

Description of Additional Supplementary Files

File Name: Supplementary Data 1

Description: Sediment age-depth models and chronological tie-points for core JC094-GVY14, JC094-GVY01, EW9209-1JPC and EW9209-3JPC.

File Name: Supplementary Data 2

Description: U-series measurements for core JC094-GVY14, JC094-GVY01, EW9209-1JPC and EW9209-3JPC.

File Name: Supplementary Data 3

Description: Composite $^{231}\text{Pa}/^{230}\text{Th}$ record.