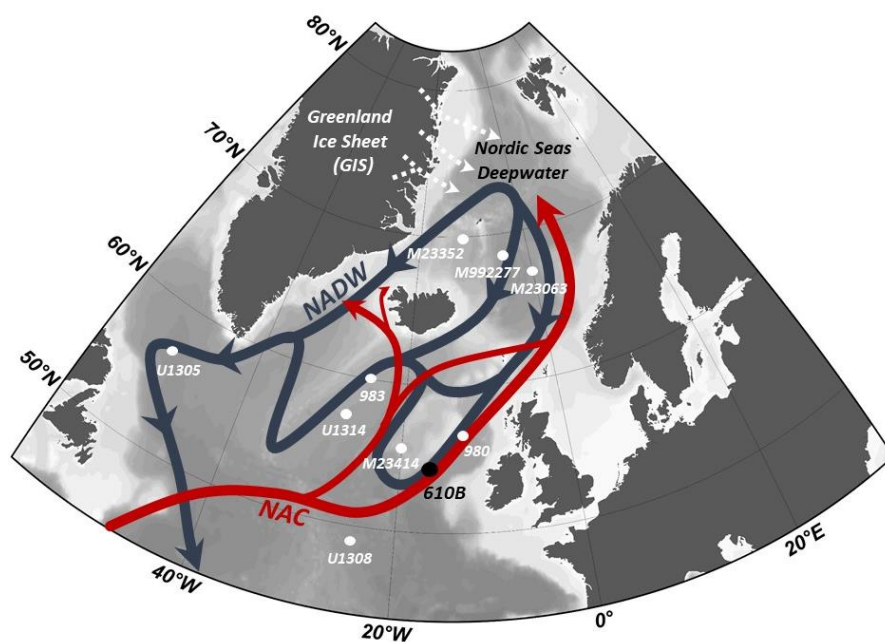
150

151 Site 610B was recovered from the Feni Drift in the Rockall Trough, in the eastern North Atlantic at  
152 53°13.297'N, 18°53.213'W; 2417 metres below sea-level (m) (Figure 2). The Feni Drift is a sedimentary  
153 contourite formed by overflow currents between the early Oligocene (33.9-23 Ma) and late Pliocene  
154 (3.6-2.58 Ma), with high accumulation rates on the crest of the Drift during the Pleistocene (Naylor  
155 and Shannon, 2005;Robinson and McCave, 1994;Flood et al., 1979). High-resolution (3.5 kHz) seismic  
156 profiles of the core site show tectonically stable sediment waves that have not migrated since the late  
157 Pliocene (Kidd and Hill, 1987, 1986); therefore we infer that the sedimentary sequence at the core site  
158 remained intact throughout the Quaternary.

159 At the surface the Rockall Trough directs ~50% of Atlantic Waters into the Nordic Seas (Hansen and  
160 Østerhus, 2000), thereby providing high-salinity Atlantic Waters for NSDW formation. There are two  
161 major sources of surface waters in the Rockall Trough: NAC derived from the Gulf of Mexico (Sutton  
162 and Allen, 1997) and subtropical gyre (STG) derived waters (Hátún et al., 2005). At depth, NSDW enters  
163 the Rockall Trough via Wyville-Thompson Ridge as Wyville-Thompson Overflow Water (WTOW) (Ellett  
164 et al., 1986;Johnson et al., 2017), and accounts for 10-15% of southward flowing NSDW (Dickson and  
165 Brown, 1994; Hansen and Østerhus, 2000). Unlike other water masses in the Rockall Trough, WTOW



166 is the only water mass that enters from the north and flows south along the western margin of the  
167 Rockall Trough (Johnson et al., 2010). WTOW is limited to the western boundary of the Trough and is  
168 linked with the sedimentary contourite deposits of the Feni Drift (Holliday et al., 2000; Ellett and  
169 Martin, 1973). The southward flow of deep WTOW is intermittent on annual timescales but positive  
170 on decadal timescales (Johnson et al., 2017). To the north and west of site 610B the central  
171 anticyclonic gyre of the Rockall Trough (Johnson, 2012; New and Smythe-Wright, 2001; Smilenova et  
172 al., 2020), recirculates water down to 2000m during winter mixing (Smilenova et al., 2020). Given the  
173 distance from the gyre (ca 500 km) and the deeper depth of site 610B, it is unlikely that this influences  
174 the sedimentation and flow over the site. Modern hydrographic data thus indicates that site 610B lies  
175 in the pathway of poleward flowing Atlantic Waters at the surface and southward flowing WTOW at  
176 depth (Ellett et al., 1986; Johnson et al., 2017). The paired surface and deep-water reconstructions at  
177 site 610B are thus ideal to record both surface and deep-water flow variability in the eastern North  
178 Atlantic.



179  
180 Figure 2: Schematic representation of the North Atlantic Ocean and Nordic Seas with arrows indicating the  
181 circulation components of the Atlantic Meridional Overturning Circulation (AMOC) in the North Atlantic basin.  
182 Major ocean currents include the North Atlantic Current (NAC) in red, deep-water originating in the Nordic Seas  
183 (NSDW) in blue, the Greenland Ice-Sheet (GIS), and freshwater influx routes to the Nordic Seas in white. Also  
184 shown in black are site 610B (this study), site M23414, M992277, M23352, M23063, Ocean Drilling Project (ODP)  
185 sites 980, and 983, and Integrated Ocean Drilling Program (IODP) sites U1314, U1305, and U1308 marked by  
186 white circles. The grey scale signifies bathymetry (GEBCO 2014), and was generated with Ocean Data View  
187 software (<http://odv.awi.de/>).



### 188 3 Methods

189 Here we present data with a sampling resolution of 2.5 cm, between 28.6-29.7 metres below sea-floor  
190 (mbsf), and ~4 cm resolution between 29.74-29.83 mbsf, totalling 54 samples. Each sample was split  
191 and ~1 g of dry sediment was reserved for grain size analysis when samples had enough sediment  
192 available for analysis. The remaining sample was disaggregated on a Stuart SSL1 orbital shaker and  
193 washed at >63 µm. Following CLIMAP and Members (1976) selection of foraminiferal specimens for  
194 census and Ice-Rafted Debris (IRD) counts were performed after dry sieving to >150 µm.

#### 195 3.1 Planktonic foraminiferal counts and species abundance (%)

196 Each sample was split using a micro-sample splitter into aliquots containing ~300 planktonic  
197 foraminiferal specimens. We identified, counted, and stored each specimen within a sample in  
198 identification slides. The absolute number of planktonic foraminifera counted ranged from 300-445.  
199 We use the abundance records (e.g., *Neogloboquadrina pachyderma*, (Np), *Turborotalita*  
200 *quinqueloba*, (*T. quinqueloba*)) to reconstruct the advance and retreat of the Polar and Sub-Arctic  
201 Fronts (Alonso-Garcia et al., 2011; Mokeddem et al., 2014). Here we define the Polar Front as the  
202 boundary between Polar and Arctic Waters, and the Sub-Arctic Front (SAF) as the boundary between  
203 Arctic and Atlantic Waters. In the modern ocean Np is the predominant foraminifera north of the Polar  
204 Front (Kipp, 1976) and is thus associated with Polar Waters from high-latitudes (Kohfeld et al.,  
205 1996; Pflaumann et al., 1996). *T. quinqueloba* is linked to the SAF (Loubere, 1981; Johannessen et al.,  
206 1994), with maximum abundance observed on the warmest side of the SAF (Johannessen et al., 1994).  
207 The Np coiling ratio is commonly used to infer changes in SST, e.g., Irvani et al. (2016). We calculate  
208 the coiling ratio as  $Np / (Np + N. incompta) * 100$ .

#### 209 3.2 Sea Surface Temperature (SST) reconstruction

210 We used the ForCenS database (Siccha and Kucera, 2017) and the ROIJA package (Juggins, 2017) in R  
211 (Team, 2019), and a squared chord distance (dissimilarity measure), to estimate Modern Analogue  
212 Technique (MAT)-derived SSTs (Hutson, 1980; Prell, 1985). Here we chose to reconstruct annual SST  
213 from World Ocean Atlas 98, rather than seasonally based SST, because planktonic foraminifera inhabit  
214 a wide vertical range within the water column, and exhibit distinct variability in their seasonal  
215 abundance (Jonkers et al., 2013). This is particularly persuasive at subpolar latitudes and specifically  
216 during interglacial climates when many subpolar species display a double peak in abundance, one in  
217 spring and one in late summer (Chapman, 2010). Thus, annual reconstructions are likely more  
218 representative of assemblage ecological preferences. A high dissimilarity coefficient indicates poor





219 modern analogues, with no similar analogue existing in the core-top database. Core tops with  
220 dissimilarity >0.4 were not considered. In this study the average SST standard deviation is 1.6°C.

221

### 222 *3.3 Ice-Rafted Debris (IRD) counts*

223 The relative abundance of IRD is an established proxy of ice sheet variability (Baumann et al., 1995;  
224 Fronval and Jansen, 1997; Jansen et al., 2000). All grains >150 µm in the aliquots split for census  
225 identification were counted. 10% of samples were recounted to determine the standard error. The  
226 average standard error for IRD counts in this study was 0.9%. We statistically compared the IRD counts  
227 using a t-test (two-sample t-test,  $p < 0.05$ ) and found the differences to be insignificant ( $d.f.=4$ ,  $t=2.78$ ,  
228  $p=0.2$ ). We present the results as the number of lithogenic/terrigenous grains per gram (grains/g) of  
229 dry sediment.

