

Supplement: AGN energetics and lifetimes from remnant radio galaxies

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Accepted XXX. Received YYY; in original form ZZZ

Multi-frequency (radio and infrared) image cutouts and radio-frequency spectral energy distributions of the 79 remnant candidates are shown in Figs. S1 to S79.

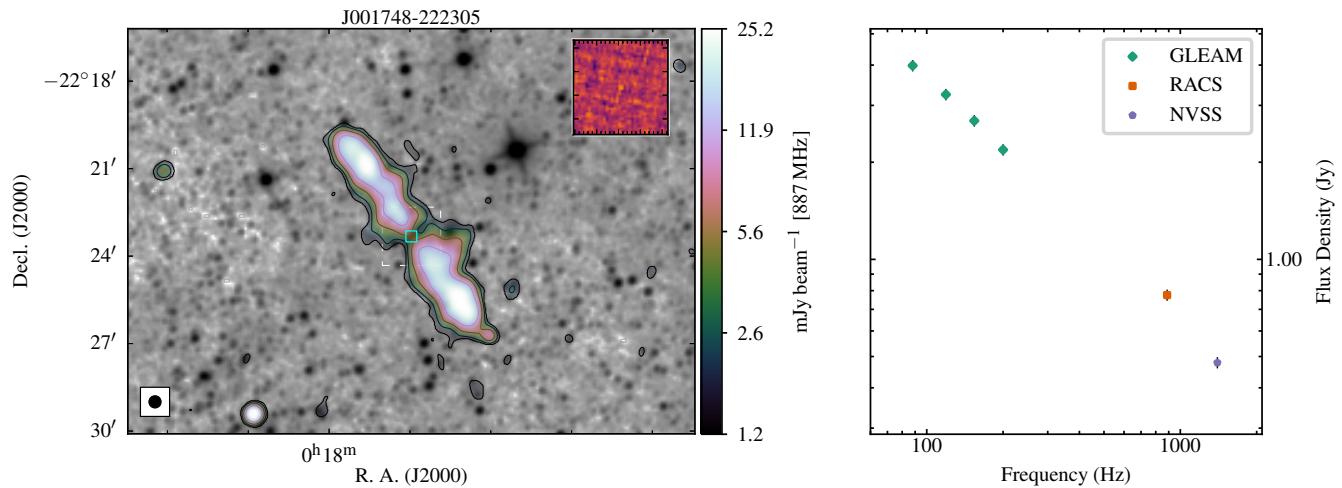


Figure S1. *Left:* The 887 MHz radio image of J001748-222305 is overlaid onto a WISE W1-band background with a logarithmic stretch. Radio contour levels are specified by the on the right-hand colour bar and the identified host galaxy is marked with a cyan square. The inset in the upper-right corner provides a VLASS view of the region bounded by the dashed box. *Right:* The integrated radio flux density of the source from GLEAM, RACS and NVSS observations (green, orange and purple, respectively).

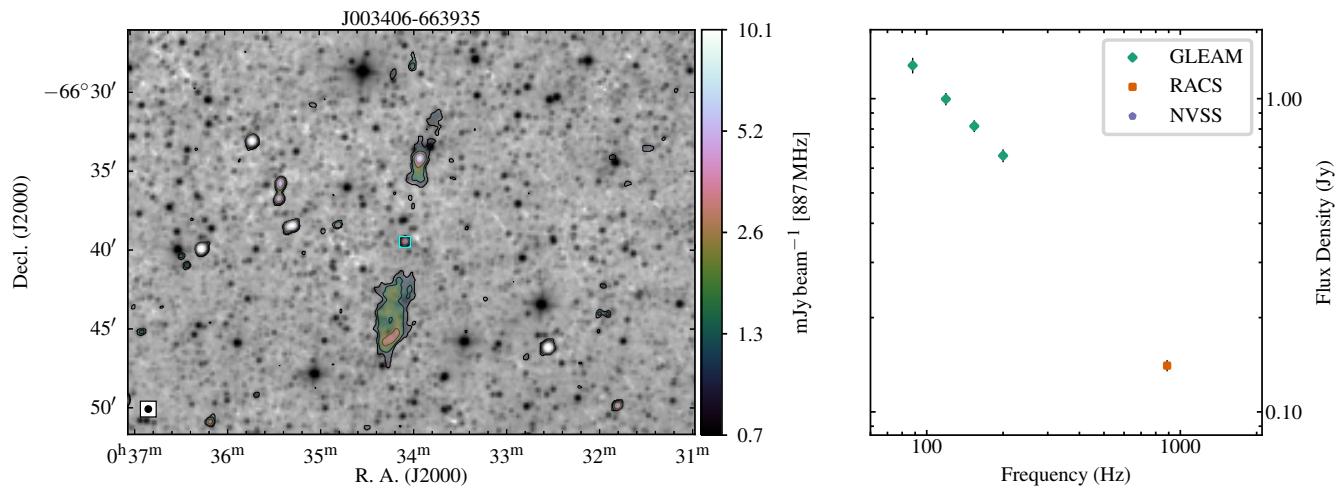
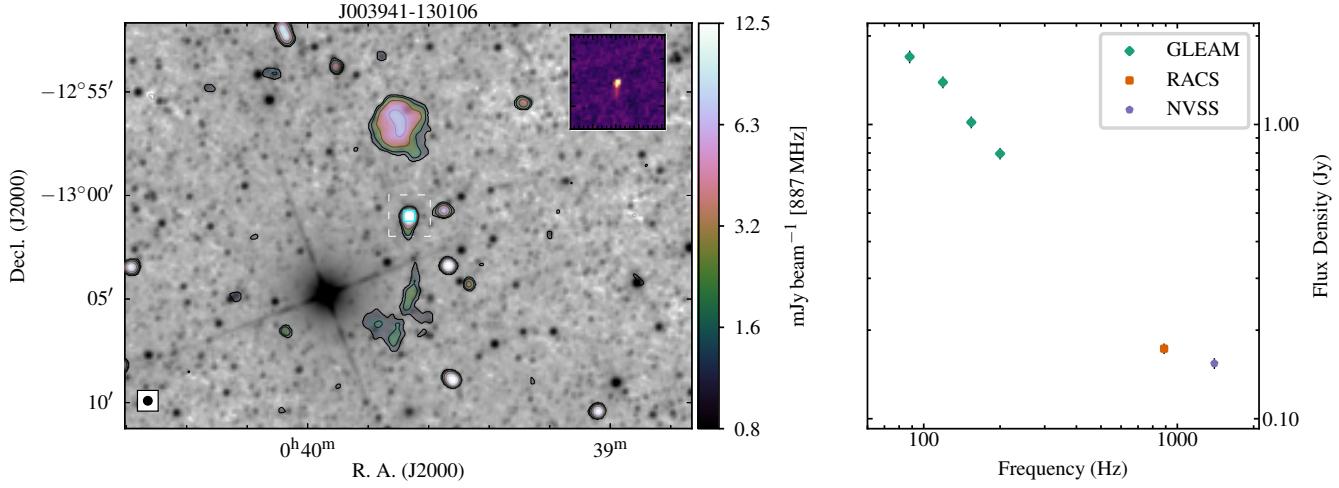
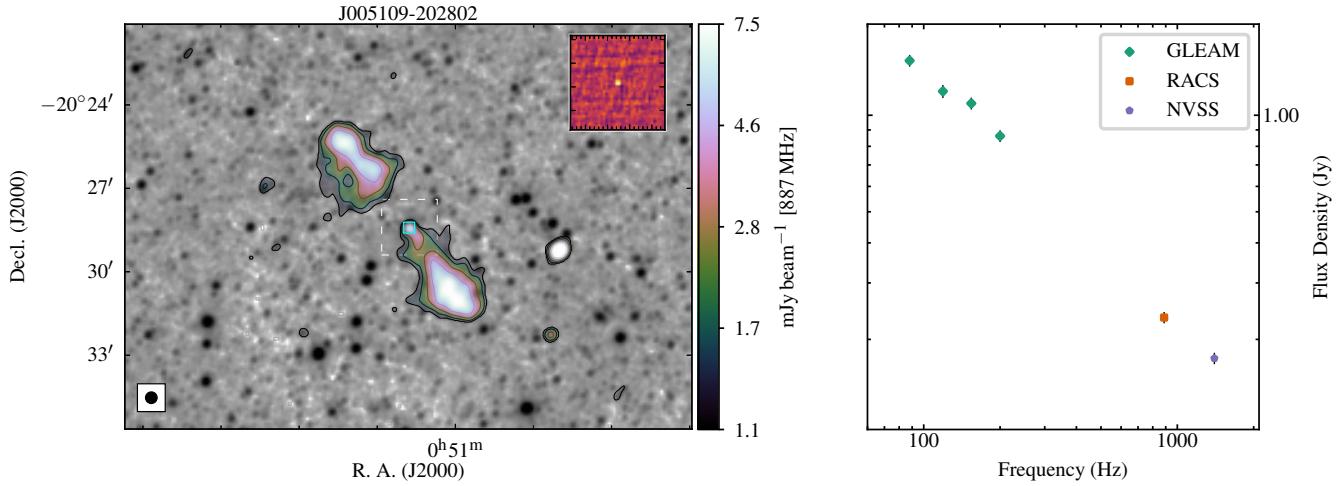
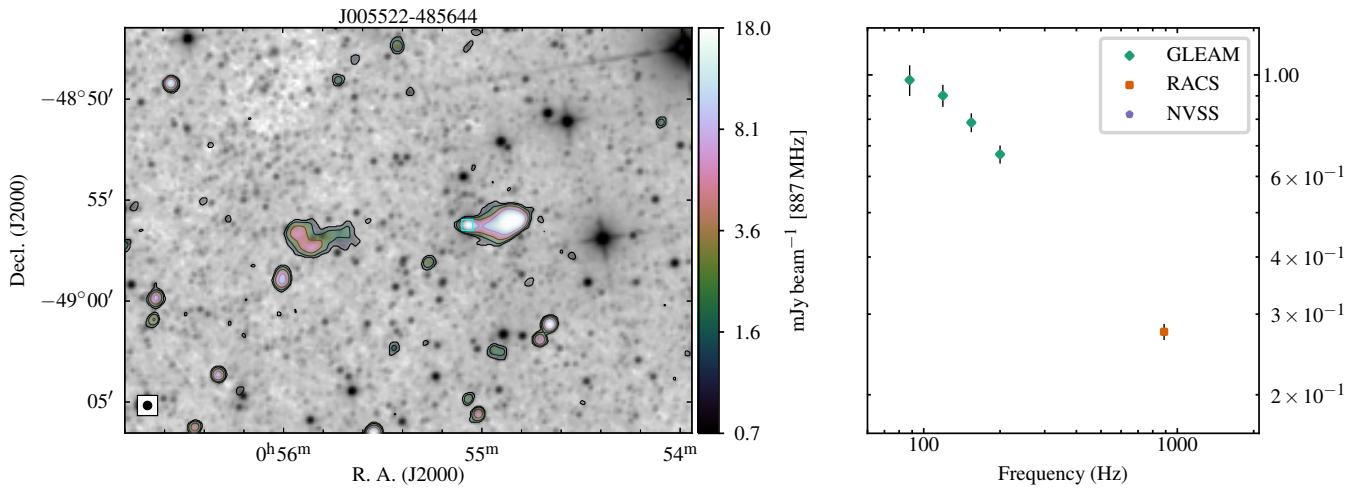


Figure S2. Same as Fig. S1 but for J003406-663935.

**Figure S3.** Same as Fig. S1 but for J003941-130106.**Figure S4.** Same as Fig. S1 but for J005109-202802.**Figure S5.** Same as Fig. S1 but for J005522-485644.

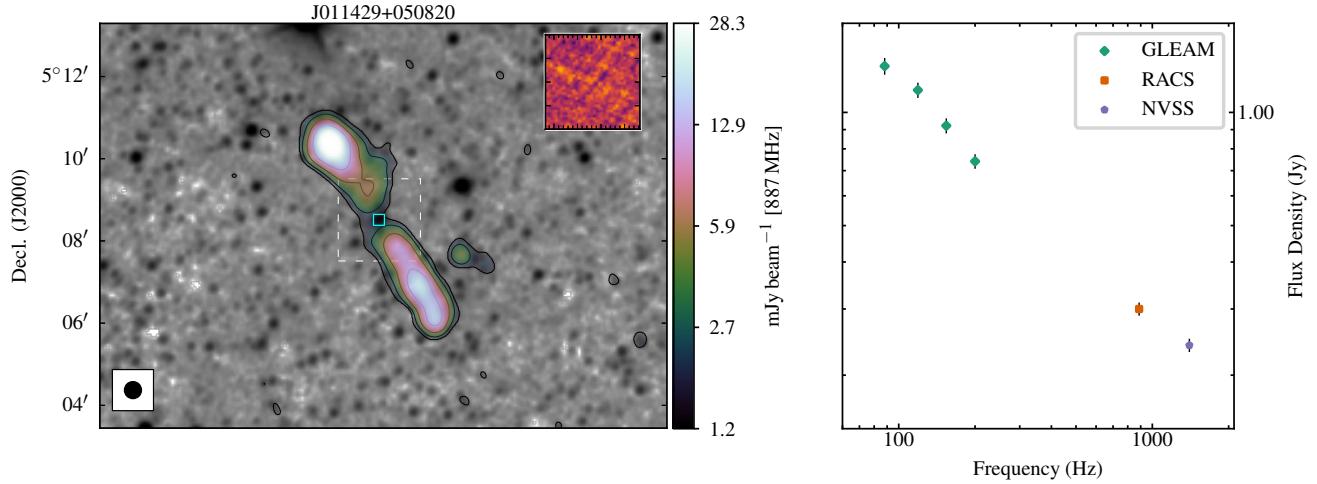


Figure S6. Same as Fig. S1 but for J011429+050820.

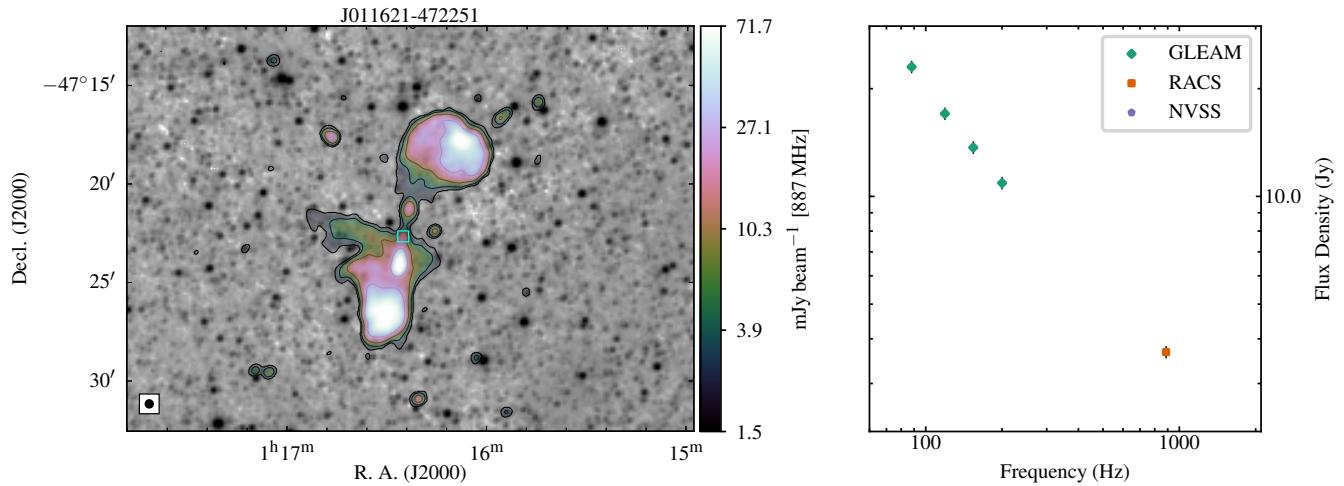


Figure S7. Same as Fig. S1 but for J011621-472251.

