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Barrows, TT

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1 A White Nile Megalake during the last interglacial period.
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5 **Timothy T. Barrows***

6 *Department of Geography, College of Life and Environmental Science, University of Exeter,*
7 *Exeter, Devon, EX4 4RJ, United Kingdom*
8

9 **Martin A. J. Williams**

10 *Geography, Environment & Population, University of Adelaide, Adelaide, SA 5005, Australia.*
11

12 **Stephanie C. Mills**

13 *School of Geography, Geology and the Environment, Centre for Earth & Environmental Science*
14 *Research, Kingston University London, Kingston upon Thames KT1 2EE, United Kingdom*
15

16 **Geoff A. T. Duller**

17 *Institute of Geography and Earth Sciences, University of Aberystwyth, Aberystwyth, Ceredigion*
18 *SY23 3DB, UK*
19

20 **L. Keith Fifield**

21 *Department of Nuclear Physics, Research School of Physics and Engineering, The Australian*
22 *National University, Canberra, ACT 0200 Australia*
23

24 **David Haberlah**

25 *Geology and Geophysics,, University of Adelaide, Adelaide, SA 5005, Australia.*
26

27 **Stephen G. Tims**

28 *Department of Nuclear Physics, Research School of Physics and Engineering, The Australian*
29 *National University, Canberra, ACT 0200 Australia*
30

31 **Frances M. Williams**

32 *Luminescence Dating Laboratory, School of Chemistry and Physics, University of Adelaide,*
33 *Adelaide, 5005, Australia*
34
35

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39

40 **ABSTRACT**

41 The eastern Sahara Desert is one of the most climatically sensitive areas on Earth, varying from
42 lake-studded savanna woodland to hyper-arid desert over the course of a glacial-interglacial
43 cycle. In presently arid Sudan there is widespread evidence that a very large freshwater lake once
44 filled the White Nile River valley. Here we present the first quantitative estimate for the
45 dimensions of the lake and a direct age for the emplacement of one of the shorelines. Using a
46 profile dating approach with the cosmogenic nuclide ^{10}Be , we estimate an exposure age of $109 \pm$
47 8 ka for this megalake, indicating it formed during the last interglacial period. This age is
48 supported by optically stimulated luminescence dating of Blue Nile palaeochannels associated
49 with the lake. Using a high-resolution digital elevation model we estimate that the lake was more
50 than $45,000 \text{ km}^2$ in area, making it comparable to the largest freshwater lakes on Earth today. We
51 attribute the lake's existence to seasonal flood pulses as a result of local damming of the White
52 Nile by a more southerly position of the Blue Nile and greatly increased precipitation associated
53 with a super monsoon.

54

55

56 INTRODUCTION

57 The Nile is the longest river in the world and its basin extends over ~3 million km²
58 (Figure 1a). Geomorphic records show that the flow of the White Nile has varied dramatically
59 through time as a result of climate change (Williams et al., 2010). These changes in flow have
60 had a profound impact on the environment and the habitability of the lower basin. Since at least
61 the middle Pleistocene the Nile has acted as a corridor for human dispersal and a refuge during
62 periods of aridity (Basell, 2008). The occurrence of warmer, wetter conditions after the last
63 glacial maximum (Gasse, 2000) coincides with the advent of Neolithic farming in the Nile valley
64 and the emergence of one of the world's great urban civilizations in Egypt (Kuper and Kröpelin,
65 2006).

66 Sudan was much wetter in the early Holocene than at present, with lakes in the Sahara
67 Desert between ~9500 and 4500 ¹⁴C yr BP (Hoelzmann et al., 2000). At this time the Nile
68 flooded up to 5 m above modern river levels forming a lake 20-40 km wide (Williams et al.,
69 2006). Above the Holocene flood level, the presence of a prominent shoreline led Williams et al.
70 (2003) to propose the presence of an even larger lake. In order to maintain a large lake in Sudan,
71 major shifts in regional atmospheric circulation are required (Williams et al., 2003). Attempts
72 have been made to date this White Nile megalake. However, the age remains ambiguous, with
73 estimates ranging from the Holocene back to 400 ka (Williams et al., 2003; Williams et al.,
74 2010).

75 EXPOSURE DATING AND OPTICALLY STIMULATED LUMINESCENCE

76 Given the possible maximum age of the shoreline, we chose to exposure date deposition
77 of the shoreline using the cosmogenic nuclide ¹⁰Be, which can provide age constraints beyond
78 the limits of radiocarbon and luminescence techniques. Samples for dating were collected from a

79 shoreline on a well-preserved cusped foreland near Jelebein in south-central Sudan (Site A Fig.
80 1B; Supplemental Table S1). The shoreline lies ~20 m above the modern Nile River at ~400 m at
81 12.6 °N. An original survey used the old Alexandria datum and gave an elevation of 386 m for
82 the break in slope at the edge of the shoreline (Williams et al., 2003). The gravel and coarse sand
83 constituting the shoreline is locally derived from weathering of granite inselbergs adjacent to the
84 Nile River, subsequently transported by longshore drift. Wave action has worked the weathered
85 gravel, which is highly rounded (Fig. 2). The shoreline has a typical width of 600 m and only
86 extends about 10 km to the north and south of the inselbergs. We also sampled the summit of the
87 nearest inselberg, Jebel Hawaja, to estimate likely ^{10}Be inheritance in the gravel.

88 To associate the shoreline formation with contemporary channel development along the
89 Nile, we applied optically stimulated luminescence at three sites further north. A series of former
90 Blue Nile channels radiate northwest across the alluvial plain west of the Blue Nile towards the
91 White Nile and coincide with the northern limit of the lake (Williams, 2009) (Fig. 1B). The first
92 site dated (Site B) is located on a palaeochannel on the east bank of the White Nile. Site C is on
93 the clay floodplain of another channel between a large north-south aligned sand dune and the
94 White Nile. This channel can be traced laterally northwest on aerial photographs until it runs
95 beneath the linear dune on its path towards the White Nile. The site B sands may be part of this
96 same channel complex. Site D is located on the east bank of the current Blue Nile Channel above
97 its current level (Fig. 3).