230

### 231 *3.4 Stable Isotope Analysis*

232 Stable isotopes of oxygen and carbon were measured from the tests (<150 µm) of benthic foraminifera  
233 *Cibicoides wuellerstorfi*. In total 60 samples were analysed between 28.55 – 29.955 mbsf. Stable  
234 isotope analyses were measured using a Kiel IV and MAT253 mass spectrometer at FARLAB at the  
235 Department of Earth Science and the Bjerknes Centre for Climate Research, University of Bergen.  
236 Results are expressed as the average of the replicates and reported relative to Vienna Pee Dee  
237 Belemnite (VPDB), calibrated using NBS-19 and crosschecked with NBS-18. Long-term reproducibility  
238 ( $1\sigma$  SD) of in-house standards for samples between 10 and 100 mg is better than 0.08‰ and 0.03‰  
239 for  $\delta^{18}\text{O}$  and  $\delta^{13}\text{C}$ , respectively.

240

### 241 *3.5. Neodymium isotope measurements on planktic foraminifer*

242 In total 17 samples of 15 to 30 mg of mixed planktonic foraminifera of size fraction <150 µm were  
243 picked for Nd isotope analysis between 28.6 and 29.935 mbsf of ODP Site 610B. No oxidative-reductive  
244 leaching procedure was employed, and this approach has been demonstrated to be suitable for  
245 extracting bottom water Nd isotopic compositions (Wu et al., 2015). The cleaning procedure and  
246 purification of Nd were carried out in a class 100 clean laboratory using ultrapure reagents. The  
247 foraminifera shells were crushed between two glass slides to open chambers, and the calcite  
248 fragments were ultrasonicated for 1 min in Milli-Q water before pipetting off the suspended particles.  
249 This step was repeated until the water was clear and free of clay particles. Samples were inspected  
250 under a binocular microscope to ensure that all sediment particles had been removed before they  
251 underwent weak acid leaching for 5 min in 1 ml 0.001 M  $\text{HNO}_3$  with ultrasonication. After the cleaning  
252 step, samples were transferred into a 1.5 ml tube, soaked in 0.5 ml Milli-Q water, and dissolved using





253 stepwise additions of 100  $\mu\text{l}$  0.5 M  $\text{HNO}_3$  until the dissolution reaction was completed. The dissolved  
254 samples were centrifuged, and the supernatant was immediately transferred to Teflon beakers to  
255 prevent the leaching of any possible remaining phases. The solutions were then dried and Nd was  
256 purified using Eichrom TRU-Spec and Ln-Spec resins following the analytical procedure described in  
257 Copard et al., (2010). The  $^{143}\text{Nd}/^{144}\text{Nd}$  ratios were measured using the Multi-Collector Inductively  
258 Coupled Plasma Mass Spectrometer (MC-ICP-MS Neptune<sup>Plus</sup> Thermo Fisher) (PANOPLY's analytical facilities  
259 at the University Paris-Saclay, France) hosted at the *Laboratoire des Sciences du Climat et de*  
260 *l'Environnement* (LSCE, Gif-sur-Yvette, France). Sample and standard concentrations were matched at  
261 10 to 15 ppb, and mass fractionation was corrected by normalising  $^{146}\text{Nd}/^{144}\text{Nd}$  ratios to 0.7219,  
262 applying an exponential law. During the analysis, every group of three samples was bracketed with  
263 analyses of JNdi-1 Nd standard solution, which is characterised by certified values of  $0.512115 \pm$   
264  $0.000006$  (Tanaka et al., 2000). The analytical error reported for each sample analysis is based on the  
265 external reproducibility ( $2\sigma$ ) of the JNdi-1 standard within a given session, unless the internal error  
266 was higher. The Nd isotopic composition is expressed as  $\epsilon_{\text{Nd}} = [({}^{143}\text{Nd}/{}^{144}\text{Nd})_{\text{Sample}}/({}^{143}\text{Nd}/{}^{144}\text{Nd})_{\text{CHUR}} - 1]$   
267  $\times 10,000$ , where  $({}^{143}\text{Nd}/{}^{144}\text{Nd})_{\text{CHUR}} = 0.512638$  represents the chondritic uniform reservoir (Jacobsen  
268 and Wasserburg, 1980).

269

### 270 3.6 Grain size analysis

271 We measured grain size distributions using a Mastersizer 3000 at the University of Galway, Ireland,  
272 School of Geography, Archaeology and Irish Studies. We applied a refractive index of 1.54 and an  
273 absorption index of 0.01, as recommended by *Malvern Panalytical*. We used  $\sim 1$  g of dry bulk  
274 sediment; samples were pre-sieved at 1000  $\mu\text{m}$ , and following Jonkers et al. (2015) we removed  
275 carbonates, organic matter, and opal, before measuring. Challenges associated with this method  
276 include air bubbles introduced to the optical cell within the Mastersizer during analysis, which can  
277 skew the results towards larger grain sizes. To alleviate this problem, we cut grain size distributions at  
278 211  $\mu\text{m}$ . Since 99% of sediments are below this size bin (Polakowski et al., 2021) cutting grain size  
279 distributions likely had no impact on sediments deposited by WTOW (i.e., silt  $\leq 50$   $\mu\text{m}$  and clay  $\leq 2$   $\mu\text{m}$ ).

280 We then statistically unravelled grain size distributions into end-members using a non-parametric End-  
281 Member Analysis (Weltje, 1997) in AnalySize (v. 1.1.2) (Paterson and Heslop, 2015). A non-parametric  
282 approach estimates end-members from the dataset and does not rely on assumed knowledge of the  
283 distribution, i.e., the size distributions of the subpopulations are not known a priori and must be  
284 determined from the data itself (Paterson and Heslop, 2015; Chen and Guillaume, 2012). To ensure the  
285 datapoints adequately represent the end-members, we excluded specimens with a  $r^2 < 0.99$ . The



286 resulting end-members were assessed for their size, distribution and sorting. Well-sorted end-  
287 members in the silt-sized fraction were interpreted as current-sorted sediments, which preserve a  
288 bottom-water current speed signal (Prins et al., 2002), while poorly sorted end-members including  
289 sand and gravel were interpreted as representing IRD.

### 290 *3.7 X-Ray Fluorescence analysis*

291 X-Ray Fluorescence (XRF) analysis was performed at the Integrated Ocean Drilling Program, Bremen  
292 Core Repository, in Germany on DSDP Core 94-610A (0–38 mbsf) and 610B (24–34 mbsf). Data were  
293 collected every 0.5 cm down-core with a slit size of 5 mm using a generator setting of 10 kV, 0.035 mA  
294 and a sampling time of 10s directly at the split core surface using an XRF Core Scanner III (Avaatech)  
295 that measures selected elements between Aluminium and Uranium. Calcium (Ca), and Titanium (Ti)  
296 are common elements observed in marine sediments that can be used as palaeoenvironmental tracers  
297 (Gebhardt et al., 2008; Van Rooij et al., 2007; Arz et al., 2001). Ca is primarily of biogenic origin (Solignac  
298 et al., 2011), and reflects the presence of calcium carbonate ( $\text{CaCO}_3$ ) tests of foraminifers and  
299 coccolithophorids in the sediments (Rothwell, 2015). It is well-recognised that  $\text{CaCO}_3$  records in the  
300 Atlantic are related to Glacial-Interglacial cycles, with higher  $\text{CaCO}_3$  concentrations during interglacials  
301 (Balsam and McCoy Jr, 1987). Ca can also be sourced from detrital material but this is most relevant  
302 in near-shore environments (Rebolledo et al., 2008) or in the IRD Belt (Ruddiman, 1977) during North  
303 Atlantic Heinrich events (Hodell et al., 2008). Ti is primarily terrigenous sourced and forms the detrital  
304 load (Haug et al., 2001). Here we use the  $\log(\text{Ti}/\text{Ca})$  as a proxy for evaluating relative variations in  
305 lithogenic/biogenic content (Piva et al., 2008).