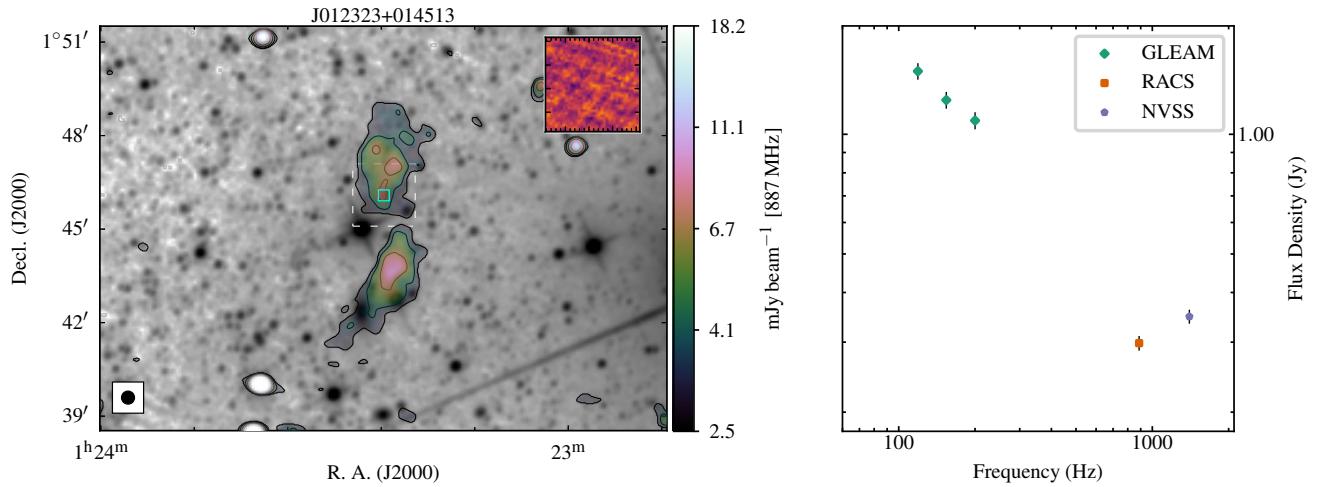
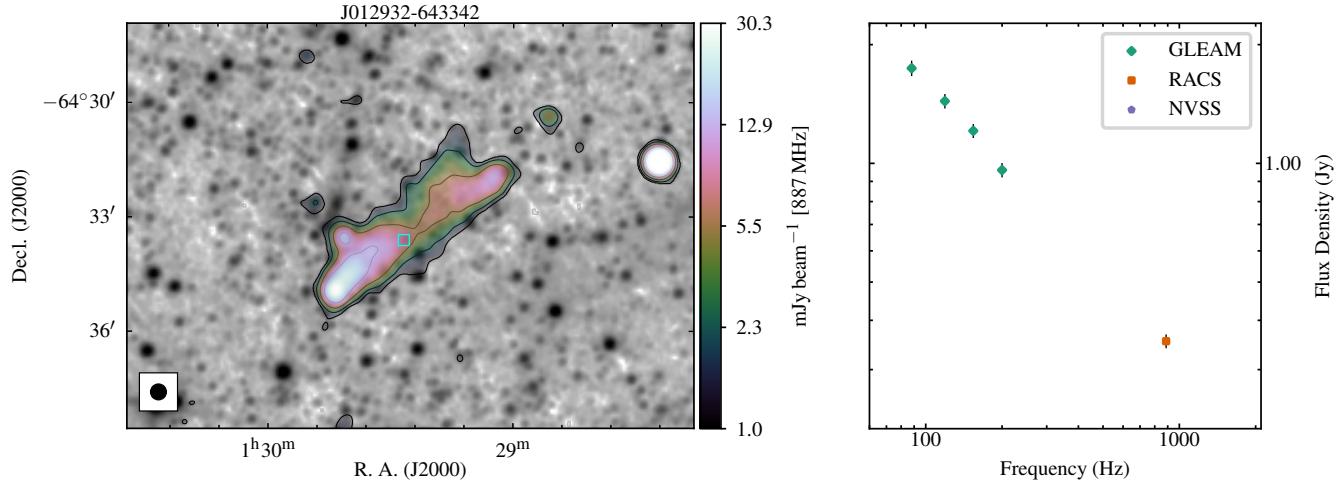
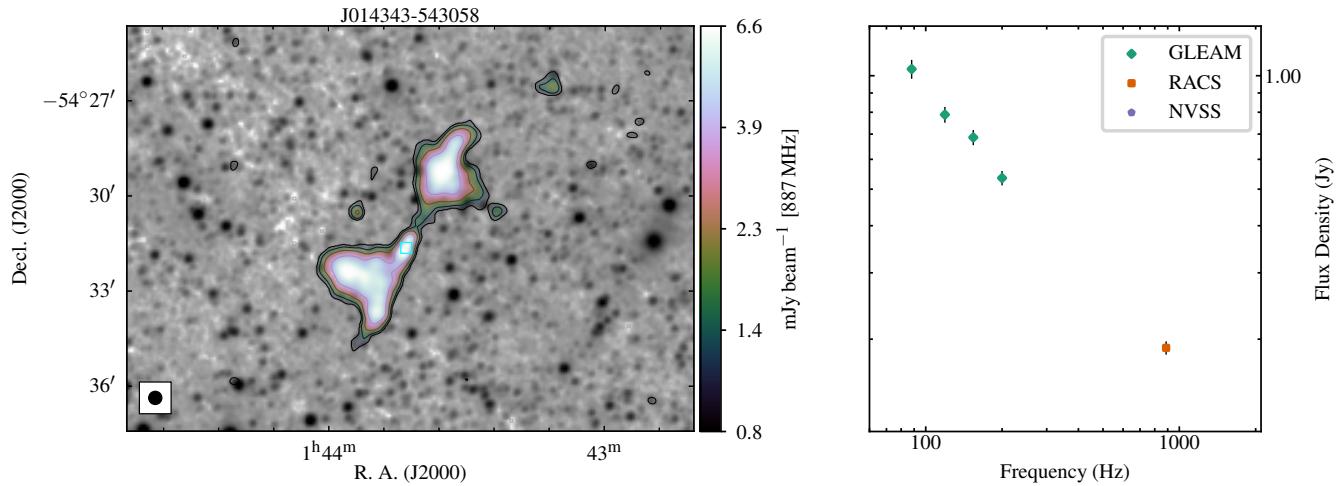
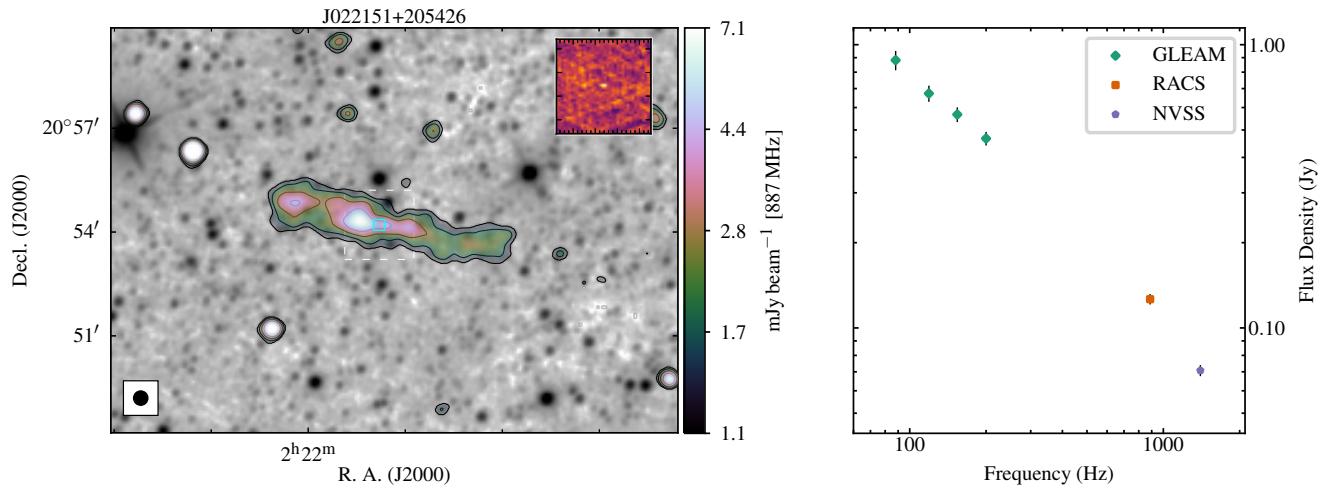
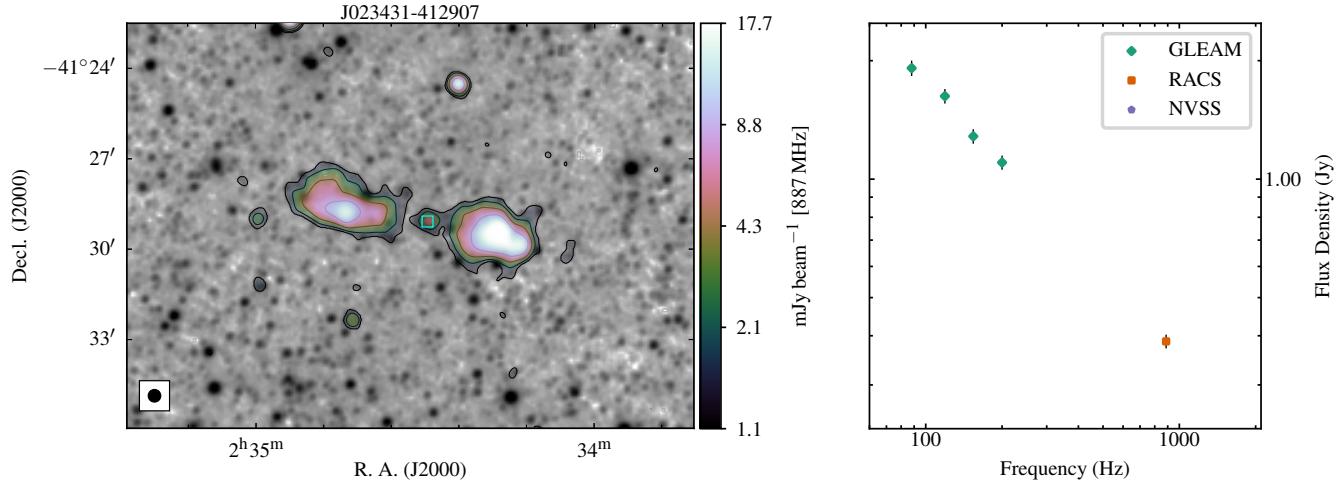
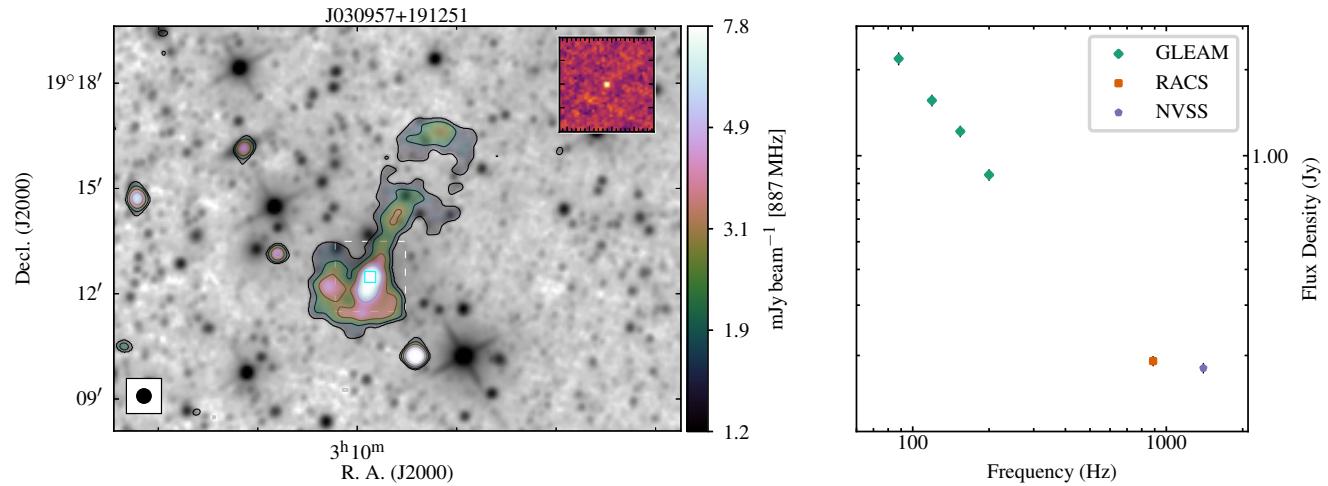
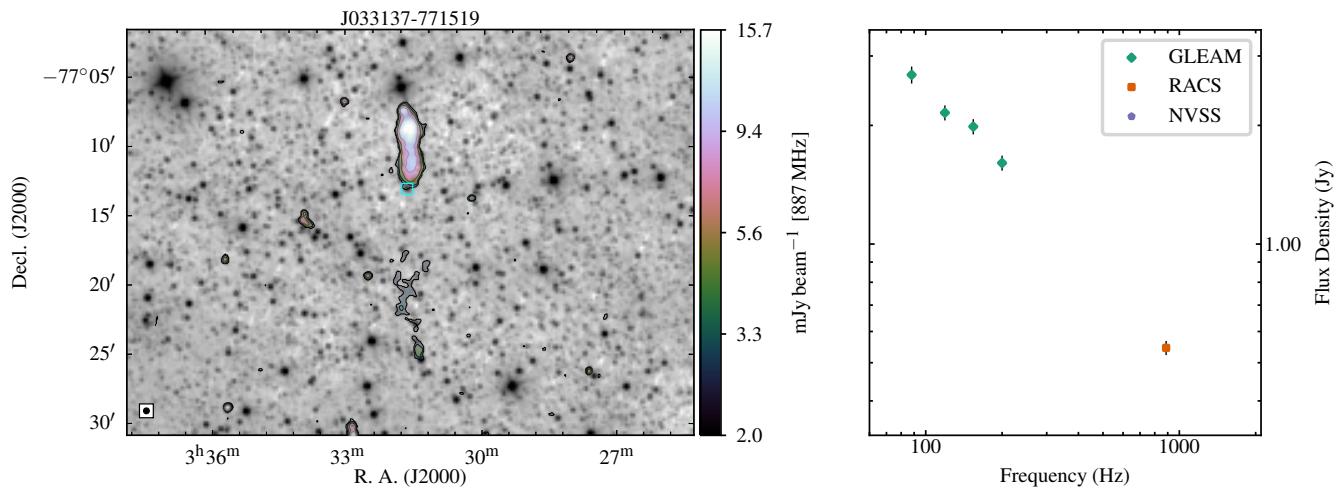
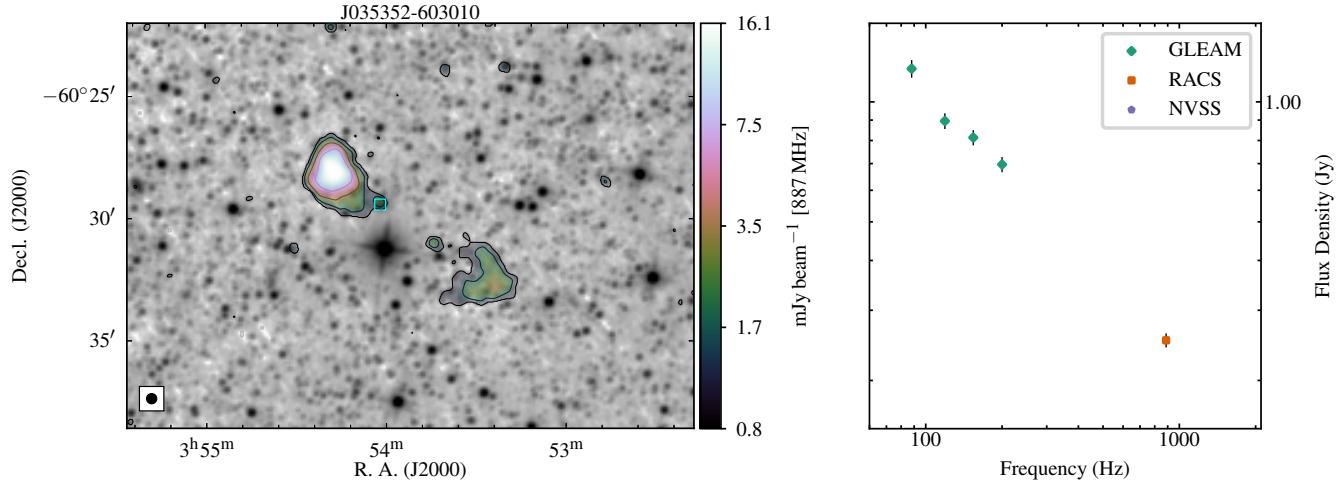
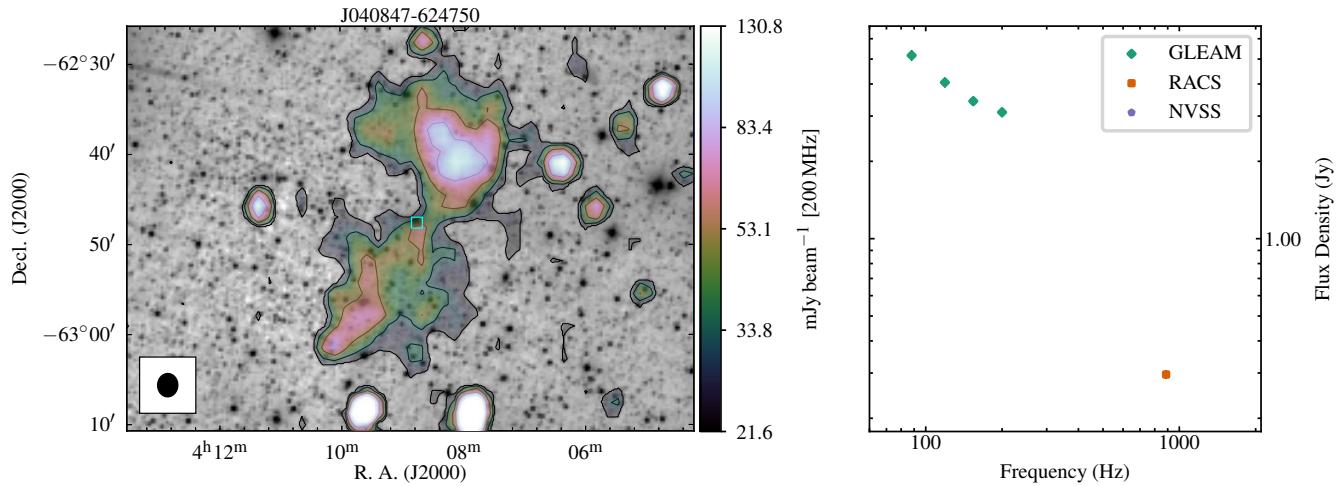
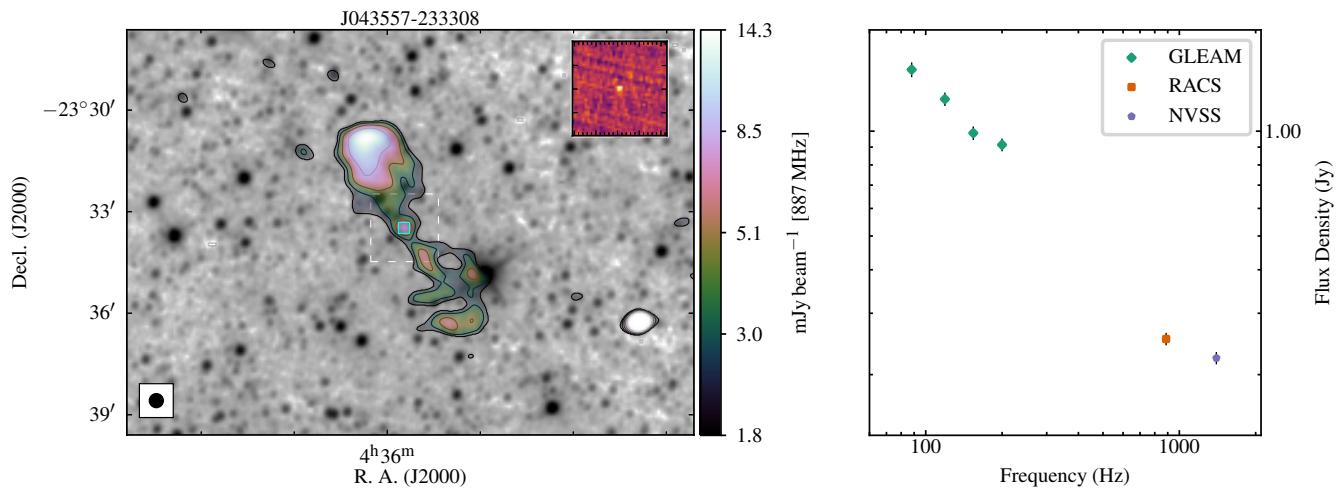
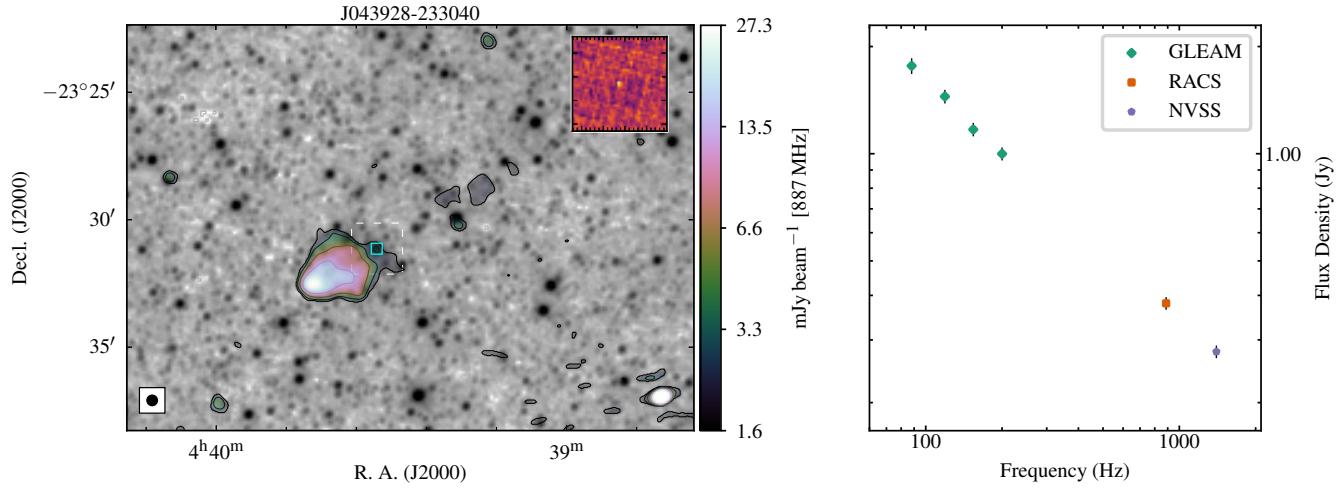
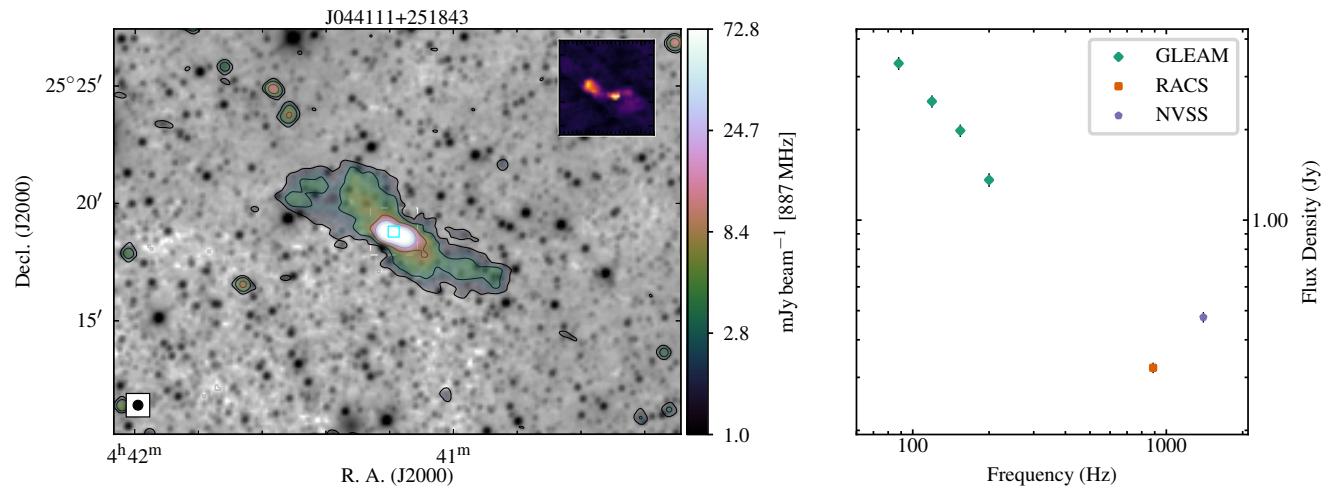
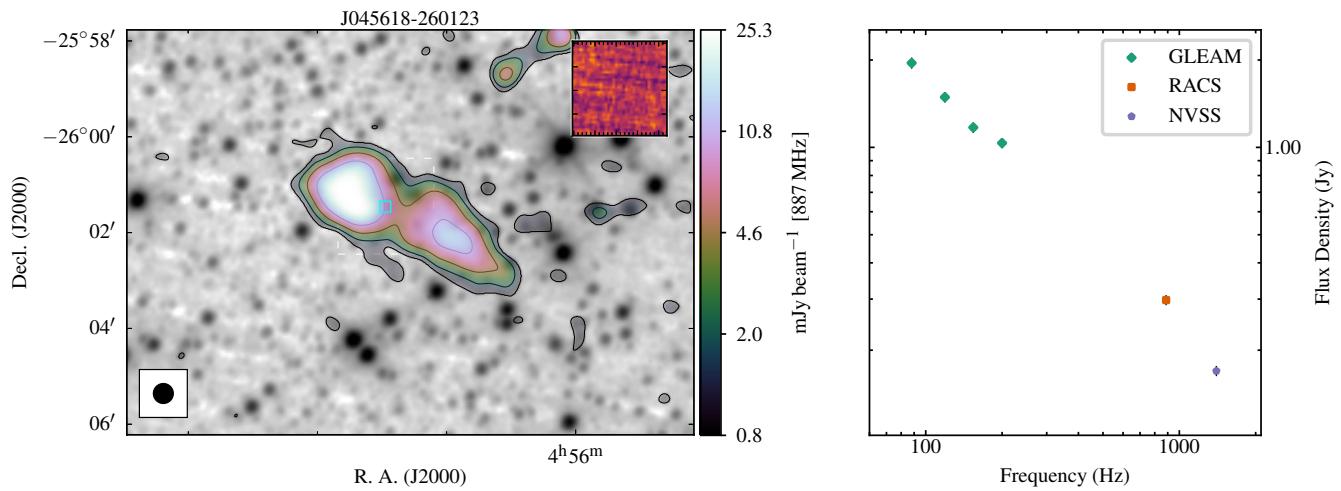