98 **RESULTS**

99 The ^{10}Be concentration in the depth profile decreases with depth as expected (Fig. 2;
100 Table S2). The exception is the surface sample, which has a lower ^{10}Be concentration than
101 expected because of bioturbation, and the resultant curve fit is poor ($\chi^2/\nu = 2.7$). Excluding the

102 surface sample greatly improves the quality of the fit and the uncertainties are consistent with the
103 curve fit ($\chi^2/\nu = 0.76$). The best-fit age is 109 ± 8 ka. The quality of the fit indicates minimal
104 removal from or addition of sediment to the profile through time.

105 Under the assumption of steady state erosion, the three analyses from Jebel Hawaja
106 indicate that it is lowering at a rate of 1-5 m/Ma (Table 2), typical of desert inselbergs (e.g.
107 (Bierman and Caffee, 2002)). The range in these values is likely to be due to the varying degrees
108 of exfoliation observed across the summit. Sediment derived from this surface is therefore likely
109 to have a significant ^{10}Be inheritance. The ^{10}Be concentrations represent a maximum for
110 sediment being generated from the inselberg; the steep, shielded, higher surface area flanks will
111 contain lower concentrations of ^{10}Be . The inherited component from the curve fit in the section is
112 303,500 atoms/g, consistent with weathering from the Jebel once the steep shielded flanks are
113 taken into account.

114 The OSL ages on channel sands at site B indicate a prolonged phase of fluvial sand
115 entrainment and deposition in this area between about 100 and 70 ka ago (Fig. 3; Table S3). At
116 site C the floodplain clays were deposited in the late Pleistocene and early Holocene after the
117 resumption of the African Monsoon (Williams et al., 2006). The underlying well-sorted fluvial
118 sand was deposited during the last interglacial period at the same time as the sand at the base of
119 Site B. Site D has an age similar to the base of the other two sections and indicates high-energy
120 flow at 104 ka at the site of the modern Blue Nile Channel.

121 Based on SRTM90 data, the White Nile Megalake at its maximum level would have
122 extended as far north as 15° N with a length of 650 km, a maximum width of 80 km, an average
123 depth of 6 m, and an area of 45,000 km^2 (see also supplemental methods). This lake area is likely
124 to be a minimum because of progradation by the extensive Khor Abu Habl alluvial fan and

125 encroachment of the linear dunes of the Sahara Desert formed before and during the last glacial
126 maximum, both of which have partially blocked the valley. The maximum depth above the
127 Holocene floodplain in the middle of the lake is ~12 m, which does not take into account
128 Holocene sedimentation. The lake extends 150 km further south than proposed by Williams et al.
129 (2003) and the volume would have been ~270 km³, which is more than twice the amount
130 previously estimated by Williams et al. (2003).

131 **DISCUSSION**

132 The age of the White Nile Megalake shoreline dates the origin of the White Nile River
133 back to at least the last interglacial period. The reconstructed dimensions of the ‘lake’ would
134 make the White Nile at that time the widest river on Earth, and would currently rank it one of the
135 four largest lakes by area. The presence of a significant shoreline only on the eastern side of the
136 White Nile suggests that the lake was only full during the summer months of the monsoon when
137 southwesterly winds delivered rain from inner Africa and there was much greater flow into the
138 White Nile from the Ugandan lakes. The optical ages indicate at least two channels of the Blue
139 Nile were active at the same time, delivering large volumes of discharge.

140 The setting for such a large lake occupying a broad and shallow river valley without an
141 obvious dam is highly unusual on Earth today. The lack of a prominent shoreline north of Esh
142 Shawal (13° 30' N) corresponds to three important morphological features which could
143 contribute to the damming of a lake. First, the major linear dune field from the west impinges on
144 the river from ~13-14° N (Figure 1b) and was probably present in some form before the last
145 glacial maximum. This sheet of sand partially fills the eastern side of the valley and forces the
146 White Nile up against the Managil Ridge. Second, the White Nile valley narrows north of 14° N,
147 which acts to constrict the flow of the river. Third, the Blue Nile joins the White Nile at 15° 36'

148 N. When the unregulated Blue Nile was in flood in modern times, the flood pulse of the Blue
149 Nile resulted in damming of the White Nile for 300 km up the valley to create a lake up to 3 km
150 wide near its northern end (Willcocks, 1904). With completion in 1935 of the Jebel Aulia dam
151 (Fig. 1b) on the White Nile 35 km upstream of Khartoum, the reservoir when full also produces a
152 body of slack water that extends ~300 km upstream.

153 Our dating of the Blue Nile palaeochannels indicates that the third factor was much more
154 significant during the last interglacial period than at present. A major late Pleistocene
155 palaeochannel of the Blue Nile joined the White Nile near Naima and El Geteina (Fig. 1b), 120
156 km and 80 km south of the modern confluence, respectively (Williams, 2009) and our dating
157 demonstrates that the channel development and flooding were contemporaneous. Given
158 enhanced flow from both the Blue and the White Nile at this time, it is likely that the Blue Nile
159 floods could have acted to dam the White Nile to an elevation of 400 m. Much higher flow than
160 present is suggested by the age at Site D, indicating a distributary was also active (probably
161 during peak flooding) at this time near the site of the present Blue Nile.

162 The climate must have been significantly more humid during the last interglacial period
163 in order for such a large lake to persist in the White Nile valley. Sudan is presently arid, with
164 mean annual rainfall decreasing northwards from 780 mm at Malakal in the south to 140 mm at
165 Khartoum (Hijmans et al., 2005), reflecting limited transport of moisture northward during the
166 modern southwest monsoon. Pan evaporation rates increase northwards from 2000 mm/yr at
167 Malakal to nearly 4000 mm/yr at Khartoum (Shahin, 1985). Modern evaporation rates on a lake
168 of 45,000 km² would amount to a total of 63,-95,000 km³/yr on a lake with a volume of only 270
169 km³. Modern day flow is only ~27 km³/yr at the southern end of the lake (Williams et al., 2003)
170 and modern precipitation on the lake would be ~ 21 km³/yr, indicating that it would not be

171 possible to form the lake under conditions similar to the present. Ignoring lake outflow, flow
172 would need to triple or have a major contribution from the Blue Nile flood pulse, and on-lake
173 precipitation increase by 50% just to start filling the lake, provided increased cloudiness and
174 humidity led to a concomitant drop in evaporation to levels characteristic of the humid south of
175 Sudan.

