



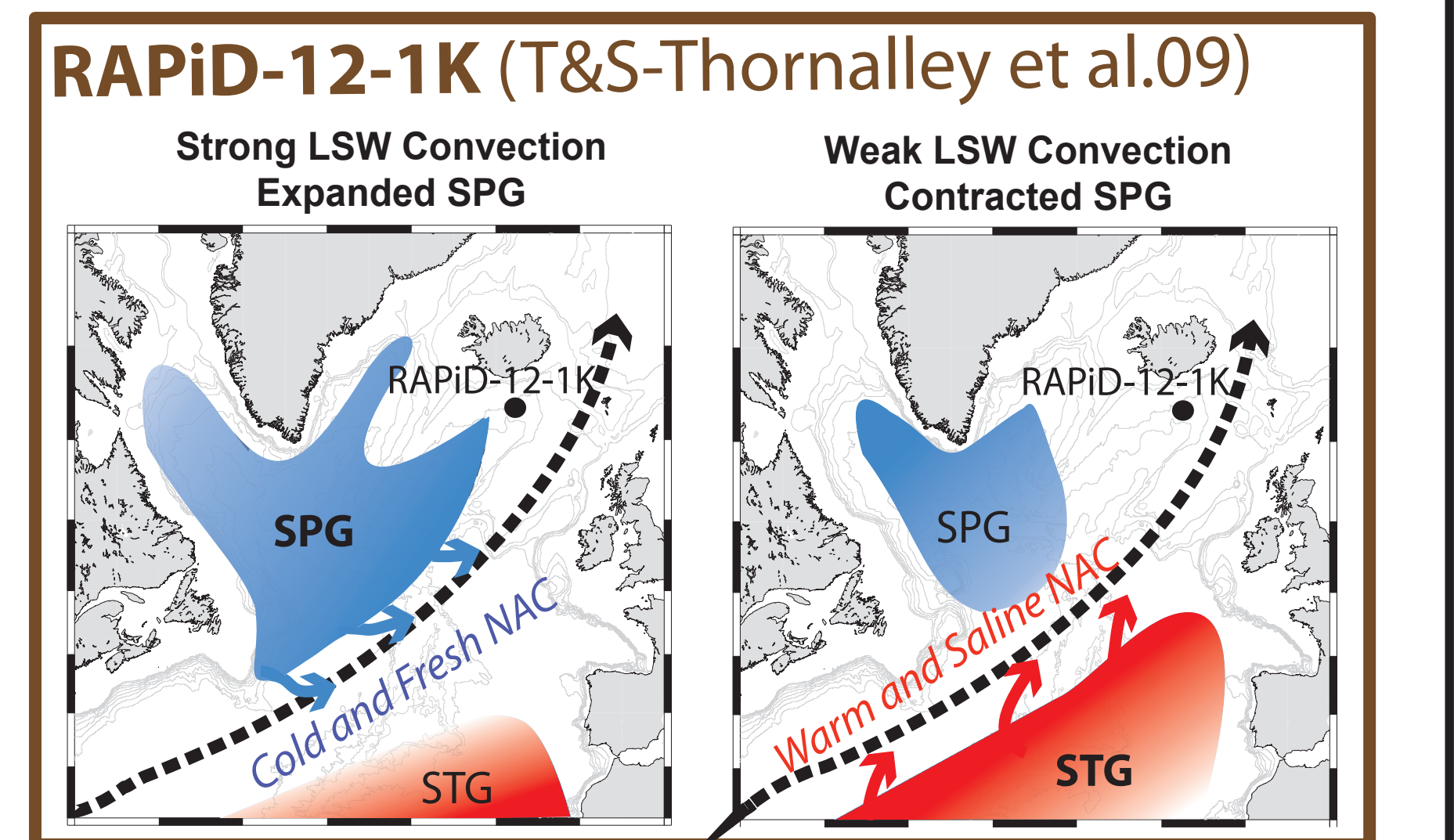