Figure S8. Same as Fig. S1 but for J012323+014513.

**Figure S9.** Same as Fig. S1 but for J012932-643342.**Figure S10.** Same as Fig. S1 but for J014343-543058.**Figure S11.** Same as Fig. S1 but for J022151+205426.

**Figure S12.** Same as Fig. S1 but for J023431-412907.**Figure S13.** Same as Fig. S1 but for J030957+191251.**Figure S14.** Same as Fig. S1 but for J033137-771519.

**Figure S15.** Same as Fig. S1 but for J035352-603010.**Figure S16.** Same as Fig. S1 but for J040847-624750.**Figure S17.** Same as Fig. S1 but for J043557-233308.

**Figure S18.** Same as Fig. S1 but for J043928-233040.**Figure S19.** Same as Fig. S1 but for J044111+251843.**Figure S20.** Same as Fig. S1 but for J045618-260123.

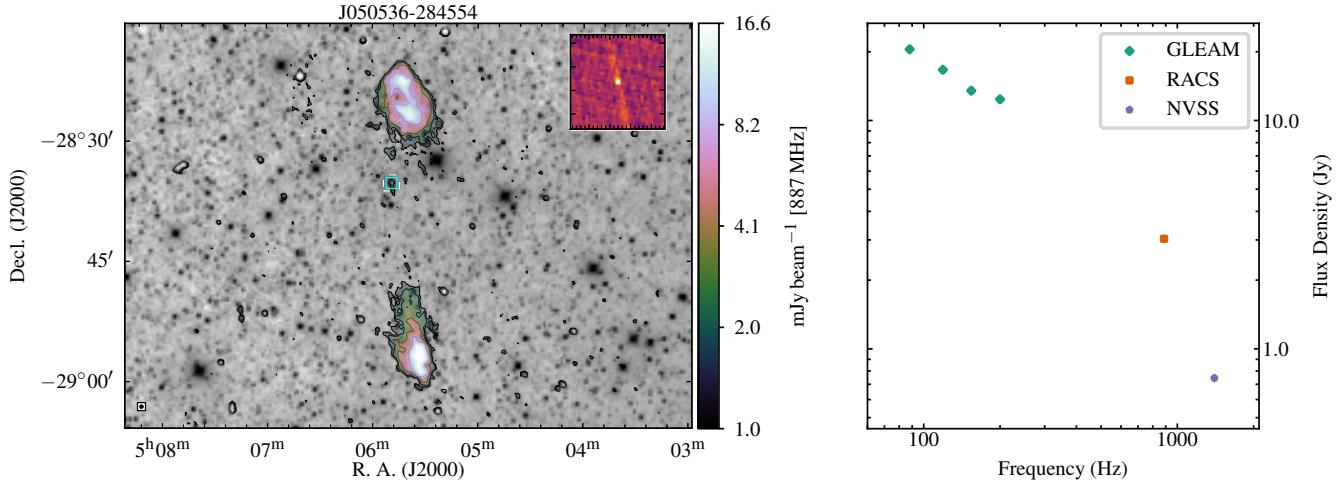


Figure S21. Same as Fig. S1 but for J050536-284554.