176 The presence of a White Nile Megalake adds to an emerging picture that during the last
177 interglacial period the Sahara Desert was an oasis-studded savanna hosting Middle Paleolithic
178 hunter-gatherers (Wendorf et al., 1993). Identifying large lakes present during this period has
179 been hampered by difficulties in dating (Geyh and Thiedig, 2008). (Armitage et al., 2007) have
180 determined a possible high lake phase in the middle of the last interglacial period at 100 – 110 ka
181 for Lake Megafazzan in the Libyan Desert based on OSL ages from coquinas. A slightly later
182 age of 95ka has been suggested as representing a humid phase in the western Sahara Desert,
183 based on uranium-series dating of lake sediments (Causse et al., 1988). Deep sea cores taken off
184 the west coast of Africa show that during the last interglacial period the climate was more humid
185 in North Africa because there were low inputs from dust (Moreno et al., 2001) and high river
186 flow (Weldeab et al., 2007).

187 Further confirmation of high fluvial flow comes from deep sea cores collected from the
188 floor of the eastern Mediterranean which show a repetitive sequence of alternating calcareous
189 muds with a significant content of Saharan wind-blown dust, and dark organic-rich sediments,
190 termed sapropels (Ducassou et al., 2008; Larrasoña et al., 2003). These sapropel units are
191 thought to have accumulated during times of enhanced freshwater inflow from the Nile and now
192 inactive Saharan rivers (Osborne et al., 2008; Scrivner et al., 2004; Wehausen and Brumsack,
193 1998). The White Nile Megalake probably formed during Sapropel Unit 5 (S5) (Kroon et al.,

194 1998; Lourens et al., 1996). Based on these sapropel units, (Rohling et al., 2002) have suggested
195 that the Intertropical Convergence Zone (ITCZ) penetrated seasonally approximately 21°N
196 during the last interglacial period. Global Circulation Models (GCMs) support this finding
197 (Kutzbach and Liu, 1997). The Indian Ocean monsoonal rainfall reached as far north as northern
198 Sudan during the Holocene pluvial phase (Rodrigues et al., 2000), which is thought to have been
199 of lesser magnitude than during the last interglacial (de Noblet et al., 1996).

200 The only feasible way to maintain a lake the size of the White Nile Megalake in south-
201 central Sudan is through intensification of the African Monsoon and its increased penetration into
202 northern Africa. The last interglacial period coincided with a very strong northern hemisphere
203 solar insolation maximum, which greatly enhanced the intensity of the summer monsoon in the
204 northern hemisphere (Rossignol-Strick, 1983). This super monsoon occurred at a time when sea
205 level likely exceeded 8 m higher than present (Rohling et al., 2008) and mean temperatures were
206 up to 2 °C higher than present. The accompanying increased precipitation was capable of
207 transforming this section of the Sahara into a wet, vegetated landscape.

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216

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311
312
313

314 **FIGURES**

315 **Figure 1**

316 a) The catchment of the Nile River, b) reconstruction of the White Nile Megalake in Sudan, and
317 c) a section of the eastern shoreline showing the sample location and cusped forelands.

318 **Figure 2**

319 a) Section log of the sampled profile at Site A. Soil development was strong on the section and
320 the colour was dark brown at the surface, grading to orange red below 1.3 m, b) Approximate
321 breakdown of size classes for the sediment. Note the low concentration of very fine sediment in
322 the soil, and c) ^{10}Be concentrations in the measured samples together with least squares fit to the
323 data, excluding the surface sample. Note the asymptotic decline of the curve indicating a
324 significant inherited component.

325 **Figure 3**

326 Section logs at Sites B-D. At site D, the sands contained abundant fossils, including a probable
327 rhinoceros femur, three broken pieces of a tree trunk 0.6 to 1.0 m in diameter and 4.05 m long,
328 entirely replaced by crystalline calcite, abundant silicified fragmentary mammal bones, horn
329 cores, and Nile oyster shells (*Etheria elliptica*). The gravel forms a low terrace flooded during
330 the Blue Nile floods, preserved from erosion because of carbonate cement.