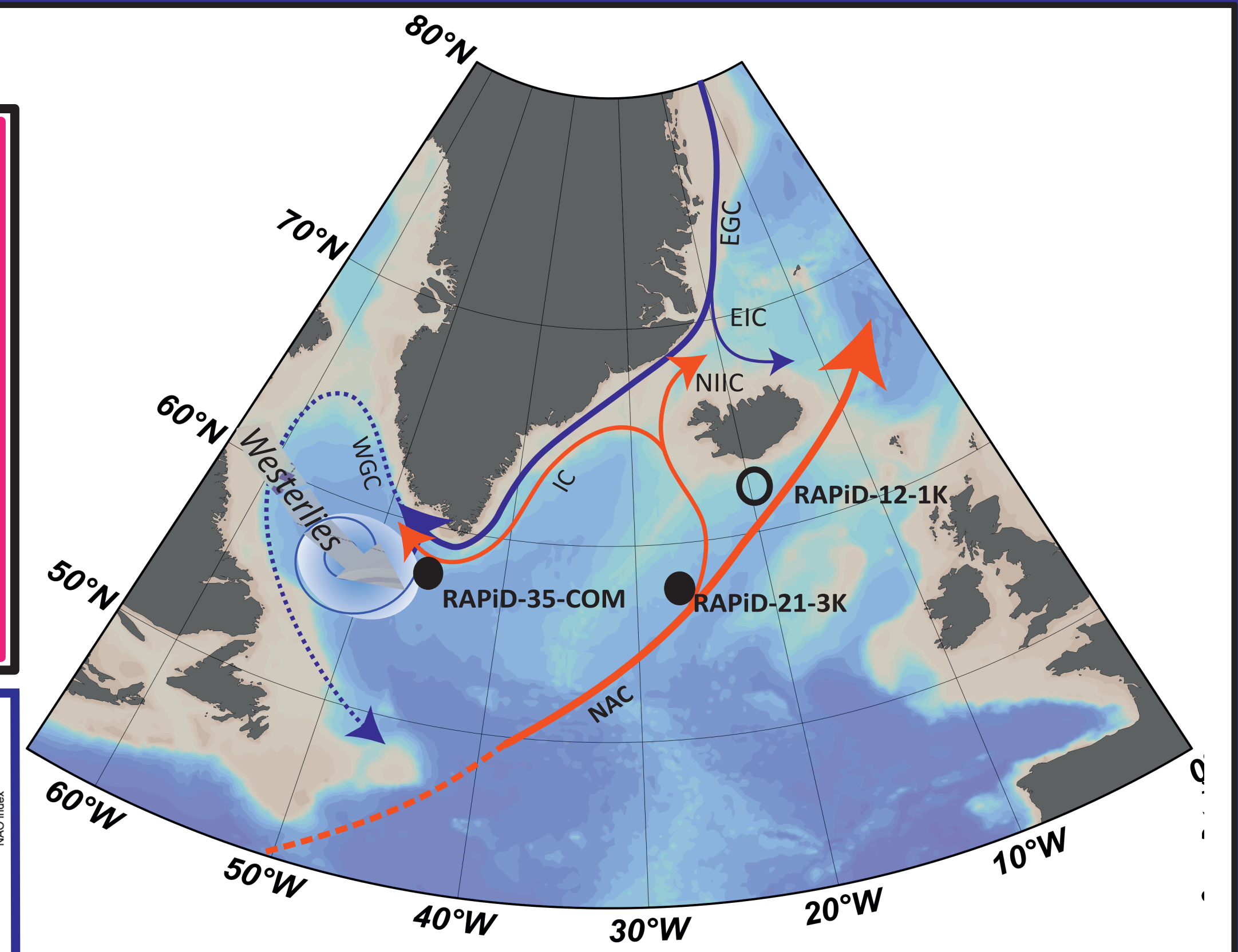
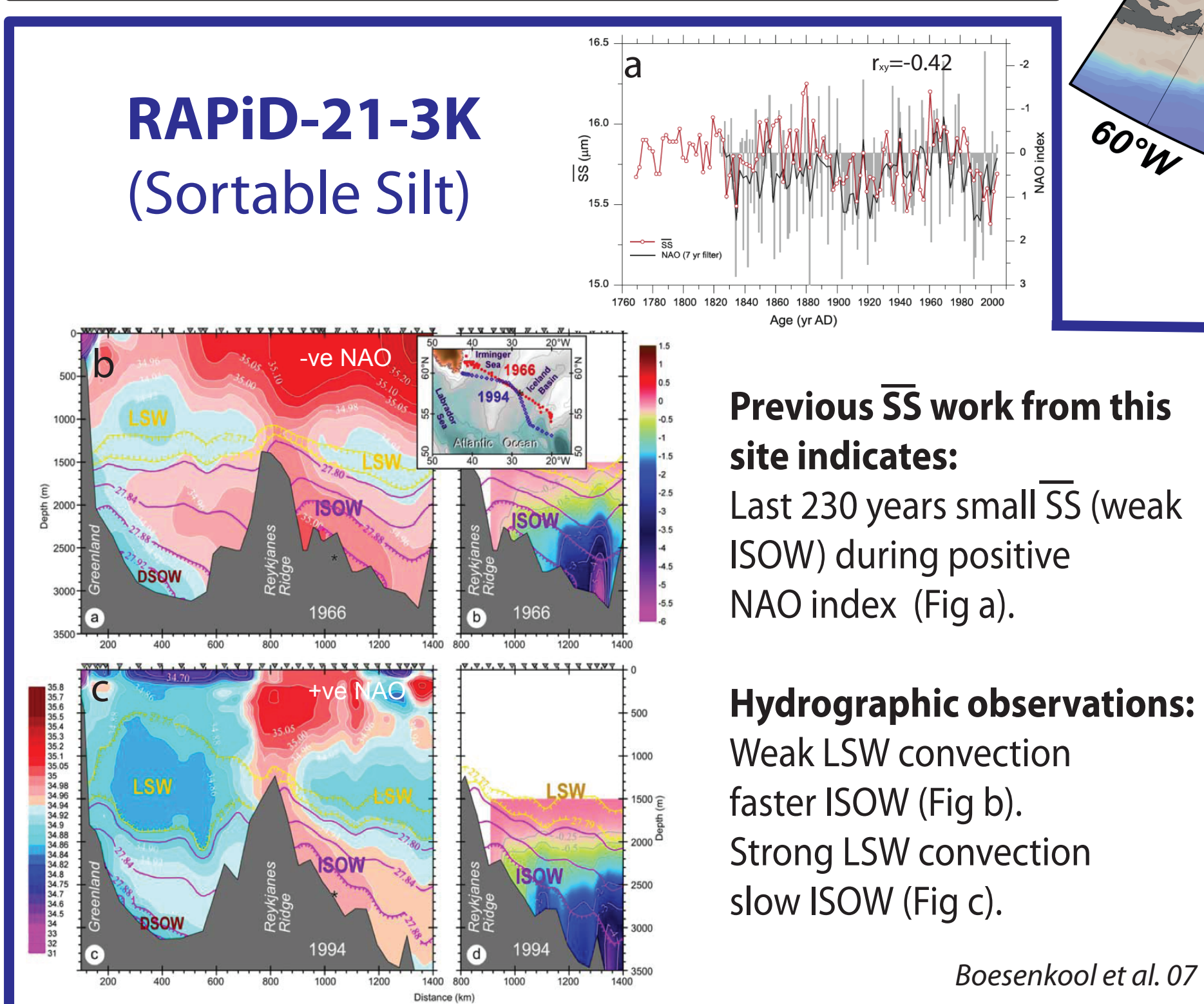