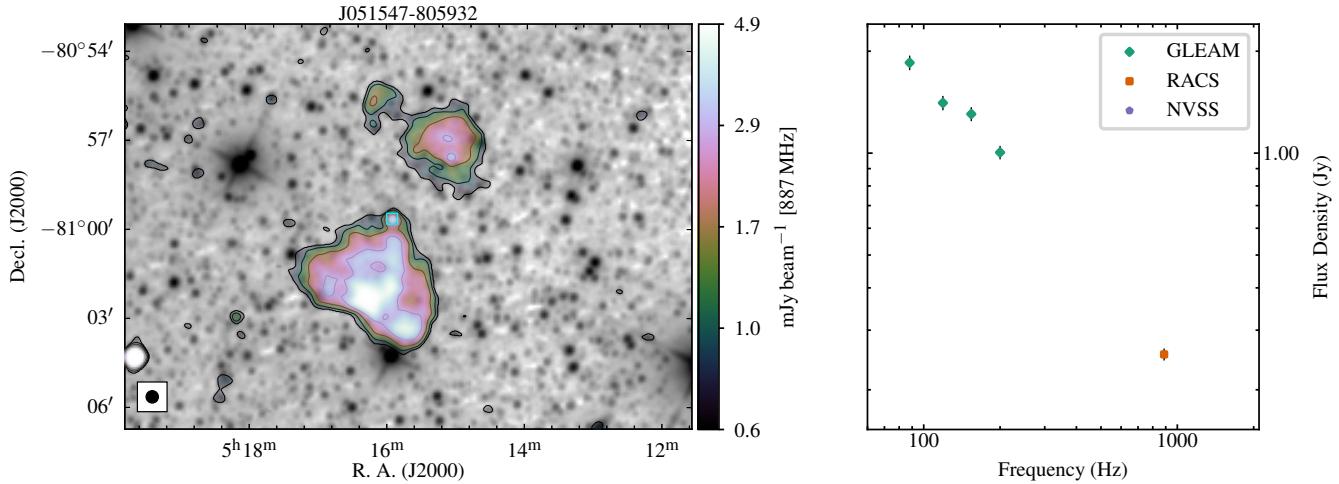


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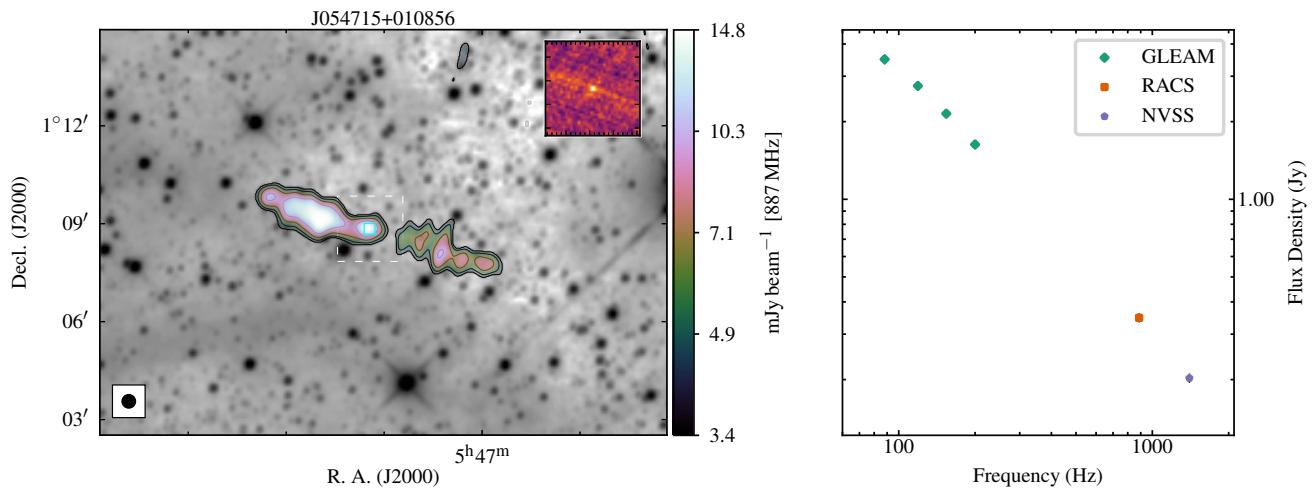


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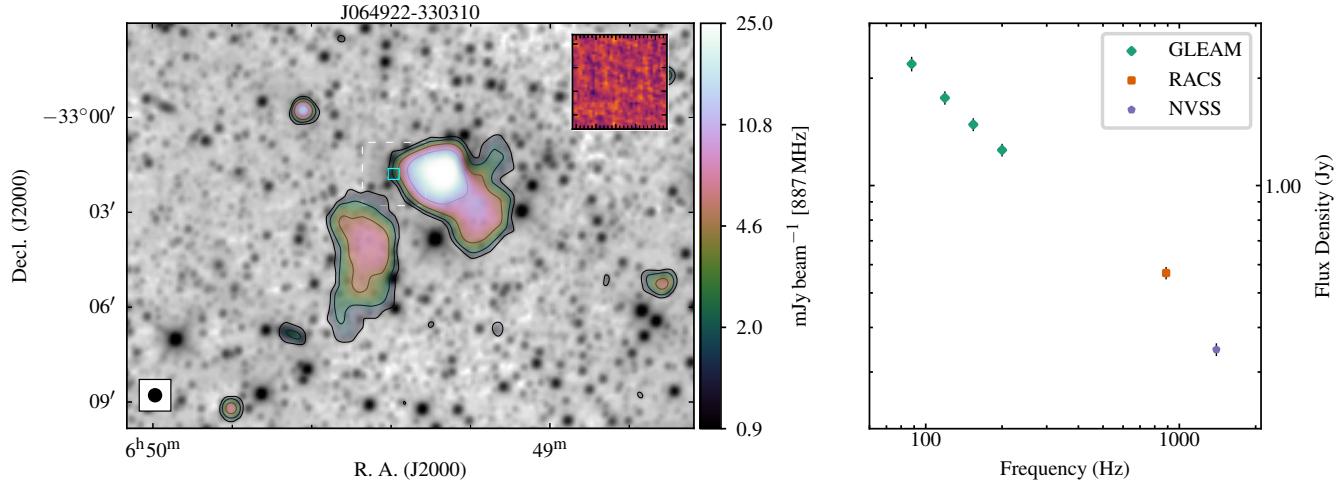


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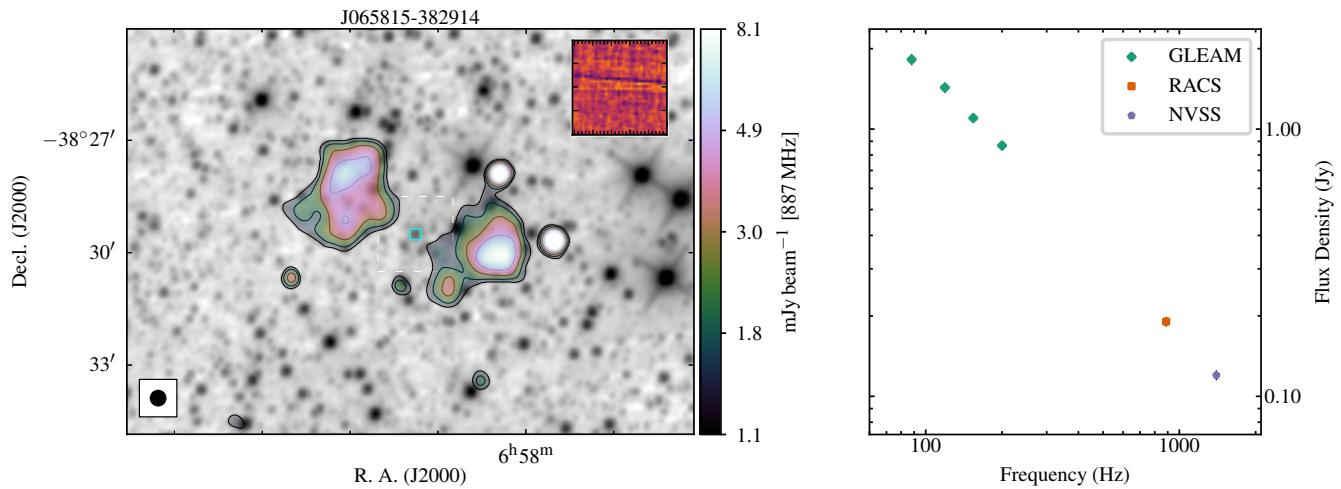


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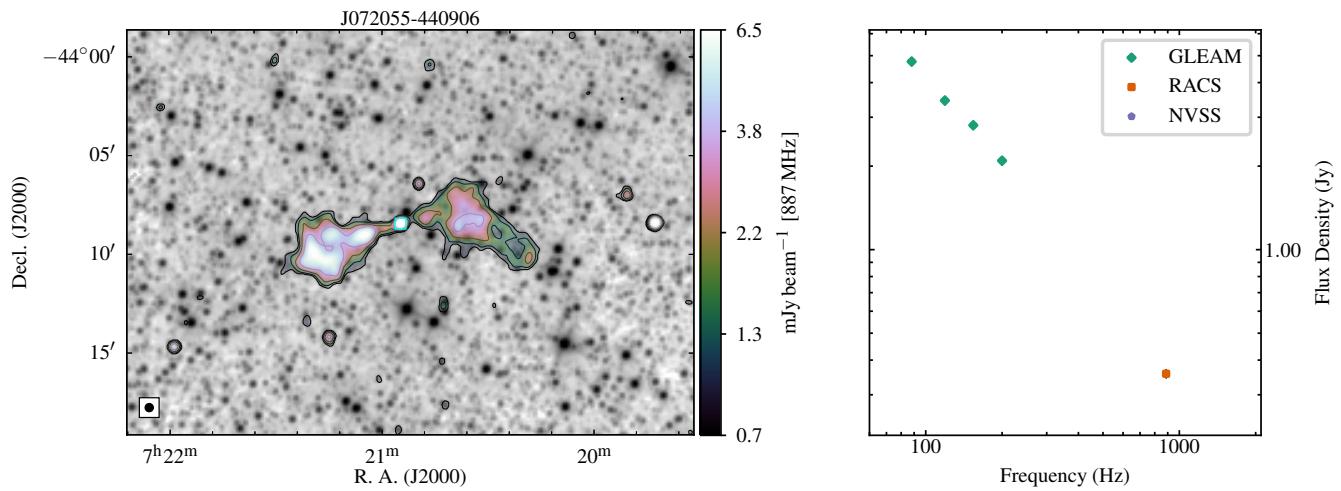


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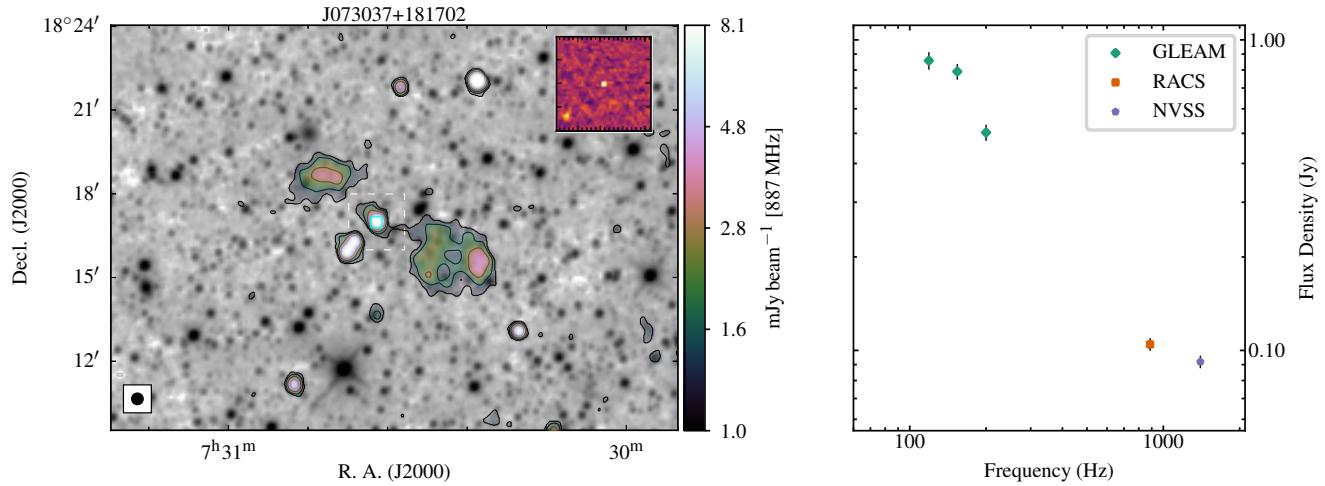


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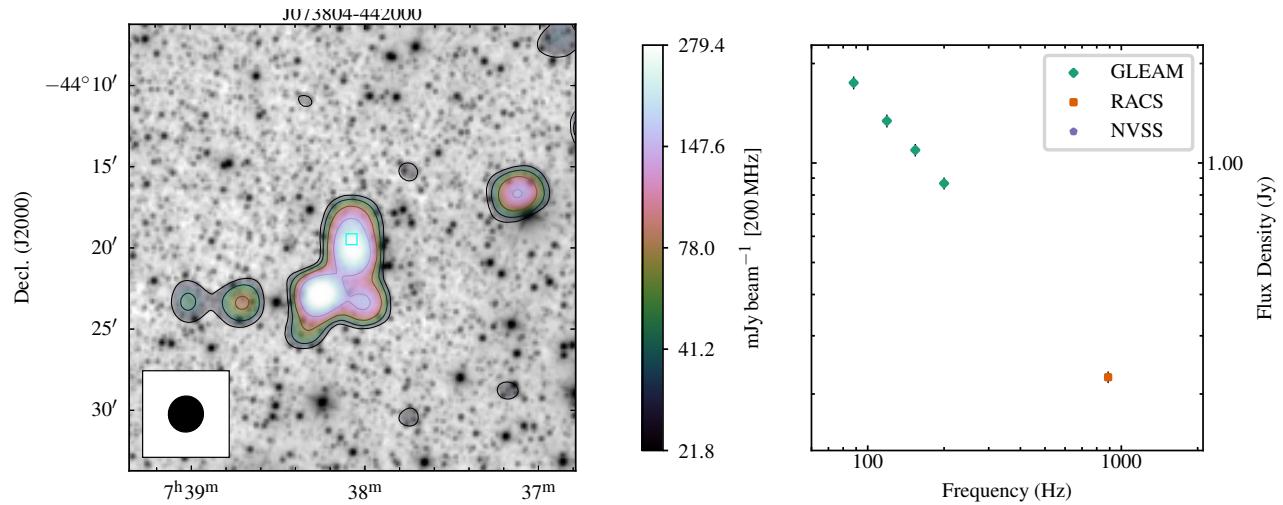