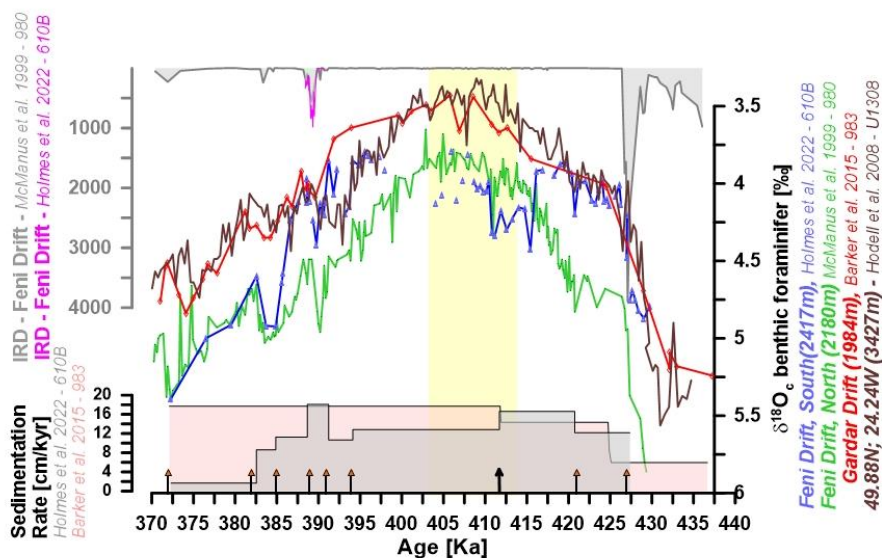
306

## 307 **4 Chronology**

308 The fundamental aim of age modelling is to construct meaningful time series with age-depth  
309 relationships and report the associated errors (Breitenbach et al., 2012; Trachsel and Telford, 2017).  
310 The robustness of any age model depends on the number of fixed dates and the associated  
311 uncertainties (Telford et al., 2004). Astronomical tuning is a commonly used tool to build age models  
312 on Pleistocene sediment records (Clemens, 1999). Typically, sections are tuned to the LR04 benthic  
313  $\delta^{18}\text{O}$  stack record by Lisiecki and Raymo (2005) based on 65°N June insolation values. The age model  
314 for site 610B was constructed using continuous 0.5 cm resolution XRF analysis performed on DSDP  
315 sites 610A and 610B for the past 500 ka. The chronology of MIS 11 was further constrained using  $\delta^{18}\text{O}$   
316 values picked throughout the core. These  $\delta^{18}\text{O}$  measurements were tuned to the benthic  $\delta^{18}\text{O}$  record  
317 of the well-dated Ocean Drilling Project (ODP) site 980 (McManus et al., 1999), and its LR04



318 chronology, which has an uncertainty of  $\pm 4$  ka BP (Lisiecki and Raymo, 2005). For a detailed  
319 description of tie points used to constraint site 610B over MIS 11, please consult Holmes et al. (2022)  
320 and Figure 3. Here, we add a further tie point at 29.58 mbsf (Figure 3) by linking the mid-interglacial  
321 maximum Np % from site 610B to the mid-interglacial peak in Np % from the well-dated site 983  
322 (Barker et al., 2015).



330 Figure 3. Age Model modified from Holmes et al. (2022). IRD counts from DSDP 610B (pink) and ODP 980 (grey)  
331 from the Feni Drift;  $\delta^{18}\text{O}$  benthic foraminifera records from DSDP 610B (blue), ODP980 (green, and ODP 983  
332 (red), IODP 303-U1308 (brown) corrected by 0.63 ‰. Sedimentation rates for DSDP 610B (grey) in  $\text{cm.kyr}^{-1}$   
333 are adjusted for the additional tie point used in this study (black arrow). Orange arrows show tie points used in  
334 Holmes et al. 2002 and in this study. Also shown are sedimentation rates for ODP 983 (light pink). The yellow  
335 band marks the dataset shown here.

336 We acknowledge that in doing so we assume that the associated cooling of the 412-ka event occurred  
337 simultaneously across the subpolar North Atlantic. However, we believe that this approach is justified  
338 since most records (surface and deep-water) from the North Atlantic Region place the main signal of  
339 the  $\sim 412$  ka event at  $411.7 (\pm 0.7)$  ka (Table 1). Further, we note that the duration of the surface cooling  
340 observed in records near site 610B (e.g., sites 980, U1314, 983, M23414 (TEX<sub>86</sub>)) is similar (0.4-0.9 ka)  
341 regardless of the age model used. Considering the short duration of the 412-ka event,  $<1$  ka, and the  
342 uncertainties for chronologies based on  $\delta^{18}\text{O}$  curves it would not be possible to assess the regional  
343 progression (if there was one) for the event with or without tie points between chronologies. With  
344 the inclusion of this additional tie point, the event occurred at 411.9 ka in core 610B, and the  
345 presented record here covers the period from 414.3-403.4 ka and sedimentation rates within this  
346 period correspond to  $\sim 82$  years per cm.

347 Table 1: The event in surface and deep-water and the corresponding ages in the North Atlantic



### Surface water

Site	Latitude	Longitude	Age (ka)	Depth (m)	Proxy	Reference
ODP 983	60°4 N	23°6 W	411.8	1984	Np coiling ratio	Barker et al. (2015)
U1305	57°29 N	48°32 W	413.2	3459	Pf %	Irvali et al. (2020)
U1314	56°21 N	27°53 W	412	2820	Pf %	Alonso-Garcia et al. (2011)
ODP 980	55°29 N	14° 42 N	~411.1*	2179	Np %	Oppo et al. (1998)
M23414	53°32 N	20°17 W	411.3	2196	TEX <sub>86</sub>	Kandiano et al. (2017)

### Deep-water

Site	Latitude	Longitude	Age (ka)	Depth (m)	Proxy	Reference
U1305	57°29 N	48°32 W	411.6	3459	Ebf $\delta^{13}C$	Galaasen et al. (2020)
ODP 980	55°29 N	14° 42 N	~410.9*	2179	Ebf $\delta^{13}C$	McManus et al. (1999)
U1308	49°87 N	24°23 W	411.6	3427	Ebf $\delta^{13}C$	Hodell et al. (2008)

348 Pf – Planktonic foraminifera; Ebf – Epifaunal benthic foraminifera, \*ODP Site 980 on the LR04 age model

349 To ensure an objective assessment of climate transitions for each data series (log(Ti/Ca),  
 350 log(EM2/EM3), and MAT derived SST) presented here, we applied a Ramp function using the Fortran  
 351 77 program, RAMPFIT (Mudelsee, 2000). This is a statistical programme that uses Brute-force to  
 352 estimate the unknown onset and end of a time interval by weighted least-squares regression to  
 353 determine the best fit. Following Tibshirani and Efron (1993) we use a bootstrap simulation of 200  
 354 resamples to estimate the uncertainty of the results (Table 2). To determine the ramps objectively the  
 355 search interval ( $x_1, x_2$ ) was set as far apart as possible but before the next shift in climate state. This  
 356 enabled the programme to statistically determine the most significant ramp for the onset, duration,  
 357 and recovery for each dataset. All search intervals are shown in Table 2.

358

359 Table 2: Rampfit for each proxy. Log(Ti/Ca) = lithogenic/biogenic variations, SST = Sea Surface Temperature,  
 360 WTOW = Wyville-Thomson Overflow Water. Rampfit is an autoregressive model used to describe time-varying  
 361 natural processes that accurately quantify transitions (Mudelsee, 2000). SE = standard error.

Dataset	Interval	Ramp 1	SE	Ramp 2	SE	Duration	SE
XRF Log(Ti/Ca)	412.23 415.5	412.68	0.24	414.58	0.22	1.9	0.39
	410.96 412.68	411.99	0.02	412.29	0.01	0.3	0.03
	410.03 411.99	410.69	0.23	411.08	0.23	0.39	0.4
	410.69 409.6	409.83	0.09	410.03	0.08	0.2	0.15
	409.83 408.23	408.62	0.17	409.75	0.14	1.13	0.26
	408.62 404.18	404.3	0.15	407.45	0.15	3.16	0.23
	404.3 400	401.88	0.8	404.26	0.7	2.38	1.19
WTOW	410.3 414.28	411.9	0.28	412.86	0.45	0.96	0.66
	408.12 411.9	410.1	0.55	410.3	0.54	0.2	0.67
	403.4 410.1	406.01	1.62	410.1	1.39	4.09	1.76
SST	411.66 414.28	411.9	0.34	412.62	0.36	0.72	0.44
	409.91 411.9	411.27	0.24	411.9	0.1	0.62	0.26



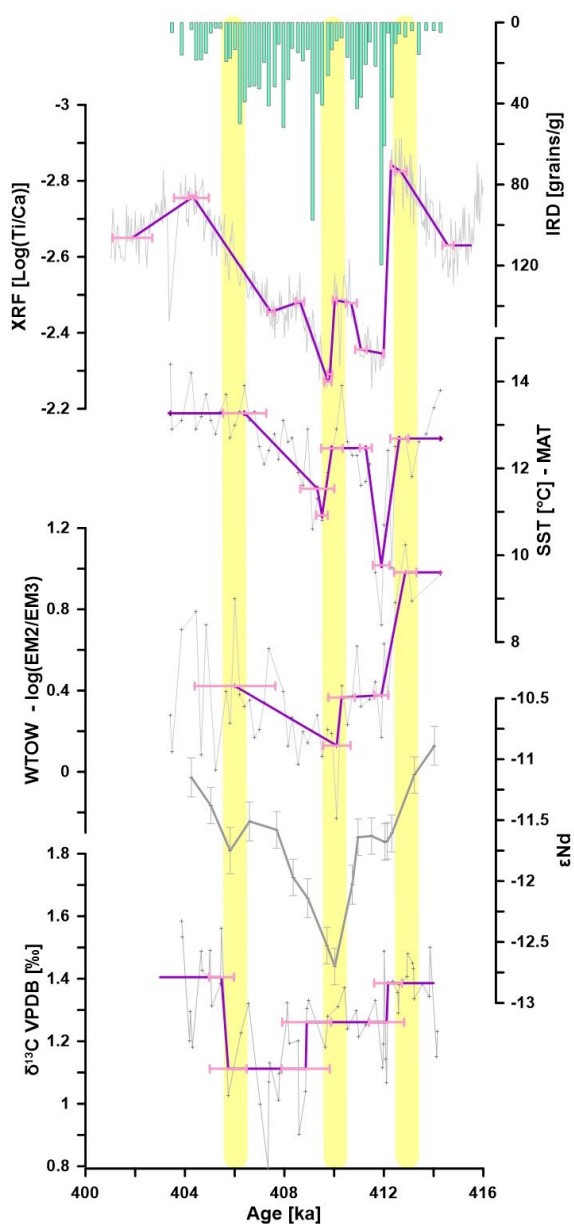
	409.13	411.27	409.52	0.23	409.91	0.43	0.39	0.5
	403.4	409.51	406.4	0.87	409.32	0.68	2.92	1.27
	413.85	408.90	412.11	0.71	412.17	0.56	0.06	0.83
$\delta^{13}\text{C}$	412.11	405.74	408.86	0.97	408.90	0.99	0.04	0.99
	4.08.90	403	405.47	0.50	405.74	0.74	0.27	0.93