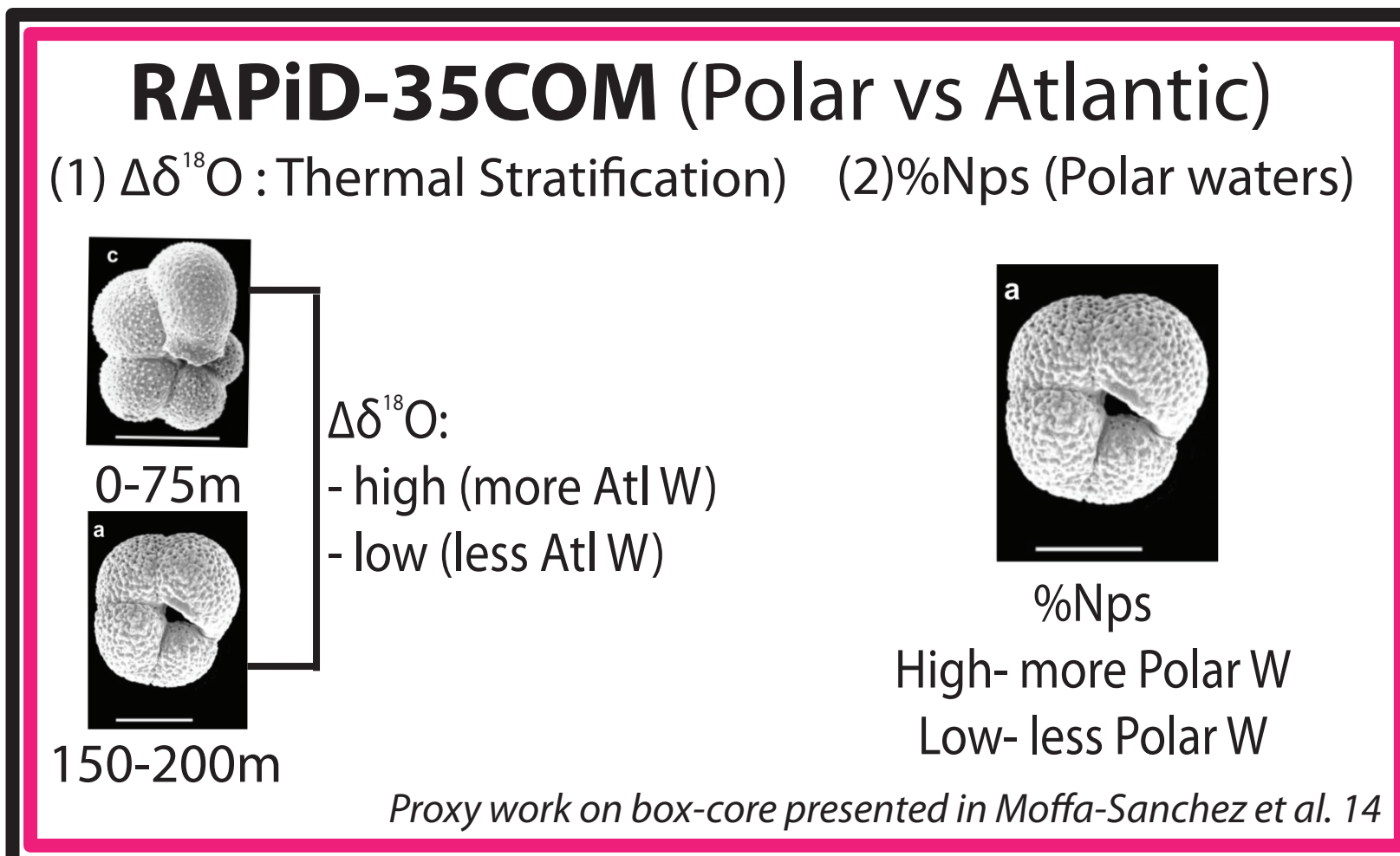
1. Introduction