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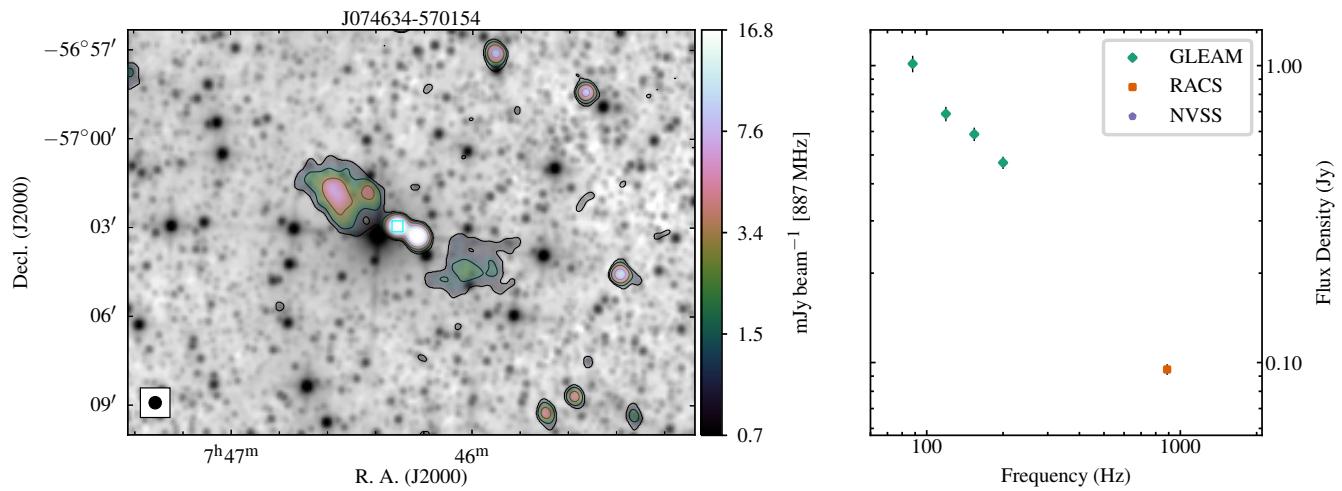


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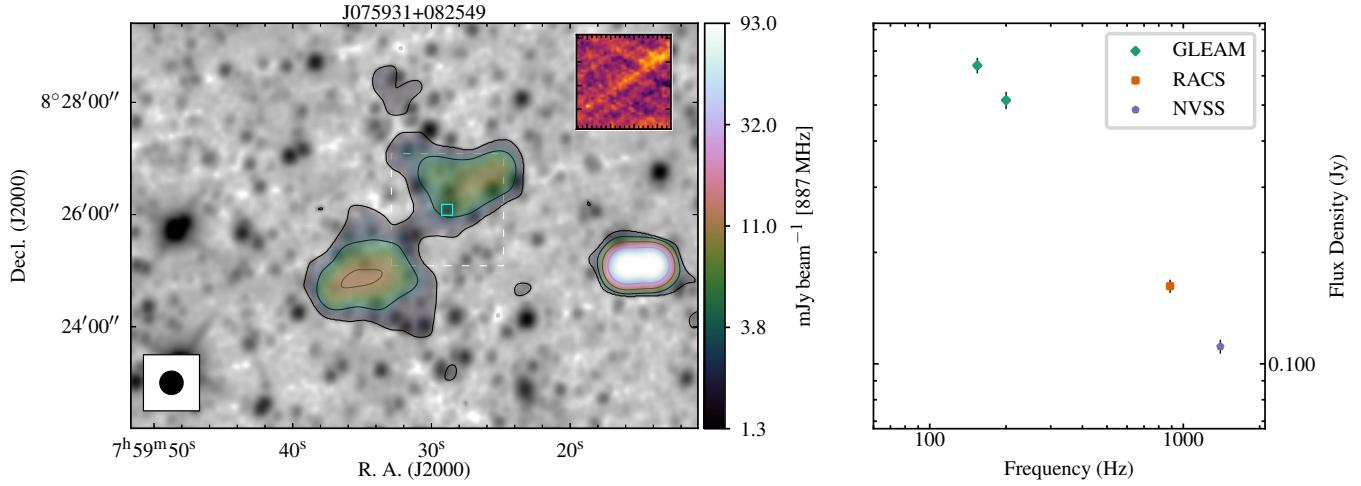


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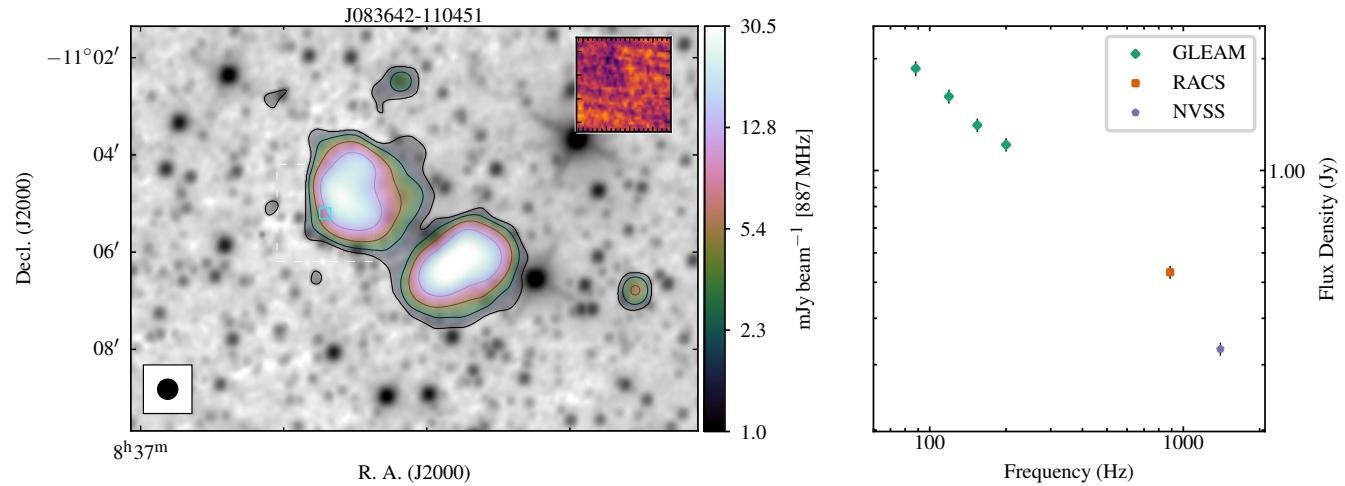


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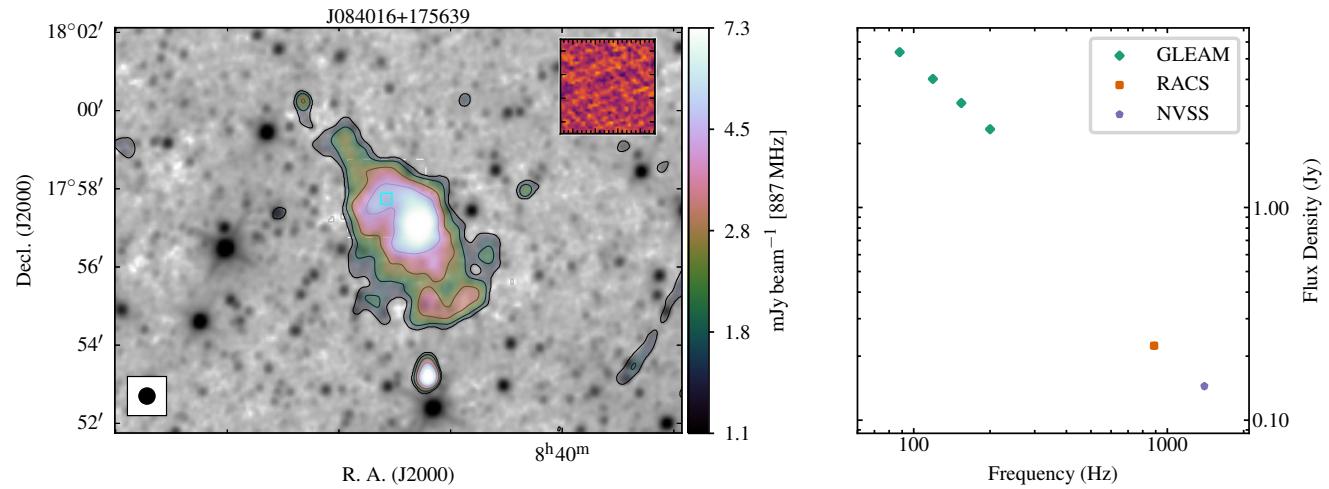
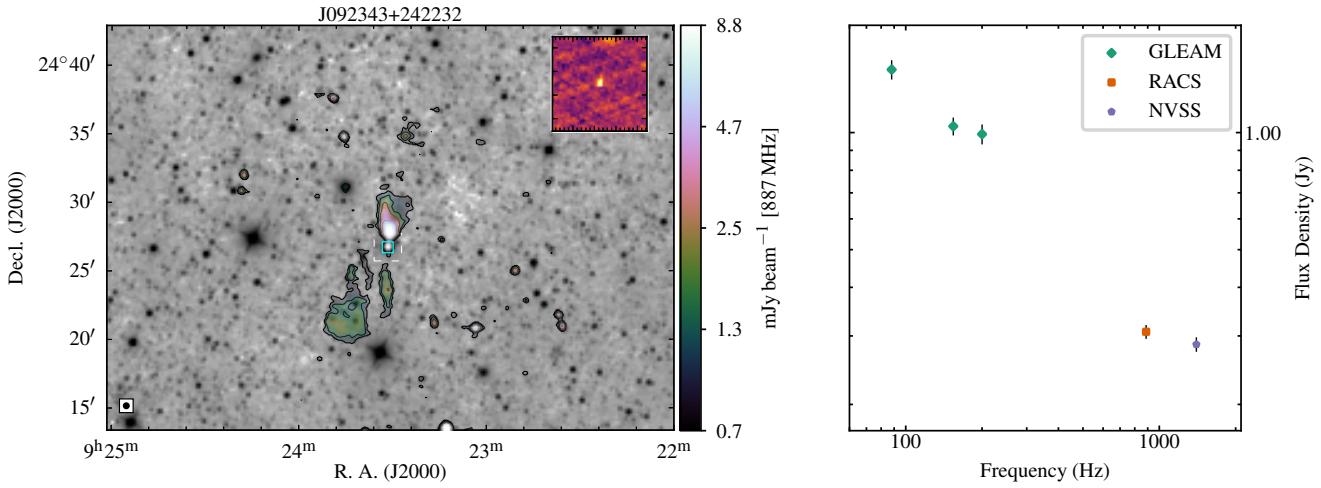
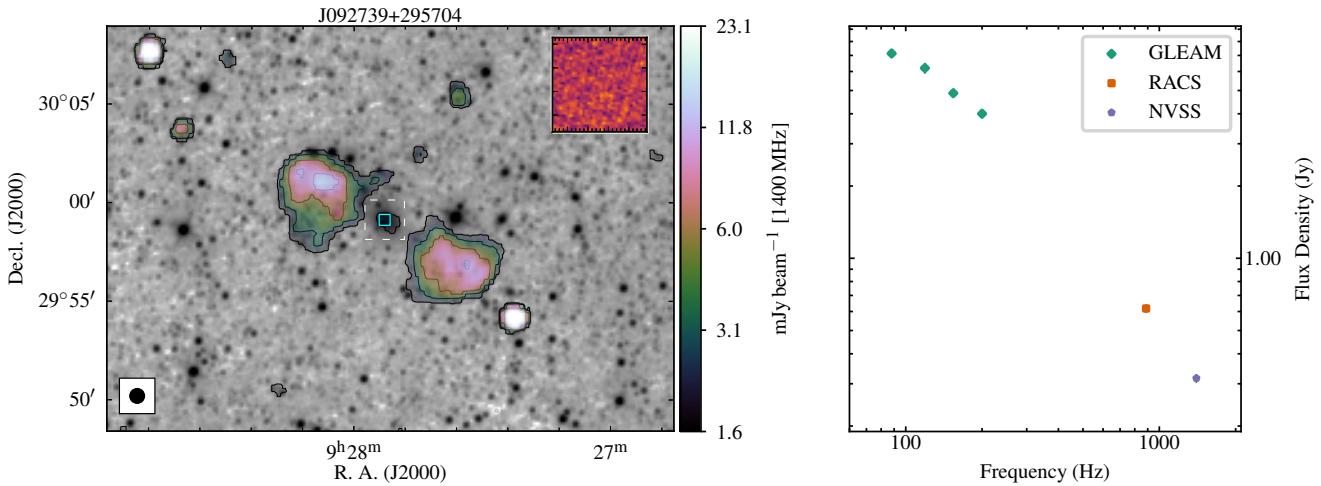
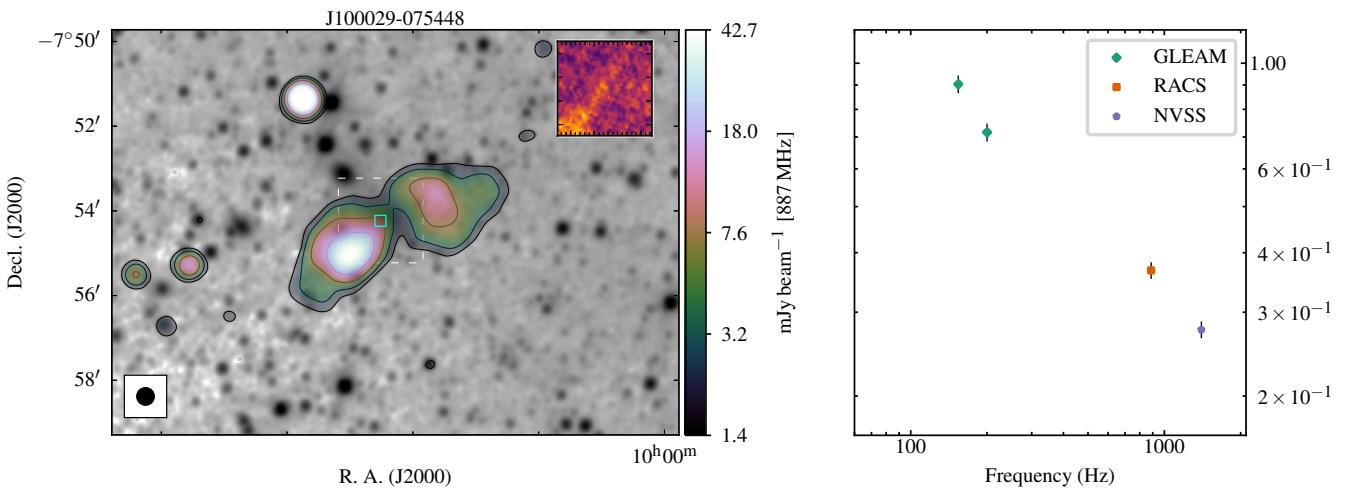


Figure S32. Same as Fig. S1 but for J084016+175639.

**Figure S33.** Same as Fig. S1 but for J092343+242232.**Figure S34.** Same as Fig. S1 but for J092739+295704.**Figure S35.** Same as Fig. S1 but for J100029-075448.

