

**Table S8.** Mean estimates and 95% credible intervals for effective population size  $N_e$ , rate of migration  $m$  and trunk proportion for each region in simulated data sets based on 500 samples from the North, 500 samples from the South and 100 samples from the Tropics over a 10 year period.

		Source-sink model	Equal contact model
Population size	$N$	116.1 (92.4, 152.2)	126.3 (99.6, 164.6)
	$T$	165.9 (126.8, 223.2)	222.8 (188.2, 278.8)
	$S$	169.6 (139.6, 210.2)	158.2 (130.8, 201.6)
Migration rate	$N \rightarrow T$	0.14 (0.01, 0.41)	0.28 (0.10, 0.48)
	$N \rightarrow S$	0.02 (0.00, 0.08)	0.57 (0.31, 0.93)
	$T \rightarrow N$	0.44 (0.23, 0.72)	0.35 (0.19, 0.55)
	$T \rightarrow S$	0.43 (0.23, 0.70)	0.33 (0.17, 0.53)
	$S \rightarrow N$	0.03 (0.00, 0.09)	0.25 (0.06, 0.56)
	$S \rightarrow T$	0.10 (0.00, 0.29)	0.34 (0.19, 0.53)
Trunk proportion	$N$	0.01 (0.00, 0.13)	0.27 (0.16, 0.39)
	$T$	0.98 (0.84, 1.00)	0.55 (0.42, 0.67)
	$S$	0.01 (0.00, 0.08)	0.18 (0.06, 0.31)