Labrador Sea Water (LSW) is a key component of the Atlantic Meridional Overturning Circulation (AMOC), contributing 30% of the total volume flux of the lower limb of the AMOC. LSW also plays an important role in the subpolar North Atlantic circulation as it (i) influences the properties of the overflows through entrainment and mixing, and (ii) regulates the subpolar gyre circulation.

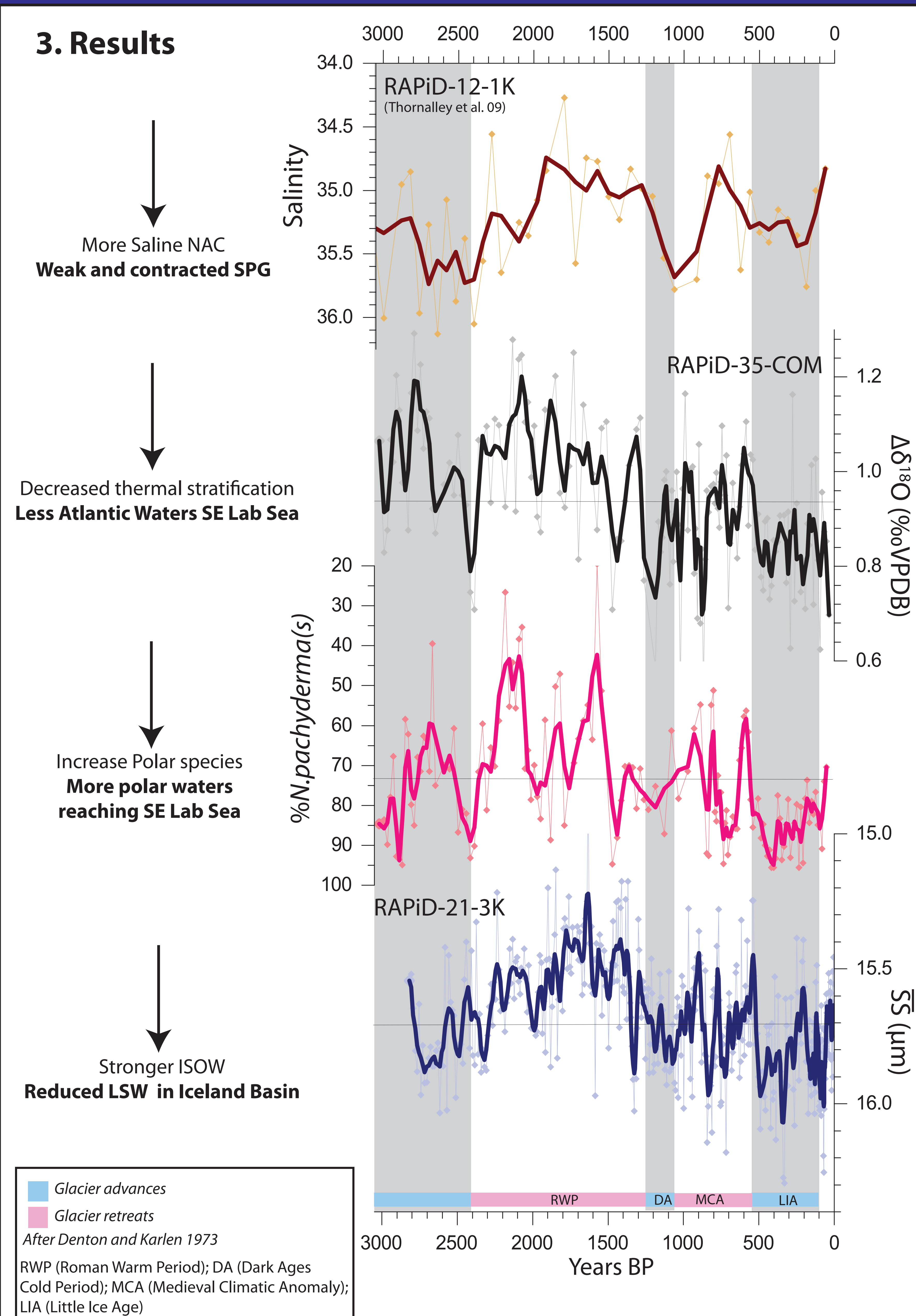
However, changes in LSW formation and its linkages to centennial North Atlantic climate variability is still poorly understood. Mainly due to the short time span of the instrumental records and because the intermediate nature of this watermass makes it difficult to find decadal resolved paleoceanographic archives.