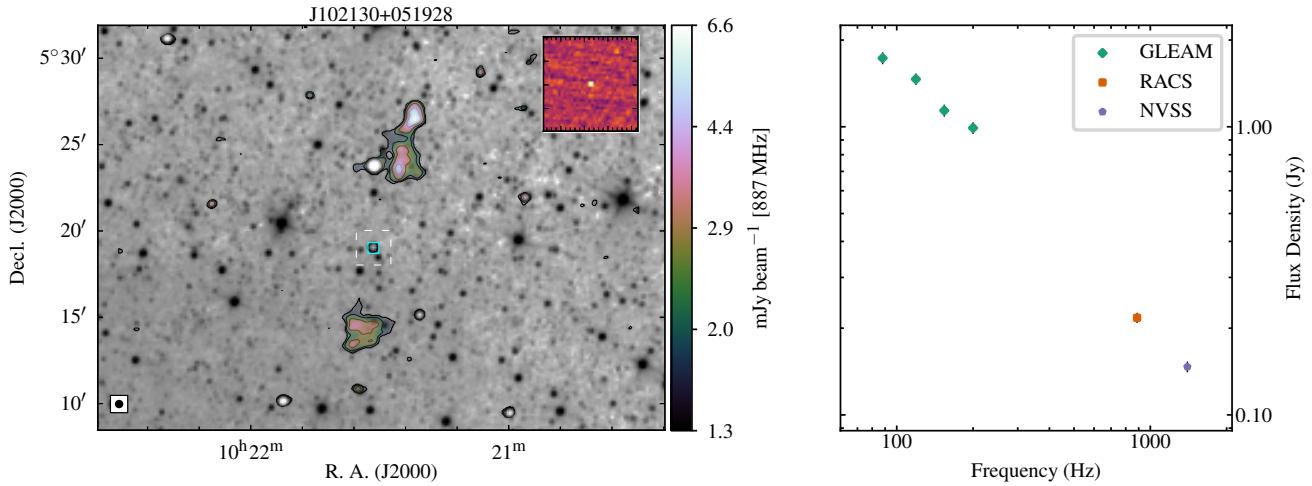


Figure S36. Same as Fig. S1 but for J102130+051928.

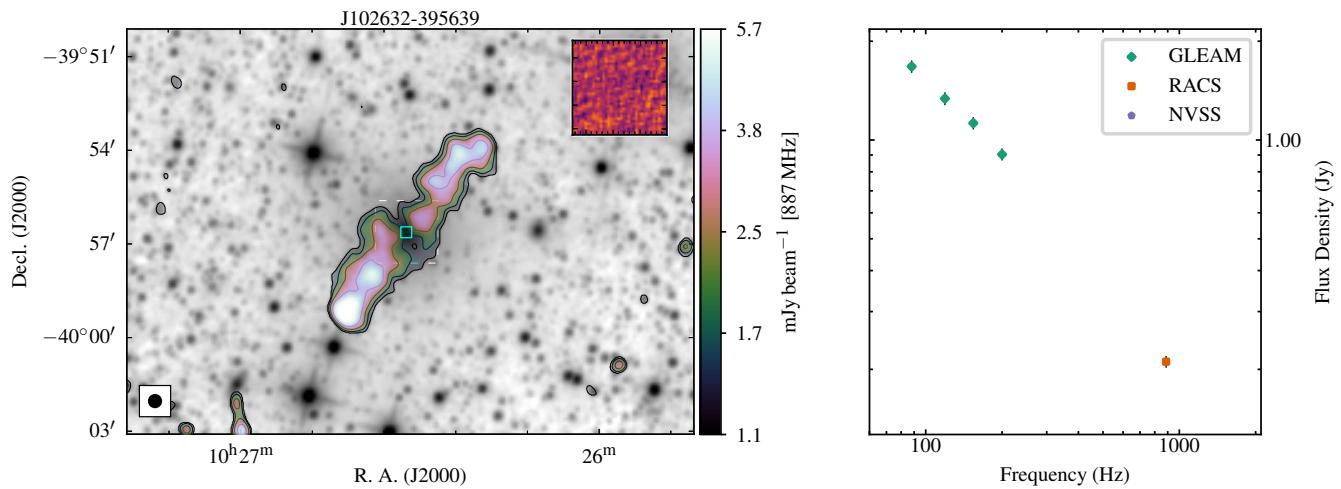


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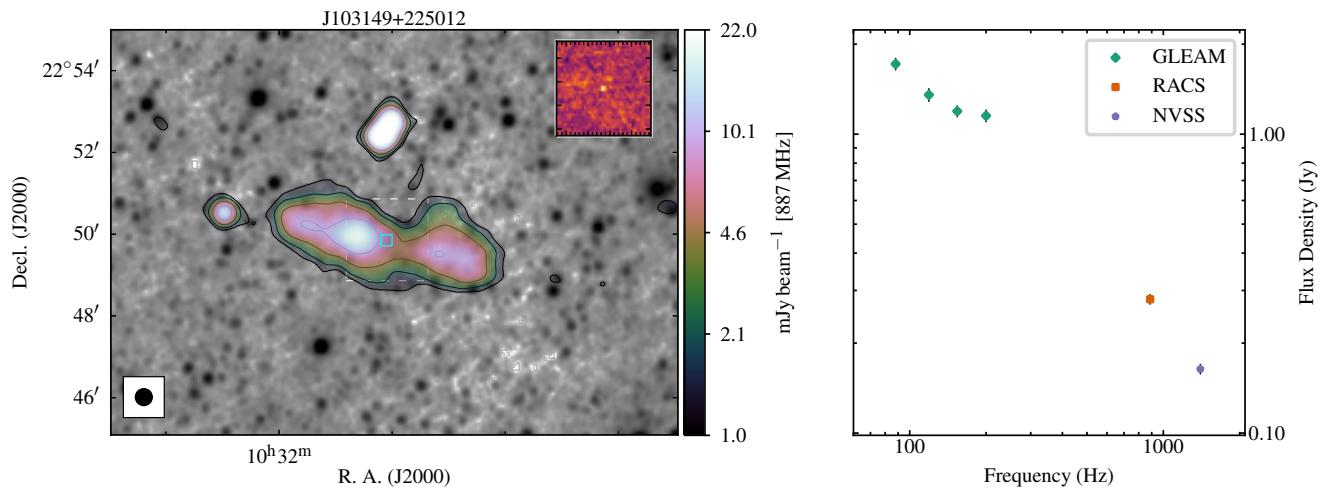
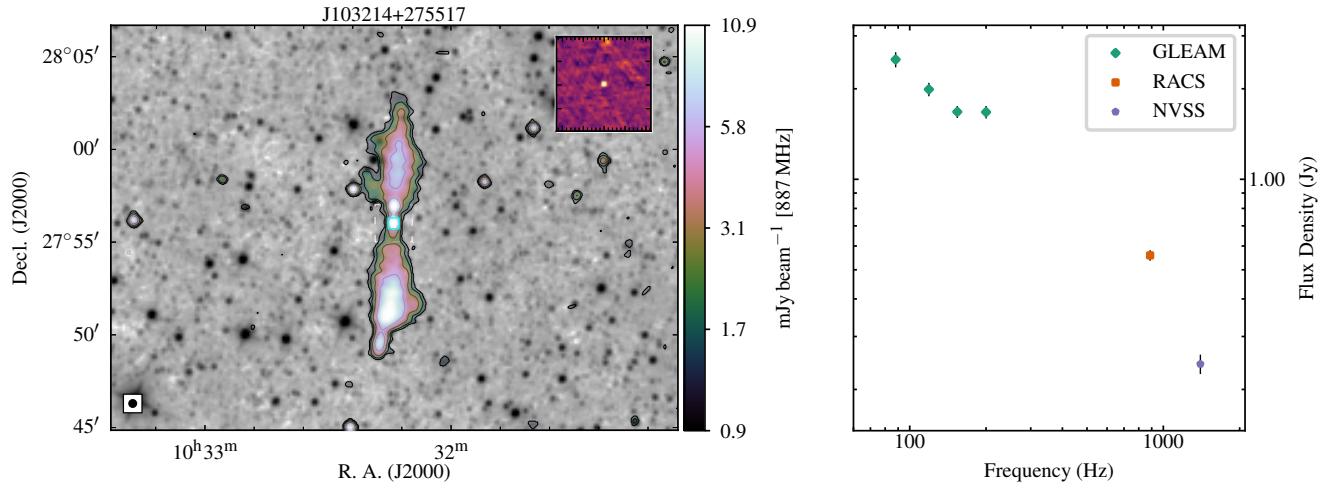
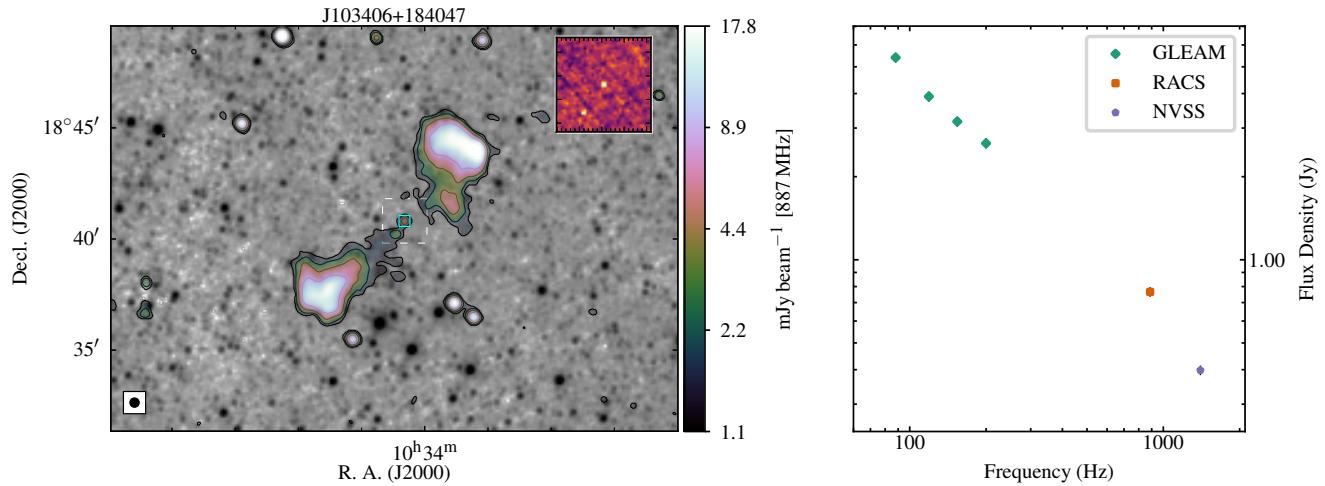
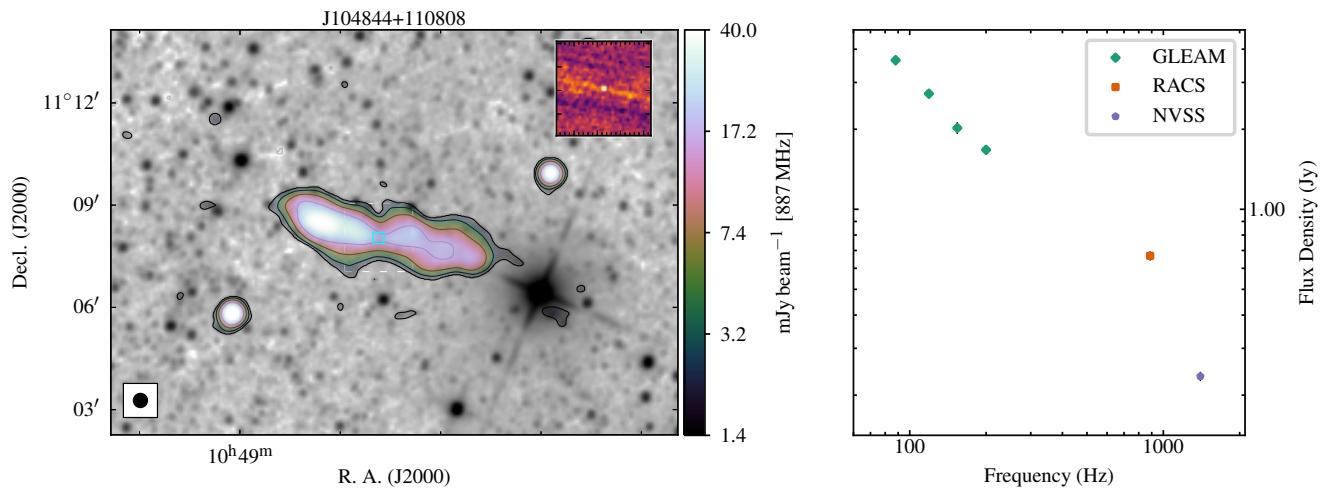


Figure S38. Same as Fig. S1 but for J103149+225012.

**Figure S39.** Same as Fig. S1 but for J103214+275517.**Figure S40.** Same as Fig. S1 but for J103406+184047.**Figure S41.** Same as Fig. S1 but for J104844+110808.

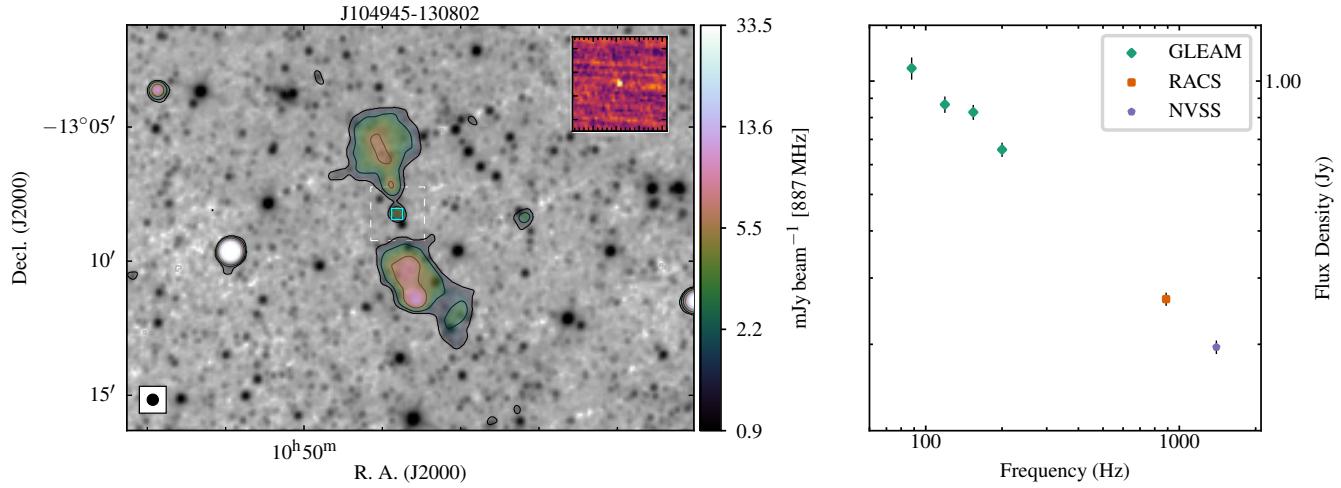


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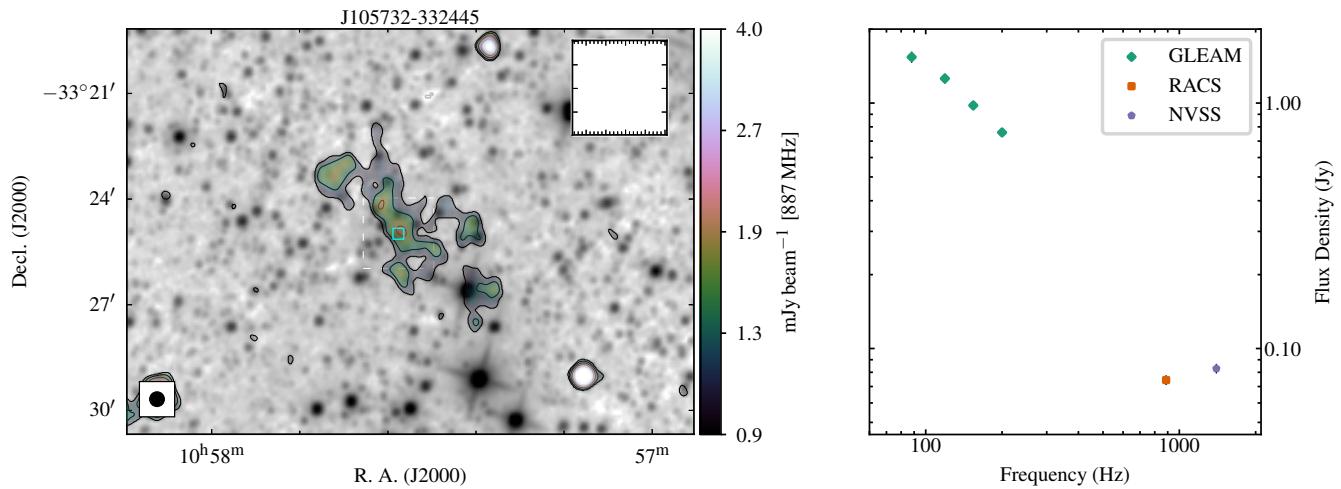


