Table S1. SACFOR scale of abundance used to record *S. alveolata*. ‘Superabundant’ and ‘Abundant’ were combined as ‘Abundant’ in the current study for the purposes of comparability (Firth et al., 2015).

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| Abundance | Description |
| A | Abundant: large colonies, forming hummocks over 1ft across, more than 20% cover overall at shore levels of peak abundance |
| C | Common: Large sheets or patches at some shore levels (not forming large hummocks) |
| F | Frequent: Many scattered individuals and small patches |
| O | Occasional: Scattered individuals, no patches |
| R | Rare: <10 found in a 30 minute search |
| N | Not seen: Absent |