Figure 1

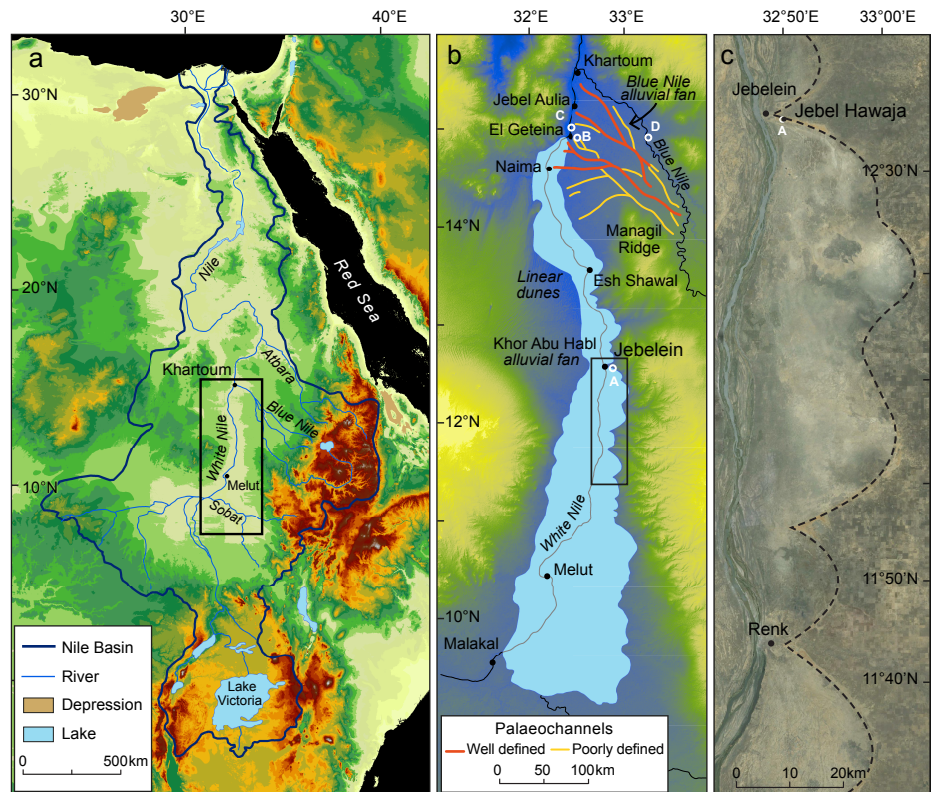


Figure 2

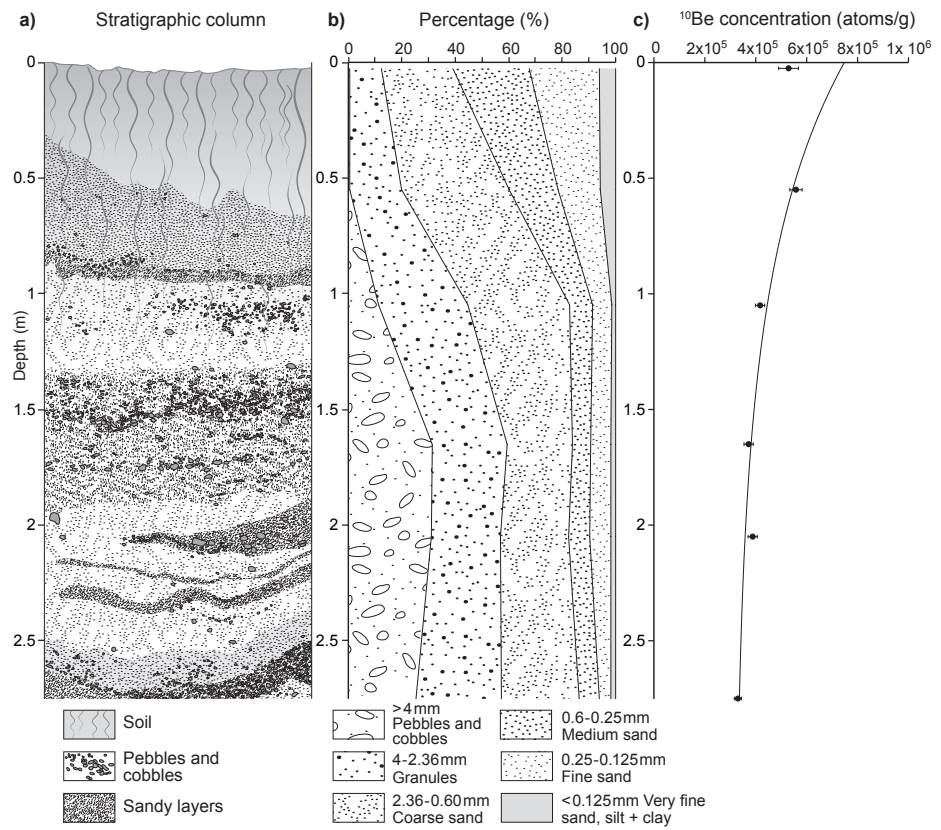
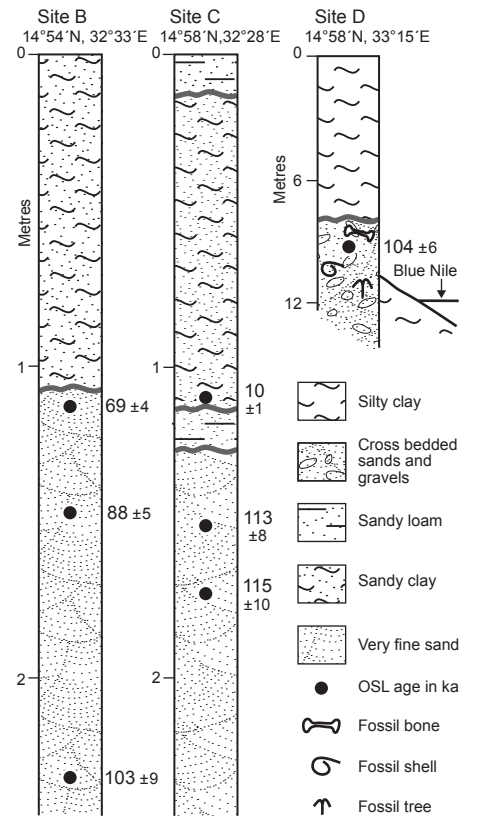


Figure 3



1 SUPPLEMENTAL METHODS

2 EXPOSURE DATING

3 To sample the shoreline we selected a site about 280 m west of the nearest inselberg
4 (Jebel Hawaja; Figure 2) to reduce the possibility of slope wash reaching the sample site.
5 Aerial images show slope wash halos around the inselbergs and a post-depositional alluvial
6 fan 2 m thick flanking the inselberg and extending over the adjacent shoreline to at least 100
7 m. A 3 m trench (Section S2 of Williams et al. (2010)) was excavated using a bulldozer and 6
8 samples were collected at 0.5 m intervals down the pit wall. Field observations and particle
9 size analysis at site S2 (Figure 2) show a decrease in gravel content and an increase in sand
10 from the base upwards, consistent with lake retreat, a decrease in wave energy and final
11 deposition of a sandy beach at the site. A well developed soil has subsequently formed on top
12 of the shoreline sediment.