We tackle this problem by comparing data from three sediment cores that indirectly tell us something about the strength of LSW convection such as: (1) freshwater stratification in the E Labrador Sea, (2) ISOW vigour changes in response to LSW and (3) SPG dynamics. We focus on the last 3000 years, a period that was punctuated by cold and warm events recorded in North Atlantic climate proxy archives.

2. Materials and Methods



3. Results



4. Conclusions

Over the last 3000 years, during North Atlantic **cold periods** (e.g. LIA and DA) we find:
-Saltier conditions in the NAC--> contracted SPG indicative of weak LSW formation
-Increased in Polar versus Atlantic waters--> Freshwater stratification in the E Lab Sea, which would have inhibited winter convection.
-Increased ISOW strength --> reduced presence of LSW in the Iceland Basin

Conversely, during **warm events** (e.g. MCA, RWP) we find:
Fresher NAC (expanded SPG), more Atlantic waters reaching SE Lab Sea and slower ISOW. All indicative of stronger LSW formation.

From this evidence, we conclude that LSW convection was likely weaker during these North Atlantic cold events. Since the overflows do not show any concomitant centennial variability (Moffa-Sánchez et al. 15), **we argue that LSW formation changes may have played an important role in slowing the AMOC and reducing its attendant northward heat transport to the higher latitudes contributing to these cold climatic events.**

5. References

- Boessenkool et al. 2007. North Atlantic climate and deep-ocean flow speed changes during the last 230 years. *Geophys. Res. Lett.* 34 (13), L13614.
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Thornalley et al. 2009 Holocene oscillations in temperature and salinity of the surface subpolar North Atlantic. *Nature*, 457(7230), 711-714.
Moffa-Sánchez et al. 2014. Surface changes in the Eastern Labrador Sea around the onset of the Little Ice Age. *Paleoceanography* 29, 160-175.
Moffa-Sánchez et al. 2015. 'Changes in the strength of the Nordic Overflows over the last 3000 years', *Quaternary Science Reviews*, 123, 134-143.

6. Acknowledgements

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