## 362 5 Results

### 363 5.1 X-Ray Fluorescence (XRF) and Ice- 364 Rafted Debris (IRD)

365 At 412.29 ( $\pm 0.01$ ) ka the contribution of  
 366 lithogenic versus biogenic (e.g.,  
 367  $\log(\text{Ti}/\text{Ca})$ ) input sharply increases over  
 368 0.3 ( $\pm 0.03$ ) ka (Figure 4). Terrigenous  
 369 input remains elevated for another 0.39  
 370 ( $\pm 0.40$ ) ka before decreasing towards a  
 371 mid-event plateau. A second maximum  
 372 in terrigenous input occurs at 409.75  
 373 ( $\pm 0.14$ ) ka. Thereafter, values decrease  
 374 to pre-event values by 404.30 ( $\pm 0.15$ ) ka.  
 375 The overall structure of the time series is  
 376 best described by a two-step event. IRD  
 377 abundance is relatively low throughout  
 378 the record, fluctuating between 2.7 and  
 379 119.6 grains/g. Nevertheless, the overall  
 380 structure between the XRF and IRD

Figure 4: Results for MIS 11 proxy records from site 610B. From top to bottom. IRD >150  $\mu\text{m}$  (#/gram) [green]; Log ratio of Ti/Ca,  $\log(\text{Ti}/\text{Ca})$ , as a proxy for variations in lithogenic/biogenic inputs [purple]; SST [red], Log ratio of EM2 and 3,  $\log(\text{EM2}/\text{EM3})$ , as a proxy for deep-water flow strength (WTOW) [blue]. Raw data for  $\log(\text{Ti}/\text{Ca})$ , SST and WTOW, shown by faded line. Rampfit, an autoregressive model that quantifies climate transitions (Mudelsee, 2000), is shown in bold lines, with errors shown by horizontal bars.





381 records is similar with two distinct maxima centred at 411.90 and 409.52 ka, placing the maxima within  
 382 the periods of maximal lithogenic input, as  
 383 inferred from the XRF record (Figure 4).

384 *5.2 Sea surface temperatures (SST) and*  
 385 *foraminifera abundances (%)*

386 The two-step event structure is also  
 387 evident in the MAT-derived SST  
 388 reconstruction (Figure 4). Before the  
 389 event, between 414.3 and 412.62 ( $\pm 0.36$ )  
 390 ka, SST values describe a period of  
 391 persistent warmth (e.g., 11.8-13.8 °C).  
 392 Over the same period, foraminifer  
 393 assemblages show relatively high  
 394 abundances (Figure 5) of transitional  
 395 species (i.e., *G. bulloides*, *G. glutinata*),  
 396 and an enhanced influence of the  
 397 subpolar species, *N. incompta*, reaching  
 398 maximum abundance, forming almost  
 399 50% of the total assemblage, just before  
 400 the first cooling event at 412.62 ( $\pm 0.36$ )  
 401 ka. The first drop in SST of  $\sim 3.0^\circ\text{C}$  from  
 402  $12.7^\circ\text{C}$  to  $9.77^\circ\text{C}$  occurred between 412.62  
 403 ( $\pm 0.36$ ) and 411.90 ( $\pm 0.10$ ) ka. A distinct  
 404 shift from subpolar/transitional species  
 405 during this period with minimum values  
 406 of *G. inflata* (4.5%), a sharp reduction in  
 407 *G. bulloides* (10.2%) and *N. incompta*  
 408 (39.8%) indicates a reduced influence of  
 409 warm, saline Atlantic Waters during this  
 410 time. SSTs recovered to  $12.5^\circ\text{C}$  before  
 411 decreasing a second time to  $10.9^\circ\text{C}$  at  
 412 409.51 ( $\pm 0.23$ ) ka. This second cooling is  
 413 concurrent with an increase of Np and an

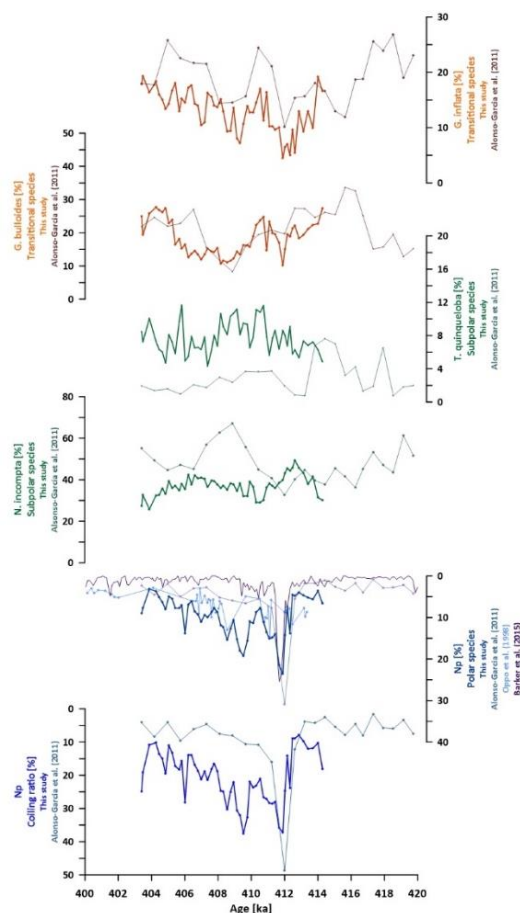


Figure 5 The evolution of planktonic foraminifera during peak MIS 11 conditions. From top to bottom, the relative abundances of *G. inflata* (transitional) [orange site 610B], [brown site U1314], *G. bulloides* (transitional), [orange site 610B], [brown site U1314], *T. quinqueloba* (subtropical), [dark green 459 610B], [light green site U1314] *N. incompta* (subtropical), [dark green site 610B], [light green site U1314], Np – note reversed axis (polar), [dark blue site 610B], [light blue site U1314], [baby blue, site ODP 980], [deep purple, site ODP 983] and Np coiling ratio (%) – note reversed axis, [dark blue site 610B], [light blue site U1314]. NOTE: OPD site 980 data have been updated to the LR04 age model. We exclude site U1305 data as the hydrographic setting is so different that the values do not easily plot with the data from the eastern North Atlantic. Please refer to the original publication for details (Irvál et al., 2020).





414 increase in the Np coiling ratio to 37.6%. From then onwards SST slowly recovered, reaching higher  
415 than pre-event values by 406.40 ( $\pm 0.87$ ) ka. Maximum values of 14.4°C occur towards the end of our  
416 record at 403.40 ka. Both Np % and the Np coiling ratio track the two-step nature of the event as seen  
417 in the XRF and SST records in terms of range of change and timing. The strong agreement between  
418 IRD, SST, and XRF (Figure 4) supports the interpretation of the log(Ti/Ca) record as a climate indicator,  
419 reflecting relative changes between IRD (i.e., lithogenic content) and climate (i.e., high CaCO<sub>3</sub>  
420 production during warmer climates).

### 421 5.3 Grain size analysis

422 Our grain size analysis indicates the sediments are  
423 adequately described by three end-members, one  
424 IRD (end-member 1; EM1), and two overflow (end-  
425 members 2 and 3; EM2 and EM3), inferred from  
426 both the R<sup>2</sup> and angular distance ( $\theta$ ) goodness-of-fit  
427 statistics ( $R^2 = 0.253$ ,  $\theta = 2.3^\circ$ ) (see also Supplement  
428 Figure S1). The well-sorted EM2 and EM3 consist  
429 primarily of clay and fine silt sediment with mean  
430 grain sizes of 5.21  $\mu\text{m}$  and 9.86  $\mu\text{m}$ , respectively,  
431 characteristic of sediments sorted by bottom-water  
432 currents (Figure 6). The log ratio of EM2 and EM3  
433 ( $\log(\text{EM2}/\text{EM3})$ ) is used as a proxy for WTOW flow  
434 strength in the Rockall Trough (Prins et al., 2002).  
435 This ratio describes the relative increase in grain  
436 size of EM2 over EM3 and thereby a decrease in  
437 values infers a decrease in flow strength (Figure 4  
438 and 6). EM1 is poorly sorted and is composed of  
439 49.4 % clay, 50.3 % silt, and 0.32 % sand (Figure 6).  
440 The relatively high proportion of clay and silt in EM1  
441 suggests that EM1 most likely represents IRD  
442 (Andrews, 2000; Jonkers et al., 2012; Nürnberg et  
443 al., 1994). The highest contribution of the two, well-  
444 sorted end-members ( $\log(\text{EM2}/\text{EM3})$ ) occurs in the  
445 oldest part of our record between 414.28 and  
446 412.86 ( $\pm 0.45$ ) ka when IRD is low. At 412.86 ( $\pm 0.45$ )