13 The granite was crushed and a coarse quartz concentrate was prepared using heavy
14 liquids and magnetic separation. Only the coarse sand (>0.5 cm) and gravel fraction of the
15 shoreline sediment was used for ^{10}Be analysis. We purified quartz and extracted ^{10}Be using
16 standard methods (Barrows et al., 2001). The surface sample was run in duplicate. Isotopic
17 ratios ($^{10}\text{Be}/\text{Be}$) were measured by accelerator mass spectrometry on the 14UD accelerator at
18 the Australian National University.

19 To investigate the potential for sequential deposition of the shoreline and to quantify
20 inheritance of cosmogenic nuclides in the sand and gravel, we used a profile dating approach.
21 Prolonged exposure of a sediment column to cosmic rays produces a characteristic
22 cosmogenic nuclide depth profile that is a function of the production rate of the nuclide,
23 sediment density, the accumulation or erosion rate of the sediment, and inherited nuclides in
24 the sediment from previous exposure at the sediment source. Ideal conditions for exposure

25 dating a profile are rapid deposition, an absence of post-depositional accumulation or erosion
26 of the surface, and rapid erosion rates at the sediment source, which delivers a minimal
27 inherited nuclide component. The setting of the Jebelein shoreline satisfies these suitability
28 criteria. The ridge represents a high-energy depositional environment and therefore was
29 deposited in a brief period of time. Second, there is no geomorphic evidence for widespread
30 erosion of the surface in the form of gullying. Third, there appears to have been limited post-
31 depositional accumulation of sediment on the surface. However, inheritance is likely to be
32 significant because weathering rates are low on inselbergs in desert environments (e.g.,
33 Bierman and Caffee (2002)).

34 Cosmogenic nuclide production rates are a topic of active research and as yet no
35 consensus has emerged as to a ^{10}Be production rate and a single scaling scheme that is
36 globally applicable. The CRONUS calibration data set gives a ^{10}Be production rate by
37 spallation of $4.49 \pm 0.39 \text{ atom g}^{-1}\text{a}^{-1}$ at high latitude and sea level using the (Stone, 2000)
38 scaling scheme (Balco et al., 2008). However, recent calibrations indicate that this rate is too
39 high by at least 10% (Balco et al., 2009; Fenton et al., 2011; Kaplan et al., 2011; Putnam et
40 al., 2010). In the absence of a regional production rate calibration, we used the North
41 American regional production rate of Balco et al. (2009) which is at a similar elevation (<500
42 m) and within uncertainties is the same as the other recent Northern hemisphere calibration
43 (Fenton et al., 2011). It also has a longer calibration exposure age incorporating more
44 geomagnetic variability. To scale the production rates we use the scaling scheme of (Lifton et
45 al., 2005). Barrows et al. (2013) have shown that the Lifton et al. (2005) scheme produced the
46 best match between ^{10}Be and radiocarbon dates in New Zealand. The calculated ^{10}Be
47 concentrations, ages and weathering rates are given in Supplemental Table 2.

48 To determine the exposure age for the profile, we updated the coefficients of the
49 equations used in Granger and Smith (2000) for the ^{10}Be production rate of Balco et al.

50 (2009) from that of Stone (2000). Maximum likely inheritance on the gravel was determined
51 by processing three samples from the top of the adjacent Jebel Hawaja. The morphology of
52 the inselbergs at Jebelein, including exfoliation and solution pits, indicates a low long-term
53 weathering rate.

54 The uppermost part of the section appears to be reworked. OSL dating of fine sand in
55 the surface soil at a depth of 56 cm yielded an apparent age of 3.0-3.1 ka. Fine sand from 106
56 cm showed very high dispersion and had equivalent dose values at about 1.5 Gy and 120 Gy,
57 corresponding to ages between 2.0 ka and 158 ka (Williams et al., 2010). Additionally a
58 portable dolerite murhakah (lower grinding stone) was found within the soil after excavation,
59 but from an unknown depth. The age of this grindstone is difficult to determine because their
60 use extends from the upper Palaeolithic through to the recent. Dozens of grinding holes and
61 thick camp site hearth deposits of charcoal and broken bone line the edges of nearby
62 inselbergs adjacent to the Nile River and indicate an important site of Neolithic habitation
63 during a time when grassland was more widespread, probably before 4,500 ¹⁴C yr BP. We
64 therefore consider it likely that the grindstone was incorporated into the profile during the
65 mid Holocene and therefore the upper part of the sediment profile was probably reworked at
66 this time. It is also possible that some slope wash from the inselberg has reached the site and
67 lowered the mean ¹⁰Be concentration of the surface sediment. For these reasons we chose to
68 analyse the coarse sand and gravel which has a much lower potential for translocation both
69 up and down the profile. Our logging showed that original bedding of the coarse clasts is
70 intact below the surface of the soil (Fig. 2).

71 We used the CRONUS online calculator (Balco et al. 2008) to calculate the ¹⁰Be
72 production rate at the site. The exposure age (together with inheritance) was calculated from
73 a least squares fit of a curve that is a sum of exponentials representing spallation, slow muon

74 capture and fast muons (Granger and Smith, 2000). Because the relative errors are similar on
75 each sample, we did not weight the fit.

76 The density of the sediment varies through the profile and so it was not possible to
77 determine an integrated mean density for use in the calculations. The density of sand and
78 gravel mixtures ranges from 1.6-2.1 g/cm³, so we chose a density of 1.9 g/cm³. Variations of
79 0.1 g/cm³ in density change the exposure age by ~2 %. A density of 2.7 g/cm³ was used for
80 the granite samples. The quoted uncertainties are 68% confidence limits incorporating all
81 known sources of measurement error, and include fully propagated production rate errors.