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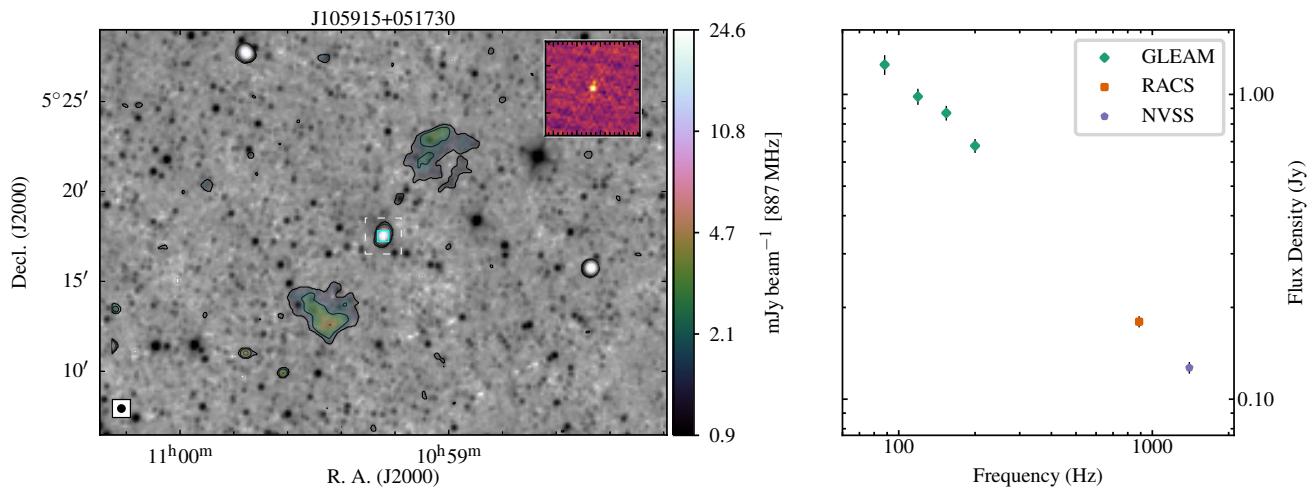


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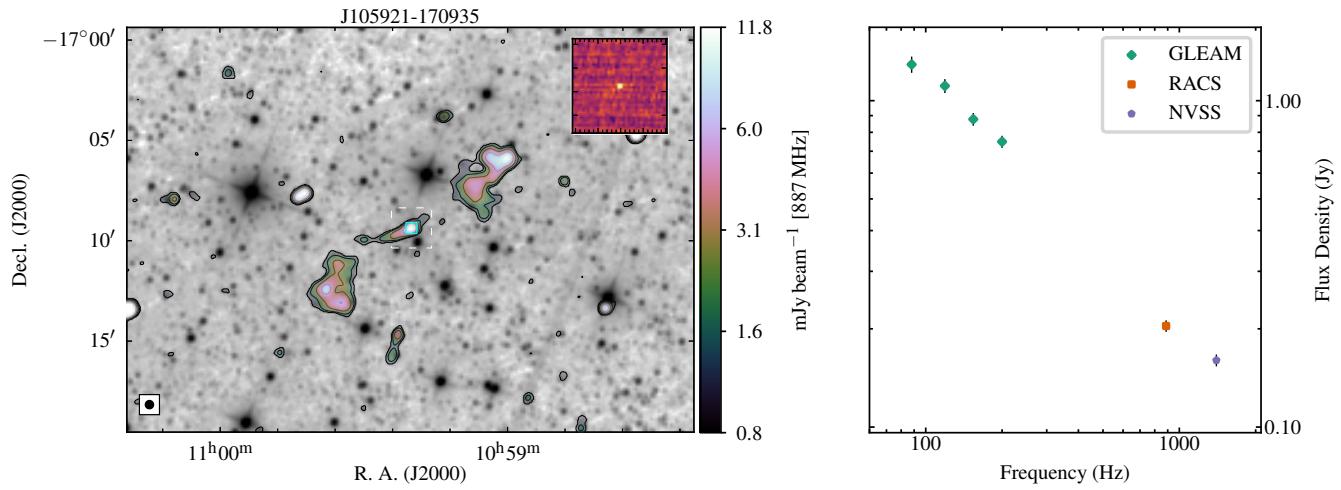


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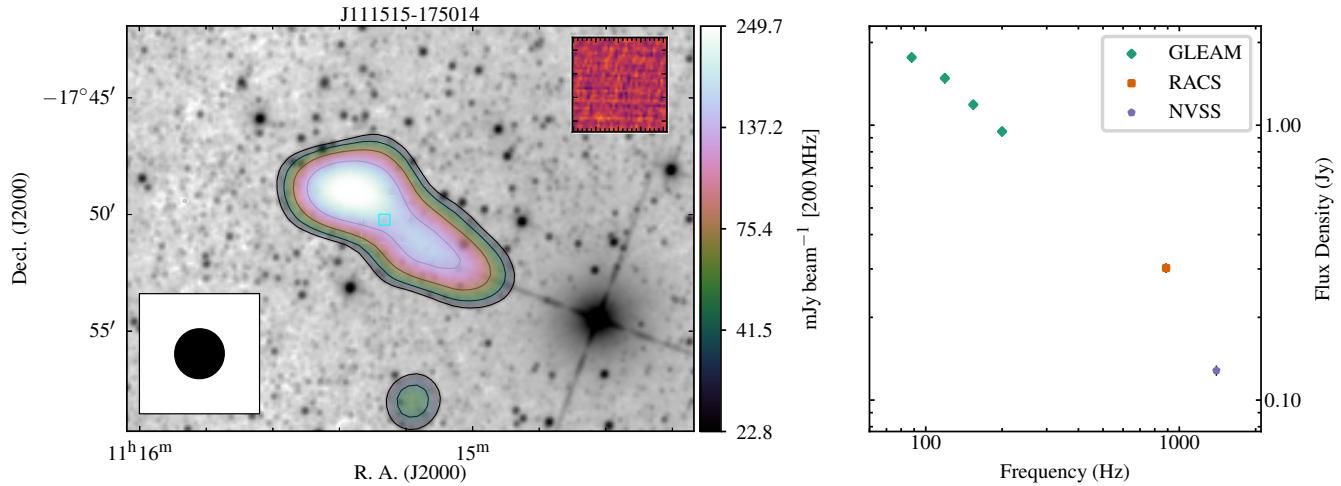


Figure S46. Same as Fig. S1 but for J111515-175014.

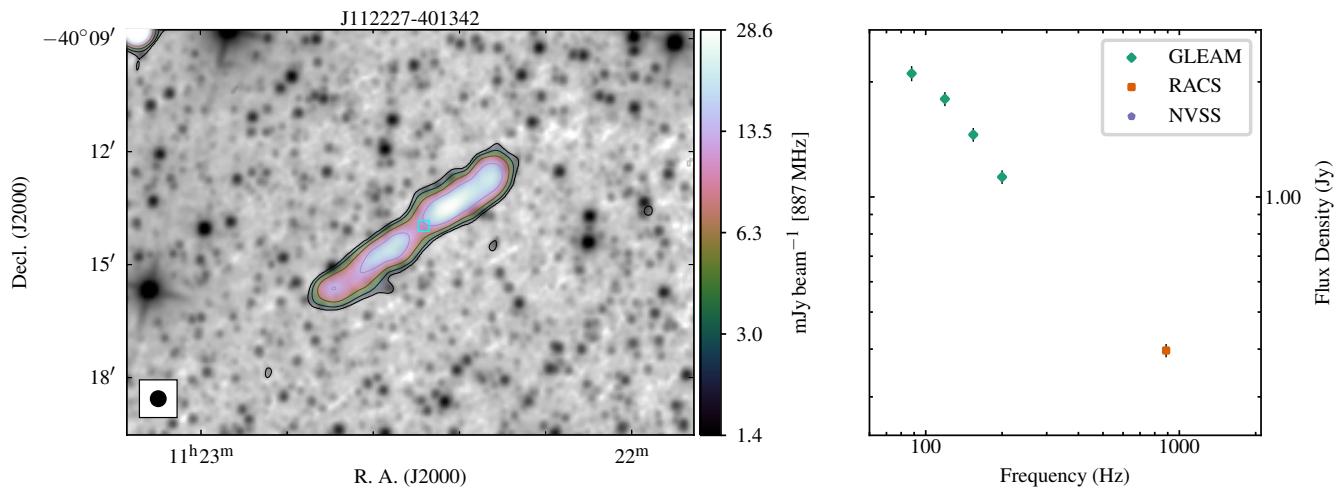


Figure S47. Same as Fig. S1 but for J112227-401342.

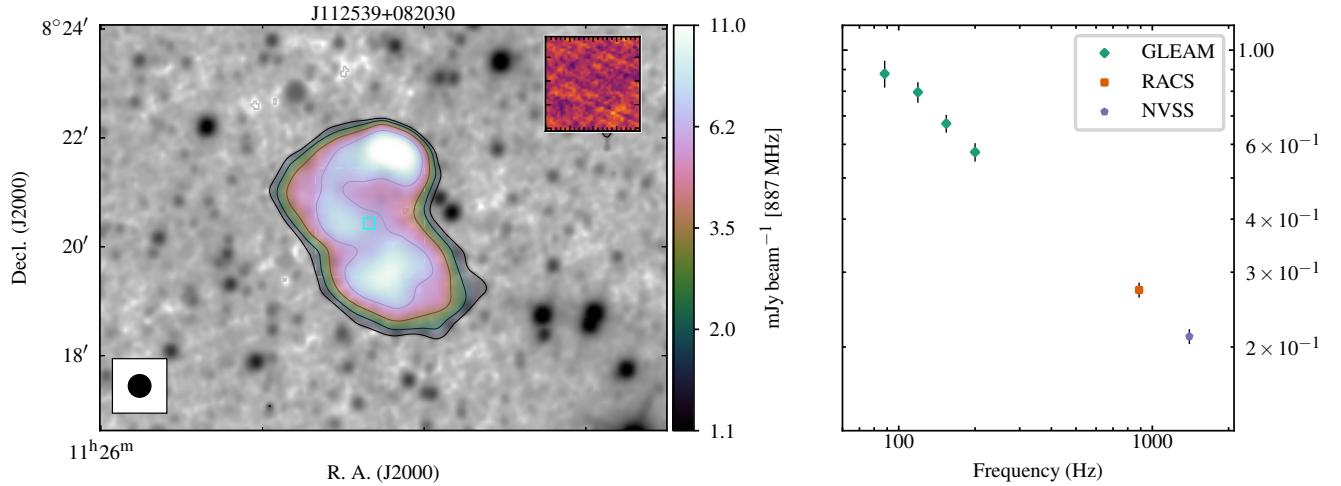


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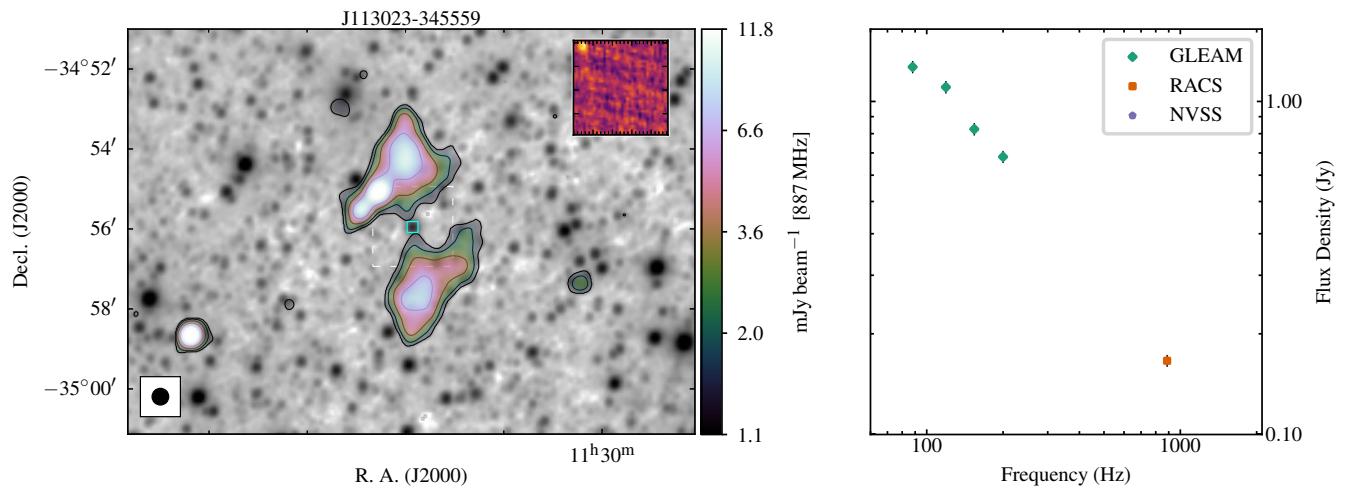