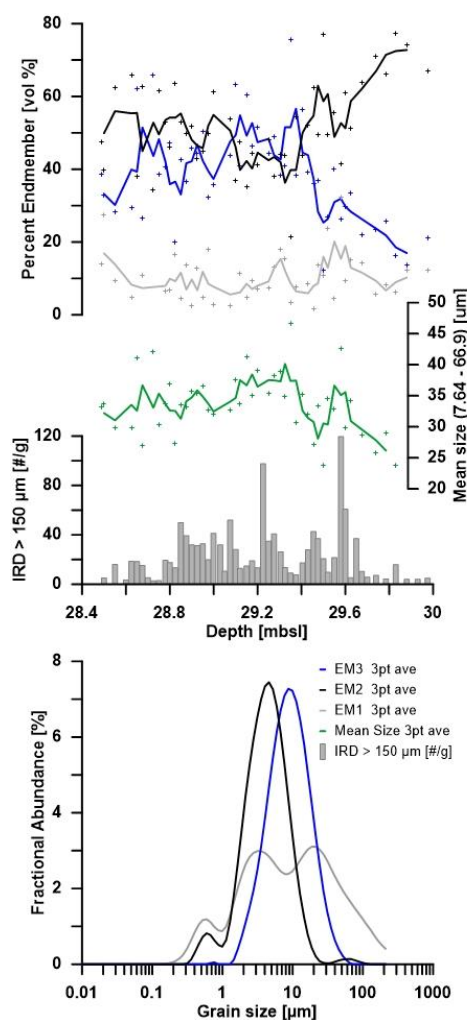


Figure 6 Grain size analysis. From the bottom up: The bottom graph shows the grainsize distribution of the main endmembers EM1(grey), EM2(black), and EM3(blue). This is followed by IRD >150 (grey bars), the mean grainsizes (7.64-66.9  $\mu\text{m}$ ) for each sample, and the proportion of each endmember (EM1-grey, EM2-black, and EM3-blue) plotted versus depth.





447 ka WTOW begin to decrease over  $0.96 (\pm 0.66)$  ka before stabilising between  $411.90 (\pm 0.28)$  and  $410.30$   
448  $(\pm 0.54)$  ka. At  $410.30 (\pm 0.54)$  ka a second decrease in values occurs over  $0.20 (\pm 0.67)$  ka. Thereafter,  
449 overflows slowly recover but remain below pre-event values and are variable until the end of the  
450 record.

451

#### 452 5.4. $\epsilon_{Nd}$ and stable isotopes ( $\delta^{18}O$ and $\delta^{13}C$ )

453 At 414 ka  $\epsilon_{Nd}$  values are most radiogenic at  $-10.9 \pm 0.2$ . This is followed by a decrease to less but stable  
454  $\epsilon_{Nd}$  values of  $-11.6 \pm 0.2$  between 412.31 and 410.92 ka. After 410.92 ka,  $\epsilon_{Nd}$  values decreased a  
455 second time to reach the lowest value of  $-12.7 \pm 0.15$  at 410.02 ka. Thereafter  $\epsilon_{Nd}$  values increased  
456 steadily until 407.68 and then again after 405.04 ka to reach  $-11.15 \pm 0.15$  at the end of the dataset  
457 (Figure 4). We note that due to the limited sample set, we were not able to perform rampfit functions  
458 to support the interpretation of the onset and recovery of the event with statistics in the  $\epsilon_{Nd}$  dataset.  
459 Both  $\delta^{18}O$  and  $\delta^{13}C$  values were high at 3.9-4.0 ‰ and 1.3-1.5 ‰ respectively at 414 ka. Following a  
460 two-step pattern  $\delta^{13}C$  decreased first to 1.26 ‰ between  $412.16 \pm 0.56$  and  $408.89 \pm 0.99$  ka followed  
461 by a second decrease to 1.12 ‰ between  $408.86 \pm 0.97$  and  $405.74 \pm 0.74$  ka. We note that variability  
462 is high in this interval and notably  $\delta^{13}C$  values decrease to reach low values of 0.79 ‰ at 407.34 ka.  
463 The recovery to more enriched  $\delta^{13}C$  values began after  $405.47 \pm 0.50$  ka to reach 1.41‰ which are  
464 higher than pre-event values.  $\delta^{18}O$  values steadily decreased by 0.5-0.7 ‰ from 3.9-4.0 to 3.3-3.4 ‰  
465 over the 10-ka analysed here.

## 466 6 Discussion

### 467 6.1. The 412-ka event

468 Sea surface temperature records across the Northeast Atlantic, from the Gardar Drift to the Rockall  
469 Trough (e.g., sites 983, U1314, M23414, 980 and this study), record warm Holocene-like sea surface  
470 conditions before  $\sim 412$  ka (Kandiano et al., 2012). However, between  $412.62 (\pm 0.36)$  and  $411.90$   
471  $(\pm 0.10)$  ka sea surface data at site 610B shows an increase in Np abundance (4.8 to 23.5%) and a drop  
472 in SST of  $3.0^\circ C$  from  $12.7^\circ C$  to  $9.77^\circ C$  (Figure 4 and 5). Similarly, at sites 983, 980, and U1314 polar  
473 species increase at  $\sim 412$  ka (Figure 5). At site M23414, both mid-depth (TEX<sub>86</sub>) and sea surface records  
474 (Alkenone) also record a decrease in SST of  $5.7^\circ C$  in TEX<sub>86</sub> and  $1.5^\circ C$  in Alkenone SST at 412 ka (Figure  
475 7) (Kandiano et al., 2017a). However, the event is absent in planktonic assemblage-based SST records  
476 at the same site (Kandiano and Bauch, 2007) which is puzzling given the strong regional signal for the  
477 event. A review of the methods used for SST reconstructions in Kandiano and Bauch (2007) reveals  
478 that the foraminifera - based SST dataset was derived by combining and averaging three different  
479 methods to infer summer SSTs using: Transfer Function Technique (TFT; Imbrie and Kipp (1971), MAT;



480 Prell (1985)) and Revised Analogue Method  
481 (RAM; Waelbroeck et al. (1998)). Using the  
482 average may have smoothed out the event in the  
483 resultant SST data series.

484 Further west on the Eirik Drift warm conditions  
485 also prevailed just downstream of the East  
486 Greenland Current (EGC) (e.g., site U1305, Figure  
487 2) with Np coiling ratios of 41.9-83.7% and SST  
488 near 10°C from 420 ka until ~413.5 ka (Figure 7)  
489 (Irvall et al., 2020). Unlike reconstructions from  
490 the Northeast Atlantic, these data provide  
491 evidence for a much warmer sea surface climate  
492 when compared to early Holocene and modern  
493 core top (e.g., 7.7°C) values downstream of the  
494 EGC (Irvall et al., 2020). This long period of  
495 warmth is interrupted by a two-step cooling  
496 event of 7.2°C, from 10°C down to 2.8°C between  
497 413.2-411.4 ka (Irvall et al., 2020) (Figure 7). The  
498 cooling is coeval with Np abundance and coiling  
499 ratio reaching 96.5% and 100% respectively, and  
500 occurred over approximately 0.8 ka (Irvall et al.,  
501 2020). On the Gardar Drift (site U1314) the Np %  
502 increase is also of high-magnitude (from 3.8% to  
503 48.6%) and occurs over 2 samples representing  
504 1.22 ka (Alonso-Garcia et al., 2011). We note that  
505 the duration of these transitions is limited by the  
506 resolution of the respective archives and are thus  
507 maximum estimates.

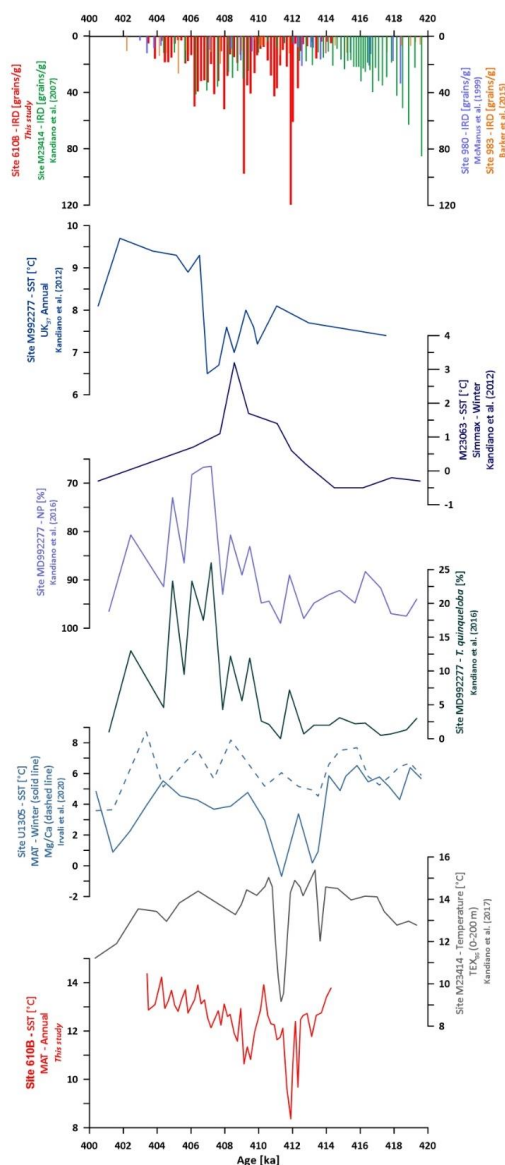


Figure 7: Surface hydrographic conditions during MIS 11. IRD grains/g records sites: site 610B [red] this study; site 980 [blue] (McManus et al., 1999); site M23414 [green] (Kandiano and Bauch, 2007) on the updated age model from Kandiano et al. (2017b) and site 983 [orange] (Barker et al., 2015). SST [°C]/ foraminifera assemblages [%] from top to bottom: Annual SST (UK<sub>37</sub>), site MD992277 (Kandiano et al., 2012); Winter SST (Simmmax), site M23063 (Kandiano et al., 2012); % *N. pachyderma* – Np – note reversed axis, site MD992277 (Kandiano et al., 2016); *T. quinqueloba*, site MD992277 (Kandiano et al., 2016); SST (Mg/Ca), site U1305 [dashed line], Winter SST (MAT) site U1305 [solid line], (Irvall et al., 2020); SST TEX<sub>86</sub> (0-200 m) site M23414 (Kandiano et al., 2017b); MAT SST, site 610B (this study).



