**Title:** Supplementary Table 1: Calendar age estimates and accumulation rates.

**Description:** Calendar age (cal. yr BP) estimates (at 95% confidence ranges) and sediment accumulation rates for sampled depths based on the age-depth model created using the ‘clam’ package in R (3.6.3). Negative values indicate departure from 1950 AD towards present.

**Title:** Supplementary figure 1: Calibration of F14C date.

**Description:** The calibration output for the ‘greater than modern’ radiocarbon date (F14C = 1.0915±0.0021) using the post-bomb calibration dataset ‘NHZ1’ by Hua et al. (2013).

**Title:** Supplementary figure 2: Calibration of radiocarbon dates at 24 and 46 cm.

**Description:** The calibration output for the radiocarbon dates at 24 cm (left) and 46 cm (right) depth using the IntCal20 calibration curve (Reimer et al. 2020) and the software CALIB (8.2).