82 **OPTICALLY STIMULATED LUMINESCENCE**

83 Seven samples were collected for optically stimulated luminescence (OSL) dating
84 from channel sands and overlying sediments, and one sample was collected from the modern
85 White Nile to assess the extent to which the OSL signal is reset at deposition in this
86 environment. Samples were collected by inserting an opaque tube into the sediment. This was
87 then sealed at both ends and wrapped in black plastic. In the laboratory the material from
88 both ends of the tube, which would have been exposed to light, was scraped out and used for
89 environmental dose rate measurements.

90 Samples were processed either at Aberystwyth University or at the University of
91 Adelaide. The comparability of the two sets of analysis has previously been demonstrated
92 (Macklin et al., 2013). Samples were prepared using similar procedures in both laboratories.
93 Samples were initially treated with hydrochloric acid to digest carbonates and hydrogen
94 peroxide to remove any small amounts of organic material. Grains in the ranges 180–212 µm
95 (Aberystwyth) and 125-180 µm (Adelaide) were selected by dry sieving. Solutions of sodium
96 polytungstate were used to isolate grains with a density between 2.62 and 2.70 g/cm³. Grains
97 were etched for 40 minutes in 40% hydrofluoric acid to remove feldspar and other non-quartz

98 material and to remove the outer 9 μm of the quartz grains. This eliminates the effect of alpha
99 particle contribution to the irradiation of the grains. The material was then re-sieved to
100 remove any remaining feldspar grains. All the laboratory procedures were carried out in
101 subdued red light.

102 In Adelaide, uranium (U), thorium (Th) and potassium (K) concentrations were
103 measured by Genalysis Laboratories, Perth, using Inductively Coupled Plasma Mass
104 Spectroscopy (ICPMS) for U and Th, and Inductively Coupled Plasma Atomic Emission
105 Spectrometry (ICPAES) for K. U and Th concentrations were also measured by thick source
106 alpha counting (TSAC) in the Adelaide laboratory, and K concentrations by CSIRO
107 laboratories, Adelaide, using X-ray fluorescence spectroscopy (XRS). The cosmic ray
108 contribution was obtained using the relationship between cosmic ray penetration, depth and
109 latitude determined by (Prescott and Hutton, 1994). The radionuclide concentrations obtained
110 by the various methods were averaged, and the dose rate to be used in the age calculation, as
111 well as the beta and gamma contributions to this dose rate, was determined using the AGE
112 program of Grün (see Grün (2009)).

113 In Aberystwyth, beta dose rate was determined using a Risø beta counter (Bøtter-
114 Jensen and Mejdahl, 1988), and the concentration of U, Th and K in the samples was
115 determined using geochemical methods. For each sample, a finely milled sub-sample was
116 fused using a sodium metaborate flux and put into solution. The resulting solutions were
117 analysed using ICP-OES to determine the concentration of K and ICP-MS to determine the
118 concentration of U and Th. The conversion factors of Adamiec and Aitken (1998) were then
119 used to calculate the gamma dose rate. The cosmic ray contribution was obtained using the
120 relationship between cosmic ray penetration, depth and latitude determined by Prescott and
121 Hutton (1994). Water content of the material as received was measured by weighing, drying
122 overnight at 180°C, and re-weighing. A value of $5 \pm 2\%$ was used as the best estimate of the

123 water content during the period of burial for all samples except the sample from the modern
124 White Nile where a value of $10 \pm 5\%$ was used (Note: an increase of 1% in the water content
125 causes an increase of approximately 1% in the measured age of the sample). The results of
126 these measurements, and the calculated dose rates, are given in Table S3.

127 Luminescence measurements for sample S10/5-2 were carried out at the University of
128 Adelaide, and the other six samples including the surface sample were measured at the
129 Aberystwyth Luminescence Research Laboratory (ALRL) at Aberystwyth University.

130 *Luminescence measurements in Adelaide*

131 In Adelaide luminescence measurements were made on small aliquots consisting of
132 between about 50 to 100 grains in the 125-180 μm range. Pilot studies had indicated that this
133 number of grains would enable individual differences between the aliquots to be detected,
134 while still providing measurable luminescence. Luminescence measurements were carried out
135 using a Risø TL/OSL-DA-20 reader. Radiation was applied using a calibrated $^{90}\text{Sr}/^{90}\text{Y}$ β
136 source delivering a dose rate of 0.135 Gy/sec. Luminescence was stimulated using blue light-
137 emitting diodes (wavelength 470 nm) and detected using an EMI 9235QB photomultiplier and
138 Hoya U340 filter. The measurement procedure followed the single aliquot regeneration
139 (SAR) protocol described by Murray and Wintle (2000). Four regeneration doses were used,
140 selected on the basis of a pilot study, plus a zero dose point to test for recuperation, a repeat
141 of the first dose to test for acceptable recycling and a second repeat of the first dose followed
142 by exposure to infra-red radiation to test for the absence of feldspars (IR depletion test). 24
143 aliquots were run, and those having recycling ratios greater than 0.85, recuperation less than
144 0.15 and IR depletion ratio less than 0.15 were accepted for analysis. 23 out of the 24 aliquots
145 passed the screening criteria. The equivalent dose D_e was determined for each aliquot by
146 interpolation of its dose response (luminescence vs dose) curve. The equivalent dose is the

147 laboratory-applied dose that produces luminescence equal to that of the natural sample and is
148 hence equal to the total burial dose.

149 The individual D_e values showed a fairly well constrained distribution with six clearly
150 outlying high values. The D_e values were combined, omitting the outliers, using the central
151 age model (CAM) to derive a final D_e value for age calculation.