508 In the Nordic Seas, the 412-ka event trajectory seems to have been reversed (Figure 7). During early  
509 MIS 11 (e.g., 424-412 ka) evidence for cold and fresh surface waters in the Iceland and western  
510 Norwegian Sea is widespread. For example, at site M23352 in the North Iceland Basin (Figure 2),  
511 continuous IRD during early MIS 11 (Helmke and Bauch, 2003), indicate that cold waters dominated  
512 this core site until ~407.5 ka. Similarly, at site M992277 (sometimes referred to as PS1243) located in  
513 the central Nordic Seas (Figure 2), high percentages of Np (81-99%) imply cold conditions until ~407  
514 ka (Kandiano et al., 2012). Further east, at site M23063, cold temperatures prevailed until ~412.8 ka  
515 (Kandiano et al., 2012). A comparison of foraminifera abundance-derived temperatures between the  
516 first half of MIS 11 and the early Holocene (11-5.5 ka) at site M23063 illustrates the sharp difference  
517 between the much warmer Holocene (4.12°C) and cold early MIS 11 (0.1°C), emphasising the unique  
518 hydrographic conditions in the central Nordic Seas at the time (Kandiano et al., 2012). These datasets  
519 also illustrate that cold waters reached much further east in the central Nordic Seas than during the  
520 early Holocene (Doherty and Thibodeau, 2018; Kandiano et al., 2017b). Multiple studies hypothesise  
521 that continuous background melting of the GIS especially south of 69°N contributed to these cold sea  
522 surface conditions until 412 ka (de Vernal and Hillaire-Marcel, 2008; Reyes et al., 2014b; Robinson et  
523 al., 2017b; Robinson et al., 2012; Willerslev et al., 2007). Mid-way through MIS 11, SSTs transition to  
524 warmer more Holocene-like conditions. The exact timing for the transition from cold to warmer SSTs  
525 is difficult to determine given the low resolution of records from the Nordic Seas and chronological  
526 constraints, however, the general timing and trends in surface records appear to coincide with the  
527 cold event in the subpolar North Atlantic at ca 412 ka.

528

529 What was the cause for the sudden sea surface cooling across the subpolar gyre at 412 ka? The faunal  
530 assemblage changes and inferred SST cooling of 7°C at site U1305, describe a rapid transition from  
531 Atlantic to Polar Waters immediately downstream of the EGC (Figure 5). Specifically, the decrease of  
532 *T. quinqueloba* while Np % is increasing is indicative of the passage of the SAF and Polar Front over the  
533 site (Alonso-Garcia et al., 2011; Mokeddem et al., 2014). This rapid transition in foraminifera  
534 assemblages is also recorded at sites U1314 and 983 albeit at lower magnitudes invoking an eastward  
535 progression of cold and potentially freshwater, together with the SAF, across subpolar latitudes during  
536 the event.

537

538 A potential source of ice or cold/freshwater could have come from residual continental ice during  
539 early MIS 11. Indeed, most estimates of sea level rise following Termination V (Rohling et al., 2010;  
540 Elderfield et al., 2012; Grant et al., 2014; Shakun et al., 2015; Spratt and Lisiecki, 2016; Giaccio et al.,  
541 2021), agree that about 50–80 m SLE remained present in ice sheets near the start of MIS 11c due to



542 weak caloric summer insolation at 65°N at 424 ka. By 412 ka estimates still assume the presence of  
543 between -38.7 to +3.9m SLE of continental Ice (Sprat and Lisiecki et al. 2016, Grant et al. 2014, Shakun  
544 et al. 2015, Elderfield et al. 2012). These estimates invoke the presence of several Greenland  
545 equivalent size Ice sheets present at 412 ka. However, there is little geologic or terrestrial evidence to  
546 support the presence of continental ice of this scale at high northern latitudes by 412 ka. For example  
547 terrestrial palaeoclimate records from Europe (Tzedakis et al., 1997;Reille et al., 2000;Tzedakis et al.,  
548 2006;Ashton et al., 2008;Preece et al., 2007;Nitychoruk et al., 2005) and Siberia (Prokopenko et al.,  
549 2010;Melles et al., 2012;SHICHI et al., 2009) provide evidence for increased forestation at high  
550 northern latitudes replacing tundra or frozen soils in Eurasia, driven by a lengthening of the growing  
551 season during the obliquity maximum at 416 ka. Model simulations further suggest that the decrease  
552 in summer sea ice at this time led to warming feedback during the winter at high Northern latitudes  
553 amplifying the insolation-induced warming (Kleinen et al. 2014). Similarly, pollen-based  
554 reconstructions (Melles et al., 2012;Prokopenko et al., 2010;SHICHI et al., 2009;Desprat et al.,  
555 2005b;Nitychoruk et al., 2005) support warmer than present summers and winters in the High Arctic  
556 Region throughout MIS11 until at least 405 ka.

557

558 A recent investigating into the retreat of the Laurentide Ice Sheet (LIS) following the glacial  
559 Termination of MIS 12 (e.g., T5) also shows that the LIS would have been mostly deglaciated with the  
560 Hudson Bay Ice Saddle collapse at  $419 \pm 4.7$  ka (Parker et al., 2023). There is a possibility that ice  
561 remained on land (e.g., Keewantin Ice Dome and/or Quebec-Labrador Ice Dome) until  $ca\ 405 \pm 4.7$  ka  
562 (Parker et al., 2023) contributing to background melting via Hudson Bay from 419-405 ka. While  
563 background melting is possible, the relatively low IRD input throughout the North Atlantic region  
564 following the Hudson Bay Ice Saddle collapse and during the 412-ka event make it unlikely that a  
565 collapse of marine-terminating ice shelves or glaciers from the LIS was involved in cooling the subpolar  
566 North Atlantic. Indeed, IRD of  $2.7\text{-}119.6\text{ grains.g}^{-1}$  at site 610B throughout the event are comparable  
567 to Holocene values of  $4.7\text{-}113.9\text{ grains.g}^{-1}$  recorded from the Feni drift at site 980 (McManus et al.,  
568 1999). Similarly, IRD counts from Gardar Drift at site 983 (Barker et al., 2015) and from Eirik Drift at  
569 site U1305 (Irvali et al., 2020) are also low and comparable to Holocene values. Thus, delivery of  
570 Icebergs remained low during the 412-ka event suggesting a distal source for calving icebergs at best.  
571 Finally, if background melting via Hudson Bay persisted over the 419-405 ka period, we note that it  
572 does not seem to have significantly impacted subpolar North Atlantic SSTs given the widespread  
573 Holocene-like SSTs across mid-latitudes before the 412-ka event.

574



575 Another possibility for the presence of continental ice may be an ice sheet northwest of Greenland  
576 restricting the Canadian Arctic Archipelago until 412 ka. If so, this could have channelled all freshwater  
577 exports via Fram Strait into the Nordic Seas (Lofverstrom et al., 2022) and thereby contributed to the  
578 anomalously cold SST observed from the Nordic Seas until 412 ka. Once open, Arctic freshwater would  
579 have been channelled south via both Baffin Bay and Fram Strait reducing freshwater export into the  
580 Nordic Seas. We note that this scenario could explain the warming trend observed in the Nordic Seas  
581 around the 412-ka mark. However, the presence of land ice in the Canadian Arctic Archipelago until  
582 412 ka is difficult to reconcile with the evidence for high latitude warming from terrestrial and  
583 modelling evidence and the full deglaciation of Camp Century (77.17°N 61.13°W) by  $416 \pm 38$  ka.  
584 (Christ et al., 2023). Furthermore, while dating uncertainties are large, there is evidence that Camp  
585 Century remained fully deglaciated for at least 16 ka, which must precede the glacial inception at 397  
586 ka and therefore 412 ka. Finally, models and terrestrial records indicate a completely ice-free southern  
587 and western Greenland, except for highly elevated areas, by 411 ka (Robinson et al., 2017b; Robinson  
588 et al., 2012). Low RSL estimates for early MIS 11 based on benthic foraminifera  $\delta^{18}\text{O}$  records thus seem  
589 to stand alone against multiple lines of evidence suggesting that high northern latitudes were  
590 experiencing warmer climates and less ice. Nevertheless, we cannot rule out that land ice persisted  
591 and contributed to the event given the chronological uncertainties associated with palaeo records.

592

### 593 *6.2 Deep-water response to the 412-ka event.*

594 The leading hypothesis describing a strong AMOC during early MIS 11 posits that a strong density  
595 gradient between the subpolar North Atlantic and the Nordic Seas supported strong deep-water  
596 formation in the Nordic Seas (Kandiano et al., 2012; Doherty et al., 2021). Our data supports the  
597 presence of strong Nordic Sea deepwater production before 412 ka. First, grain-size inferred current  
598 velocities preceding the event are among the highest recorded throughout MIS 11 including the glacial  
599 inception (Holmes et al., 2022). Further, both  $\delta^{18}\text{O}$  and  $\delta^{13}\text{C}$  values are enriched at 3.9-4.0 ‰ and 1.3-  
600 1.5 ‰ respectively, indicating a strong nutrient-poor northern source of deep waters such as  
601 ISOW/WTOW from the Nordic Seas before the event (Figure 4). Similarly, the radiogenic  $\epsilon_{\text{Nd}}$  signal of  
602 -10.89 supports a strong influence of ISOW/WTOW ( $-10.3 \pm 0.2$ ) (Dubois-Dauphin et al., 2017) at the  
603 site (Figure 4). In combination with high WTOW flow endmembers, this supports vigorous export of  
604 NSDW via the Wyville-Thompson Ridge into the Rockall Trough before the 412-ka event.

605 Starting at 412.86 ( $\pm 0.45$ ) ka grain-size inferred current velocities describe a two-step decrease in flow  
606 strength. Considering the temporal uncertainties, this reduction in overflow is concurrent with the SST  
607 decreases at 412.62 ( $\pm 0.36$ ) ka. However, the higher resolution  $\log(\text{Ti}/\text{Ca})$  data records the change in  
608 surface ocean properties at a multi-centennial delay with respect to the overflows at 412.29 ( $\pm 0.01$ )



609 ka. This delay occurs within uncertainties of the SST record but is significant compared to the  
610 overflows. This would suggest that there is a significant offset between the surface and deep-water  
611 response to the cooling event recorded at site 610B. In effect, this highlights that deep water  
612 circulation responds to cooling at subpolar latitudes before the eastward progression of cold water  
613 reaches the eastern North Atlantic.

614 Concurrent with the two-step decrease in WTOW flow estimates,  $\epsilon_{Nd}$  values become less radiogenic  
615 reaching the lowest values of  $-12.7 \pm 0.15$  at 410.02 ka (Figure 4). Together, these data suggest a  
616 decrease in flow strength and a decrease in ISOW/WTOW contribution, replaced by either the less  
617 radiogenic eNd Lower NADW ( $-12.1 \pm 0.2$  and  $13.1 \pm 0.2$ ) or LSW ( $-13.4 \pm 0.3$  and  $-14.0 \pm 0.3$ ) (Dubois-  
618 Dauphin et al., 2017; Lambelet et al., 2016) (Lambelet et al., 2016; Dubois-Dauphin et al., 2017) at site  
619 610B. A larger contribution of LNADW or LSW is more likely than a larger contribution of  
620 Mediterranean Overflow Water (MOW) or Southern sourced Ocean Waters (SOW) at this time  
621 because both have an  $\epsilon_{Nd}$  signature of -11, which is too radiogenic to explain the excursion observed  
622 in the data.

623 Following the lowest flow rates and reduced WTOW contribution at 410.02 ka benthic foraminiferal  
624  $\delta^{18}O$  and  $\delta^{13}C$  values at 610B at site 610B decrease (see also Supplement Figure S2), suggesting a  
625 possible increased influence of SOW, LDW or/and LSW at site 610B than before the event. This is also  
626 mirrored in the paired benthic  $\delta^{18}O$  and  $\delta^{13}C$  values from the Eirik Drift at site U1305 (Galaasen et al.,  
627 2020) and at site U1308 (Hodell et al., 2008) located to the southwest of the Rockall Trough. At Eirik  
628 drift the event is marked by a drop in benthic  $\delta^{13}C$  values of ca. 0.6 ‰ from 0.80 to 0.20 ‰. This  
629 decrease, while smaller, is reminiscent of the 1 ‰ decrease observed during the 8.2 ka event when  
630 glacial Lake Agassiz drained into the subpolar North Atlantic during the early Holocene (Kleiven et al.  
631 2008). Kleiven et al. 2008 suggested that this decrease in benthic  $\delta^{13}C$  values describes the  
632 replacement of low-nutrient LNADW supplied by DSOW with a high-nutrient deep-water mass from a  
633 southern source (e.g., SOW) at the core site.

634 A shoaling and northwards extension of SOW into the Rockall Trough may also be a plausible response  
635 to the decrease in NSDW formation at 412 ka. Modern SOW is characterised by  $\epsilon_{Nd}$  values near -11  
636 (Dubois-Dauphin et al., 2017) and depleted  $\delta^{13}C$  values of 0.0 - 0.2 ‰ (Eide et al., 2017). The return to  
637 more radiogenic  $\epsilon_{Nd}$  values shortly after 410 ka while both WTOW flow speeds and  $\delta^{13}C$  remain  
638 depleted/variable could therefore be linked to a larger contribution of SOW at site 610B rather than  
639 a rapid return of WTOW. A more northern influence of SOW during the event is also supported by a  
640 0.6 ‰ drop in  $\delta^{13}C$  from ca 1.1 to 0.5 ‰ at site U1308 (south of site 610B) (Figure 8). We note that no  
641 significant change in  $\delta^{13}C$  is observed at the more northern site 980 over this timeframe, suggesting



642 that the northward extend of SOW was perhaps limited to the southern Rockall Trough. Alternatively,  
643 the deeper location of site 610B relative to site 980 (ca. 300m) may describe the depth boundary of  
644 SOW influence during the event.

645 By 405.74 ka benthic carbon isotopes return to more enriched values. This trend is also seen at sites  
646 U1308 and U1305 (Galaasen et al., 2020, Hodell et al. 2008) (Figure 8).  $\epsilon_{Nd}$  values return to ca. -11.15  
647 altogether suggesting a return of WTOW at site 610B, however, the highly variable nature of flow  
648 speeds in our WTOW flow record suggests that southward flow might have been intermittent at this  
649 time – perhaps similar to modern observations (Johnson et al., 2017). The slow recovery of WTOW  
650 current velocities seems to coincide with the slow retreat of cold waters towards the SPG. For  
651 example, at site 610B SSTs only reach pre-event values by 406.40 ( $\pm 0.87$ ) ka and warmest SST by the  
652 end of the dataset at 403.40 ka.

653 Similarly, Np % decreases slowly across  
654 the SPG (e.g., sites U1314, U1305, 980)  
655 to reach pre-event values by  $\sim 406$  ka  
656 (Alonso-Garcia et al., 2011; Irvani et al.,  
657 2020; Oppo et al., 1998). We also note  
658 that the variability and continued  
659 presence of some minor IRD at site  
660 610B coincides with lower benthic  $\delta^{13}C$   
661 throughout the record, suggesting a  
662 relationship between continued  
663 iceberg rafting and deep ventilation  
664 until 405.74 ka. The faster recovery  
665 observed in  $\delta^{13}C$  values shortly after  
666 the event at sites 980 and M23414,  
667 may again be linked to the shallower  
668 depth of both sites relative to site  
669 610B, and delimit the varying depth  
670 boundaries of water masses during the  
671 perturbation.

672

### 673 6.3. Climate forcing and Ocean- 674 Atmosphere teleconnections.

675

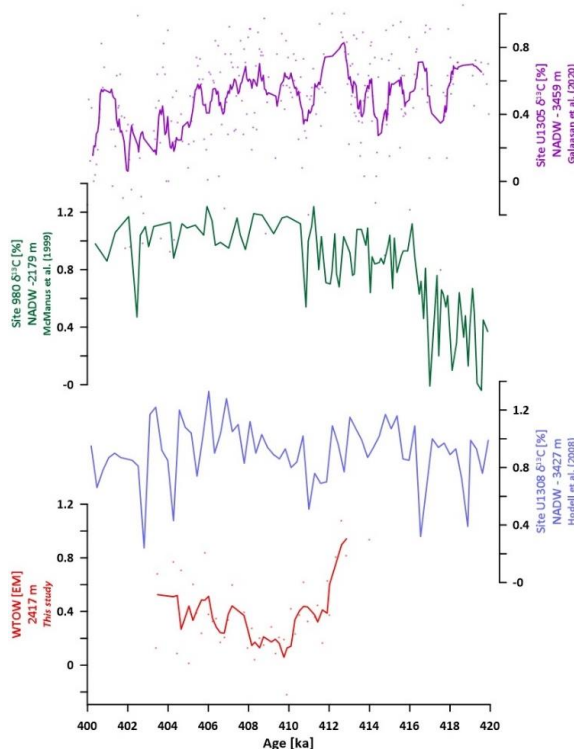


Figure 8: Deep-water records from North Atlantic Region. Top to bottom,  $\delta^{13}C$  – water mass proxy – site U1305 [purple] (Galaasen et al., 2020); site 980 [green] (McManus et al., 1999); site U1308 [light blue] (Hodell et al., 2008); WTOW grain size analysis– deep-water strength proxy site 610B [red] (this study). NOTE: OPD site 980 data updated to the LR04 age model.