152 *Luminescence measurements in Aberystwyth*

153 In Aberystwyth luminescence measurements were made on aliquots containing ~500
154 grains of quartz between 180-211 μm in diameter. A Risø TL/OSL reader model TL-DA-15
155 was used for measurements. Blue LEDs (470 Δ 20 nm) were used for optical stimulation, and
156 the resulting OSL was detected using an EMI 9635QA photomultiplier fitted with 7.5mm of
157 Hoya U-340 filter. The resulting OSL signals showed a rapid initial decrease in intensity (Fig.
158 S1a) as would be expected from samples where the OSL signal is dominated by the fast
159 component. As in Adelaide, the SAR method was used, and typically 6 to 7 regeneration
160 doses were used to characterise the dose response curve and calculate the equivalent dose
161 (D_e) for each aliquot (Fig. S1b). Uncertainties on individual D_e values were determined using
162 the approach outlined in Duller (2007) which incorporates the uncertainty due to counting
163 statistics on each individual OSL decay curve, the uncertainty in the curve fitting procedure,
164 and also a 1.5% uncertainty associated with the Risø instruments used for these
165 measurements. Twenty-four replicate measurements of D_e were made for each sample. Data
166 was screened using standard acceptance criteria, including (1) a recycling ratio within 10% of
167 unity, (2) an IR depletion ratio (Duller, 2003) within 10% of unity, (3) a net OSL signal from
168 the test dose that is at least three times larger than the standard deviation of the background,
169 (4) a dose response curve that increases monotonically and (5) a natural signal (and
170 associated uncertainty) that intersects with the dose response curve. This screening removed
171 very few aliquots, with between 21 and 24 aliquots passing all of these criteria.

172 The modern sample from the White Nile (S11/WN1) gave an age of 0 ± 21 years,
173 demonstrating that quartz is very effectively reset by exposure to daylight at the time of
174 deposition in this environment. One of the limitations of luminescence dating is the impact of
175 saturation of the OSL signal at high doses. The form of the dose response curve (Fig. S1b) is
176 either a single saturating exponential, or the sum of two saturating exponential functions. As
177 the radiation dose to which a sample is exposed increases, the rate of growth of the OSL
178 signal decreases, until at some point there is negligible growth. Beyond this point it is not
179 possible to resolve samples of different age. A number of the samples in this study have large
180 D_e values (> 100 Gy, Table S4), but no more than 2 aliquots from 24 measured for each
181 sample failed because the OSL signal was saturated. However, one feature of the samples
182 with a high D_e (> 100 Gy) is that they tend to have dose distributions (Fig. S1c) with
183 overdispersion values (25-30%) slightly higher than is normally encountered in younger
184 samples, and this is thought to result from curvature of the dose response curve. There is no
185 evidence that this overdispersion is related to incomplete resetting of the luminescence signal
186 at deposition, and the age of 0 ± 21 years for the modern sample supports this. Therefore, the
187 D_e values for each sample were combined using the central age model (CAM) to derive a
188 final D_e value for age calculation. The equivalent doses, dose rates and ages for all the
189 luminescence samples are summarised in Table S4.

190 **LAKE RECONSTRUCTION**

191 The SRTM90m digital elevation model (DEM) released by NASA has a 3 arc second
192 horizontal resolution and a ~ 5 m vertical precision in this region, and was used to map the
193 White Nile River valley in ARCGIS (Fig. 1). Palaeoshorelines are obvious in many areas and
194 were mapped directly from the DEM. The height of the shoreline drops by ~ 5 m over a
195 distance of 400 km, indicating a gradient of $\sim 1:80,000$. This is due to incomplete damming
196 of the lake. Contours were generated at 395 m in the lower catchment and 400 m in the upper

197 catchment, which showed the best fit to the top of the shorelines. This allowed for the
198 shoreline of the entire lake to be extrapolated to where shorelines were absent. The area and
199 volume of the palaeolake were calculated in GIS by filling the valley to the appropriate
200 height, whilst taking into account the underlying topography.

201

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273 **Supplemental Table S1. Site data**

Sample	Longitude (°N)	Latitude (°E)	Altitude (m)	Horizon correction	Thickness/depth (cm) ¹	Muon production rate (atoms g ⁻¹ yr ⁻¹)
<i>Jebel Hawaja</i>						
JEB-01	12° 35' 3.3"	32° 50' 8.1"	426	1	3.0	0.210
JEB-02	12° 35' 3.6"	32° 50' 7.1"	427	1	2.5	0.210
JEB-03	12° 35' 4.0"	32° 50' 6.8"	425	1	3.0	0.210
<i>Jebelein shoreline</i>						
JEB-S06	12° 35' 7.5"	32° 49' 55.9"	402	1	2.5	0.209
JEB-S05	12° 35' 7.5"	32° 49' 55.9"		1	55	
JEB-S04	12° 35' 7.5"	32° 49' 55.9"		1	105	
JEB-S03	12° 35' 7.5"	32° 49' 55.9"		1	165	
JEB-S02	12° 35' 7.5"	32° 49' 55.9"		1	205	
JEB-S01	12° 35' 7.5"	32° 49' 55.9"		1	275	

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275
2761. Samples at Jebel Hawaja were exposed at the surface. Samples at the Jebelein shoreline are shown in depth below the surface (± 5 cm)

277 **Supplemental Table S2. ¹⁰Be results**

Sample	Lab code	Production Rate (atoms g ⁻¹ yr ⁻¹) Muons	[¹⁰ Be] _c (x10 ⁵ g ⁻¹)	Weathering rate (m/Ma) ¹
<i>Jebel Hawaja</i>				
JEB-01	ANU-M392-02		25.2 ± 1.70	0.73 ± 0.12
JEB-02	ANU-M392-03		9.90 ± 0.70	2.64 ± 0.33
JEB-03	ANU-M392-04		6.26 ± 0.46	4.62 ± 0.54
<i>Section S2</i>				
JEB-S2-06a	ANU-M392-05		5.01 ± 0.21	
JEB-S2-06b	ANU-M430-11		5.56 ± 0.26	
JEB-S2-05	ANU-M430-10		5.58 ± 0.24	
JEB-S2-04	ANU-M430-09		4.17 ± 0.18	
JEB-S2-03	ANU-M430-08		3.72 ± 0.18	
JEB-S2-02	ANU-M430-07		3.88 ± 0.18	
JEB-S2-01	ANU-M392-06		3.30 ± 0.14	