676 A strong AMOC seems at odds with the western Nordic Seas covered by meltwater, especially since  
677 strong deep-water formation in the Nordic Seas requires Atlantic inflow and open-ocean convection  
678 (Eldevik et al., 2014). However, evidence for a strong AMOC particularly coinciding with the peak in  
679 obliquity (Kessler et al., 2020) at 416 ka is supported by several model simulations (Rachmayani et al.,  
680 2017) and palaeoceanographic reconstructions from the North (Galaasen et al., 2020) and South  
681 Atlantic (Dickson et al., 2009; Dickson et al., 2010). Revisiting the location and datasets used to infer  
682 the cooling in the Nordic Seas may allow us to reconcile model simulations and observations. The  
683 three sites from the Nordic Seas covering MIS 11 are located in the Iceland Sea and the western  
684 Norwegian basin between 65-70°N. Today these sites are mostly influenced by the Jan Mayen Current  
685 and the East Icelandic Current recirculating Arctic Waters from the EGC in the Iceland Sea Gyre. We  
686 also note that the datasets inferred from these sites are based on foraminifera and Alkenones, both  
687 known to represent a seasonally constrained summer signal especially at these high northern latitudes  
688 (Fraile et al., 2009; Kretschmer et al., 2018; Bendle et al., 2005).

689

690 A series of time slice simulations across MIS-11 suggest that boreal summers were particularly warm  
691 around Western Greenland, notably over the Canadian Arctic Archipelago and the high latitudes of  
692 the Atlantic sector for a period of at least 10 ka from 418-408 ka leading to weakened high latitude  
693 winds and the emergence of a single, unified midlatitude jet stream across the North Atlantic sector  
694 during boreal summers (Crow et al., 2022). Similarly, Rachmayani et al. (2017) simulate a negative  
695 southerly wind anomaly along the east Greenland margin centred over the Denmark Strait for MIS 11  
696 in comparison to MIS 5e. If correct this more zonal and weaker circulation pattern might have led to  
697 reduced export of cold waters out of the Nordic Seas on a seasonal basis. Reduced meridional wind  
698 forcing during MIS11 summers (e.g., Crow et al. 2022) and an enhanced seasonal recirculation of  
699 meltwaters in the Iceland gyre (Le Bras et al., 2018) may therefore be plausible mechanisms explaining  
700 the “cool” Nordic Seas and “warm” subpolar North Atlantic signals.

701

702 Interestingly, the negative southerly wind anomaly centred over the Denmark Strait for MIS 11 is also  
703 associated with an increased advection of salt from the south to the eastern North Atlantic  
704 (Rachmayani et al., 2017) supporting strong NADW formation. Enhanced northern salt advection and  
705 strong NADW formation during times of enhanced GIS melting have also been simulated in response  
706 to RCP8.5 emission scenarios (Berk et al., 2021). Where the freshwater-induced weakening of  
707 Labrador Seawater formation is compensated by a strengthening of NSDW formation similar to  
708 observations made in (Wood et al., 1999; Swingedouw et al., 2013). Mechanistically, it is the weakened  
709 subpolar gyre that leads to a shift of the North Atlantic Current and subpolar-subtropical gyre



710 boundary, with the subtropical gyre expanding and the subpolar gyre contracting (Swingedouw et al.,  
711 2013; Berk et al., 2021). Under this scenario, it is possible that Atlantic Waters reached the northern  
712 Nordic Seas pre-412 ka, perhaps in the form of a narrow boundary current along the Norwegian  
713 continental margin contributing to high latitude warming and deepwater formation while the Icelandic  
714 Sea remained cool as also observed during the early Holocene (Risebrobakken et al., 2011; Telesiński  
715 et al., 2022).

716

717 We cannot rule out that the collapse or melting of remnant continental ice caused the 412-ka event,  
718 however, the low IRD counts associated with the event do not support Ice rafting. Instead, we  
719 hypothesise that a change in the seasonal balance of freshwater export from the Nordic Seas into the  
720 North Atlantic via the Denmark Strait might have initiated a reorganisation of the freshwater  
721 distribution at polar/subpolar latitudes. This could have led to a shift of the subpolar-subtropical gyre  
722 boundary and thereby the northward advection of Atlantic Waters and cooling across the North  
723 Atlantic Region. The difference between the recirculation of polar waters and “freshwater hosing”  
724 scenarios, in which the thermohaline circulation weakens or collapses (Stouffer et al., 2006; Vellinga  
725 et al., 2008; Drijfhout, 2015), therefore appears to be linked to freshwater reaching the Nordic Seas  
726 via the Eastern North Atlantic (e.g., NAC). This has been hypothesised previously for future climate  
727 simulations (Berk et al., 2021) and demonstrated for glacial boundary conditions (Muschitiello et al.,  
728 2019) and the glacial inception following MIS11 (Holmes et al., 2022). We now show that similar  
729 freshwater (or sensitivity of thermohaline circulation) dynamics may have been in operation for full  
730 interglacial boundary conditions similar to our pre-industrial climate.

731

732 The evidence presented here highlights the sensitivity of NSDW formation to the reorganisation of  
733 freshwater across the polar/subpolar boundary and the movement of the subpolar-subtropical gyre  
734 boundary and therefore supports the recent hypothesis that high-magnitude variability of the AMOC  
735 may not require major additions or outbursts of freshwater (Galaasen et al., 2020). Instead, the  
736 reorganisation of Atlantic vs Polar waters at subpolar latitudes (Sgubin et al., 2017b) and thereby the  
737 density gradient across the SPG (Müller et al., 2015) and between the subpolar North Atlantic and the  
738 Nordic Seas (Jungclauss et al., 2006b) may determine high magnitude interglacial variability and  
739 strength in overturning (Olsen et al., 2008; Hansen and Østerhus, 2000; Østerhus et al.,  
740 2001; Mauritzen, 1996). For example, the variability in WTOW current velocities after the 412-ka event  
741 illustrates a higher sensitivity of the overflows to the weaker density gradient between the Nordic  
742 Seas and the subpolar North Atlantic modulated by a stronger east-west oriented SPG pushing the  
743 subpolar-subtropical gyre boundary and with-it icebergs/freshwater into the eastern north Atlantic.



744 We note that state jumps (or hysteresis) in gyre circulation and exchange have also been found in  
745 simple (Born and Stocker, 2014) and coupled models (Born et al., 2013) and can be associated with a  
746 collapse in deep convection and reorganisation in AMOC geometry (e.g. where deep water is formed)  
747 (Sgubin et al. 2017).

748

## 749 **7 Conclusion**

750 Prolonged interglacial warmth during MIS 11 especially at high northern latitudes led to intensive  
751 background melting and the demise of continental ice sheets, including the southern and western  
752 Greenland Ice Sheets (GIS) by ~412 ka. Despite the addition of freshwater to the Nordic Seas, Deep-  
753 Water formation there remained strong, sustained by a strong density gradient between the Nordic  
754 Seas and the subpolar North Atlantic.

755 The abrupt reorganisation of freshwater into the Subpolar Gyre (SPG), and expansion into the eastern  
756 North Atlantic at 412-ka, reduced the density gradient between the Nordic Sea and the SPG and  
757 thereby the inflow of Atlantic Waters into the Nordic Seas. In addition, continuous freshwater export  
758 into the SPG may have further subdued deep-water flow in the western North Atlantic, for the  
759 remainder of the interglacial.

760 The evolution of surface and deep-water circulation described here sheds important insights on the  
761 sensitivity of deep-water formation in response to continuous background melting from the GIS during  
762 similar or warmer than present climate boundary conditions. Our examination reveals that the  
763 reorganisation between Polar and Atlantic Waters at subpolar latitudes is central mechanistically, not  
764 only for intermediate (Muschitiello et al., 2019), and low-ice (Holmes et al., 2022) boundary conditions  
765 but also for warm interglacial climates such as MIS 11 and the current Holocene.

766 Our findings demonstrate that the availability and/or rate (Lohmann and Ditlevsen, 2021) of  
767 freshwater reaching subpolar latitudes is modulated by non-linear atmosphere-ocean feedbacks (e.g.,  
768 rate-induced tipping point), regardless of boundary conditions. This is crucial given current and  
769 projected GIS melting, and the estimated sensitivity of the AMOC to surface water buoyancy  
770 fluctuations (Smeed et al., 2014; Thornalley et al., 2018; Caesar et al., 2018; Bakker et al., 2016; Yu et al.,  
771 2016). This study concludes that continuous freshwater input alone is unlikely to inhibit NSDW  
772 formation and that a reorganisation of surface waters at subpolar latitudes is fundamental to overflow  
773 strength.

774

## 775 **Data and materials availability**



776 All data needed to evaluate the conclusions in the paper are presented in the paper and/or the  
777 Supplementary Materials. Raw data will be made available in Pangaea upon publication.

778

#### 779 **Author contribution**

780 The research and iCRAG-GSI Environmental Geoscience proposal was designed and  
781 managed by AM in collaboration with UN and CC. MC performed faunal counts, sediment  
782 size analysis, IRD counts, XRF scans, and data analysis and wrote the first draft of the  
783 manuscript. UN performed stable isotope analysis. CC and MMOC performed Nd analysis.  
784 AM wrote the final version of the manuscript with contributions from UN and CC.

785

#### 786 **Competing interests**

787 The contact author has declared that neither they nor their co-authors have any competing  
788 interests.

789

#### 790 **Acknowledgements**

791 We gratefully acknowledge the assistance provided by Arnaud Dapoigny and Louise Bordier  
792 during Nd isotope analyses.

793

#### 794 **Financial support**

795 This research has been supported by the iCRAG-GSI Environmental Geoscience PhD  
796 Programme (17/RC-PhD/3481) awarded to AM and MMOC and the Galway Fellowship  
797 awarded to MC.

798

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800

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