278 Data are normalised to NIST SRM 4325 assuming ¹⁰Be/⁹Be = 2.79 x 10⁻¹¹.279 Carrier ¹⁰Be/⁹Be = <1 x 10⁻¹⁵. ¹⁰Be decay constant = 4.998 x 10⁻⁷ yr⁻¹.280 Sample density for granite = 2.7 g cm⁻³

281 1. Calculated using CRONUS online calculator and Wrapper script: 2.2, Main calculator: 2.1, Objective function: 2.0, Constants: 2.2.1, and Muons: 1.1 versions

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Supplemental Table S3. Sample data for optical ages

Site	Sample	Depth (m)	Aliquots	H ₂ O %	K (%)	U (ppm)	Th (ppm)
B	S11/1-1	1.20 ± 0.10	22	5 ± 2	1.10 ± 0.06	0.76 ± 0.04	2.59 ± 0.13
B	S11/1-2	1.50 ± 0.20	23	5 ± 2	1.09 ± 0.06	0.67 ± 0.03	2.00 ± 0.10
B	S11/1-3	2.35 ± 0.50	21	5 ± 2	0.97 ± 0.05	0.67 ± 0.03	1.82 ± 0.09
C	S10/5-2	1.10 ± 0.10	22	5 ± 2	0.87 ± 0.03	1.03 ± 0.07	3.72 ± 0.24
C	S10/5-3	1.50 ± 0.10	21	5 ± 2	0.90 ± 0.05	0.64 ± 0.03	1.78 ± 0.09
C	S10/5-4	1.65 ± 0.10	24	5 ± 2	0.92 ± 0.05	0.67 ± 0.03	1.33 ± 0.07
D	S11/3-1	0.80 ± 0.50	22	5 ± 2	0.93 ± 0.05	1.03 ± 0.05	1.14 ± 0.06
E	S11/WN1	0.00 ± 0.10	24	10 ± 5	0.97 ± 0.05	0.56 ± 0.03	0.78 ± 0.04

Supplemental Table S4. Dose and dose rates for optical ages

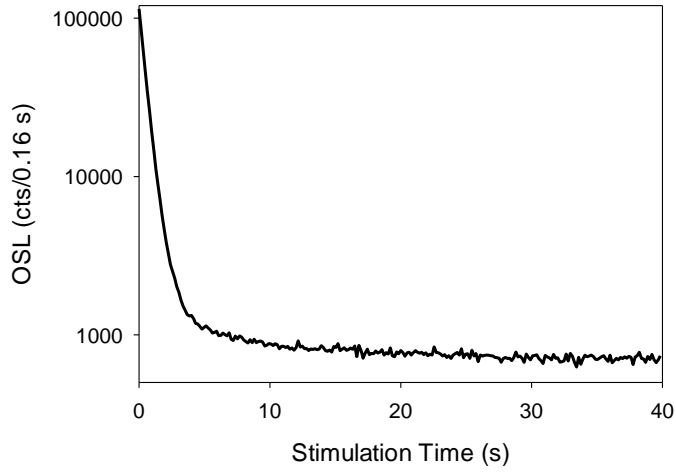
Site	Sample	External β dose 'wet' (Gy/ka)	External γ dose 'wet' (Gy/ka)	Cosmic dose (Gy/ka)	Total dose rate (Gy/ka)	Equivalent dose (Gy)	Age (ka)
B	S11/1-1	0.99 ± 0.04	0.45 ± 0.02	0.18 ± 0.02	1.62 ± 0.05	112 ± 6.2	69 ± 4
B	S11/1-2	0.90 ± 0.04	0.41 ± 0.02	0.17 ± 0.02	1.48 ± 0.04	130 ± 6.2	88 ± 5
B	S11/1-3	0.83 ± 0.04	0.38 ± 0.02	0.16 ± 0.04	1.36 ± 0.06	140 ± 10	103 ± 9
C	S10/5-2	0.79 ± 0.05	0.48 ± 0.05	0.19 ± 0.02	1.47 ± 0.04	15.3 ± 1.5	10.4 ± 1.1
C	S10/5-3	0.71 ± 0.03	0.36 ± 0.02	0.17 ± 0.02	1.24 ± 0.03	141 ± 9.6	113 ± 8
C	S10/5-4	0.85 ± 0.04	0.34 ± 0.01	0.17 ± 0.02	1.36 ± 0.04	156 ± 13	115 ± 10
D	S11/3-1	0.80 ± 0.03	0.38 ± 0.02	0.19 ± 0.04	1.36 ± 0.05	142 ± 7.0	104 ± 6
E	S11/WN1	0.65 ± 0.04	0.30 ± 0.02	0.30 ± 0.03	1.25 ± 0.06	0.00 ± 0.02	0.00 ± 0.02

Note:

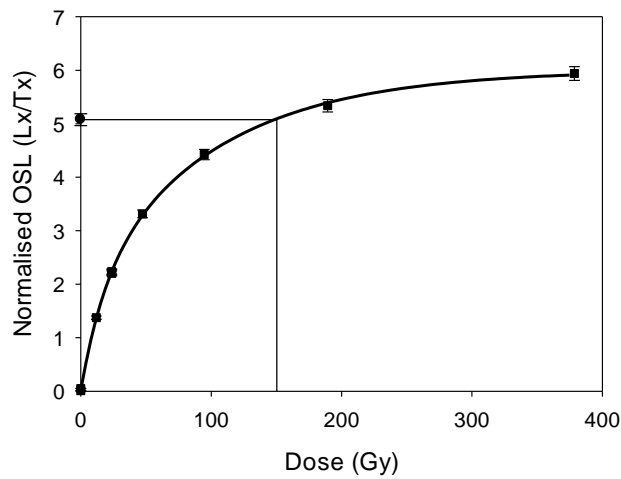
Grain Size 180-211 μ m for all samples except S10/5-2 for which grains 150-180 μ m in diameter were used.

Figure S1: Luminescence characteristics of a typical sample (S10/5-3). (a) Natural OSL decay curve. Note the log scale on the y-axis, (b) dose response curve and (c) radial plot showing the distribution of D_e values.

(a)



(b)



(c)