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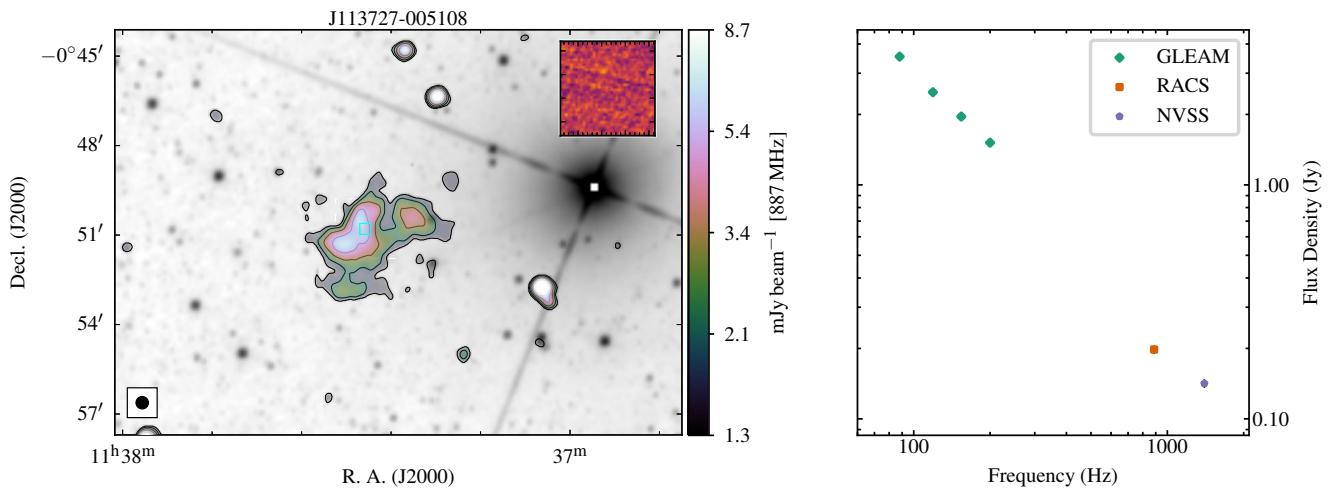
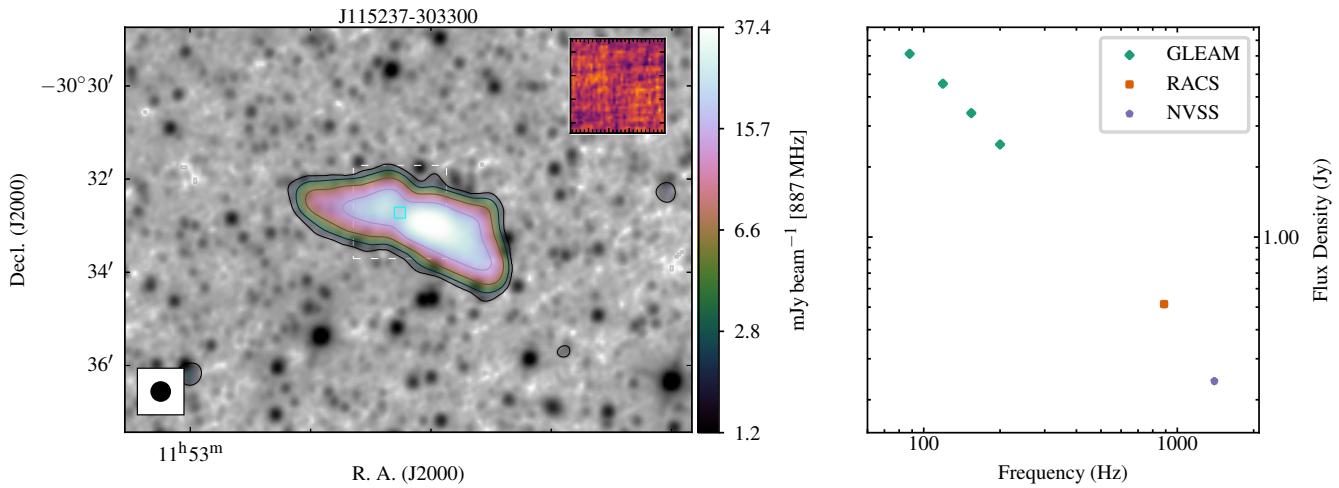
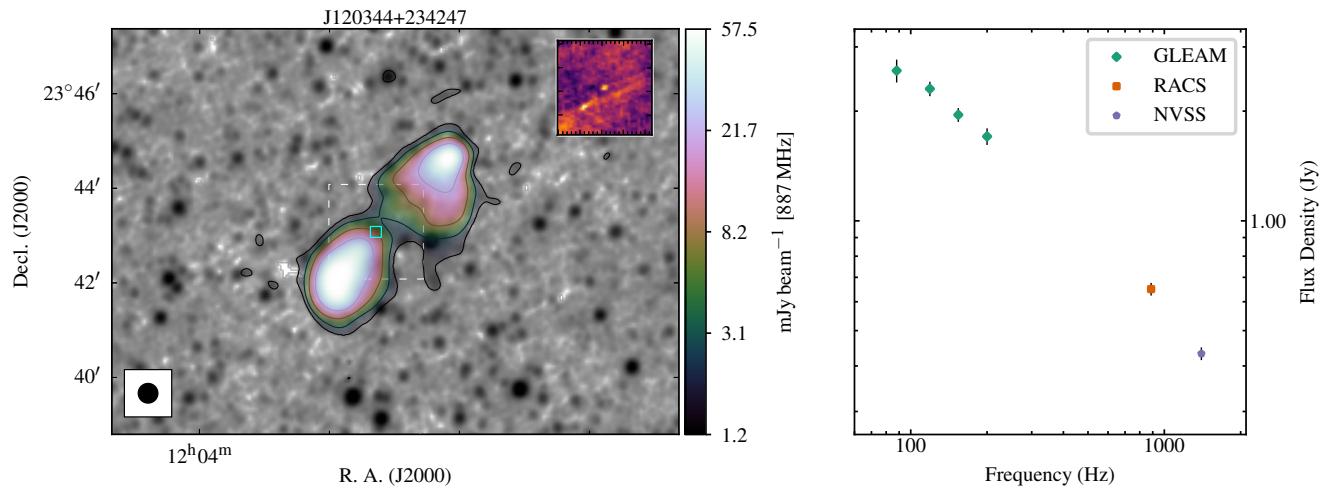
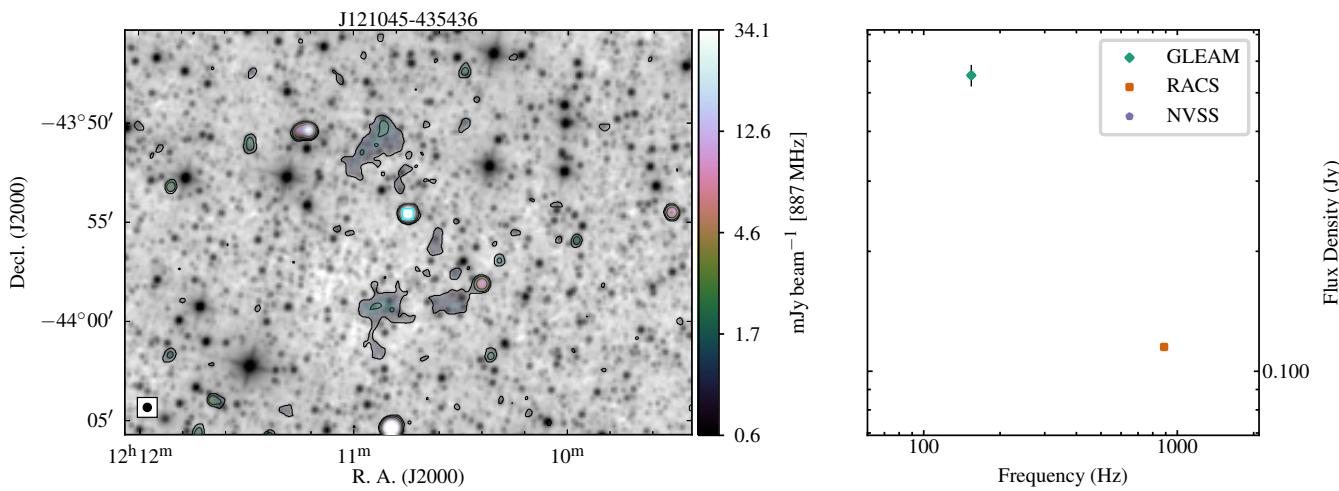


Figure S50. Same as Fig. S1 but for J113727-005108.

**Figure S51.** Same as Fig. S1 but for J115237-303300.**Figure S52.** Same as Fig. S1 but for J120344+234247.**Figure S53.** Same as Fig. S1 but for J121045-435436.

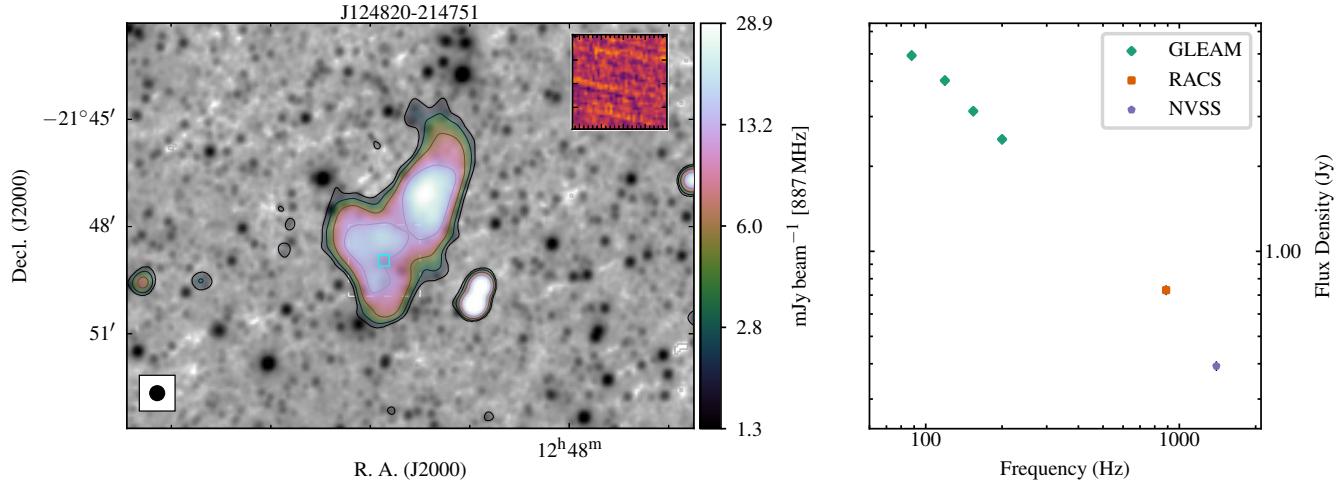


Figure S54. Same as Fig. S1 but for J124820-214751.

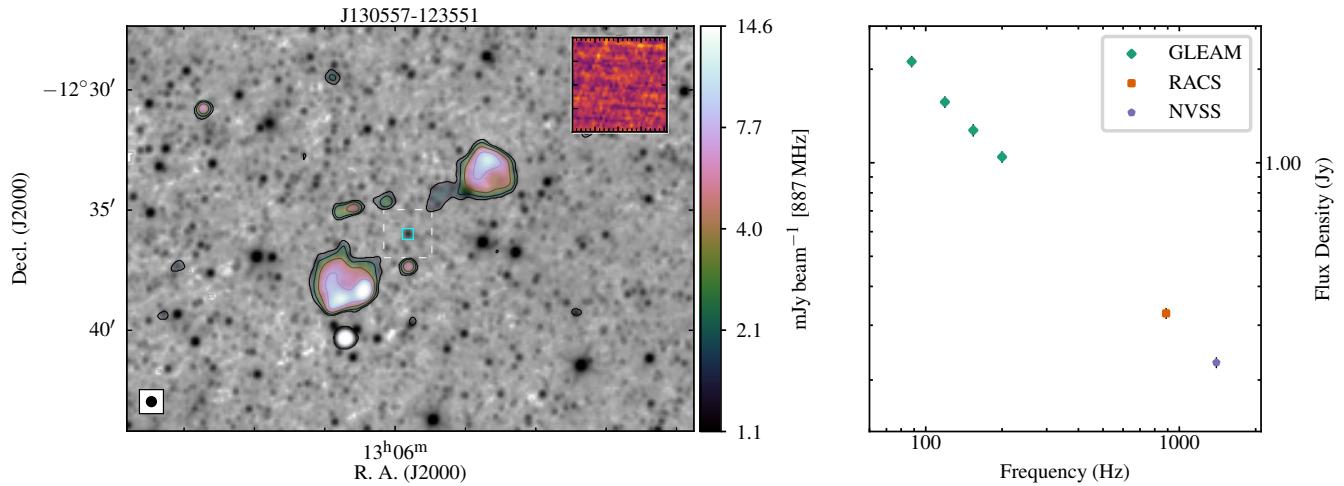


Figure S55. Same as Fig. S1 but for J130557-123551

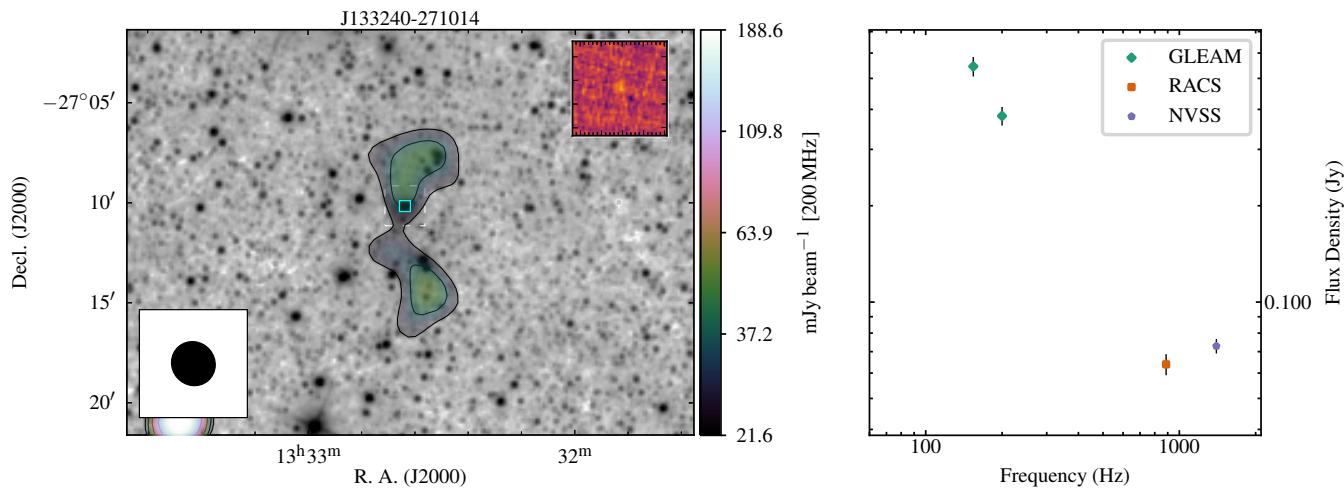
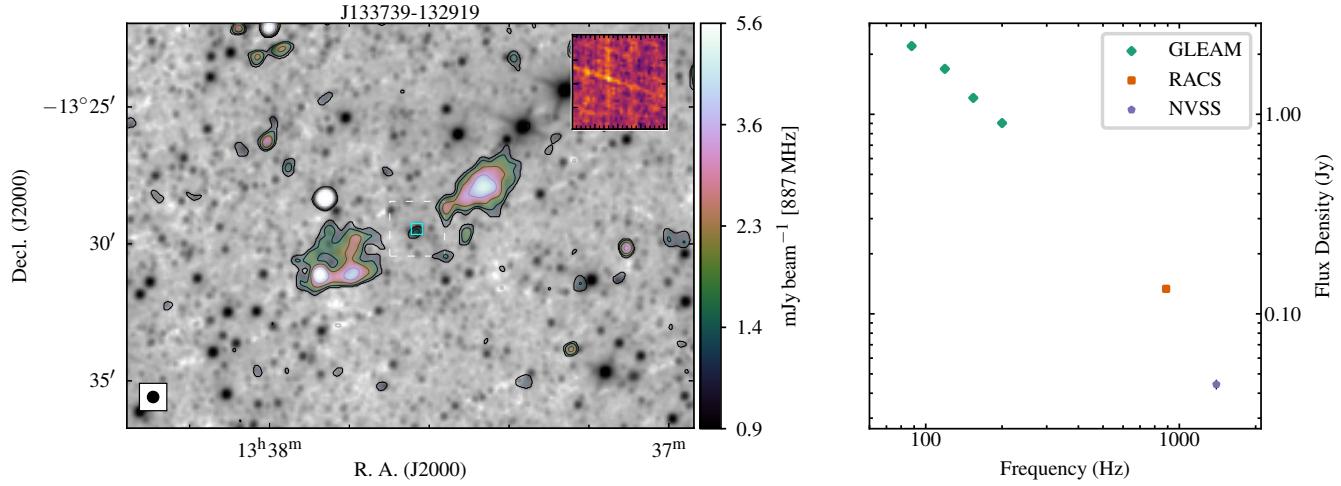
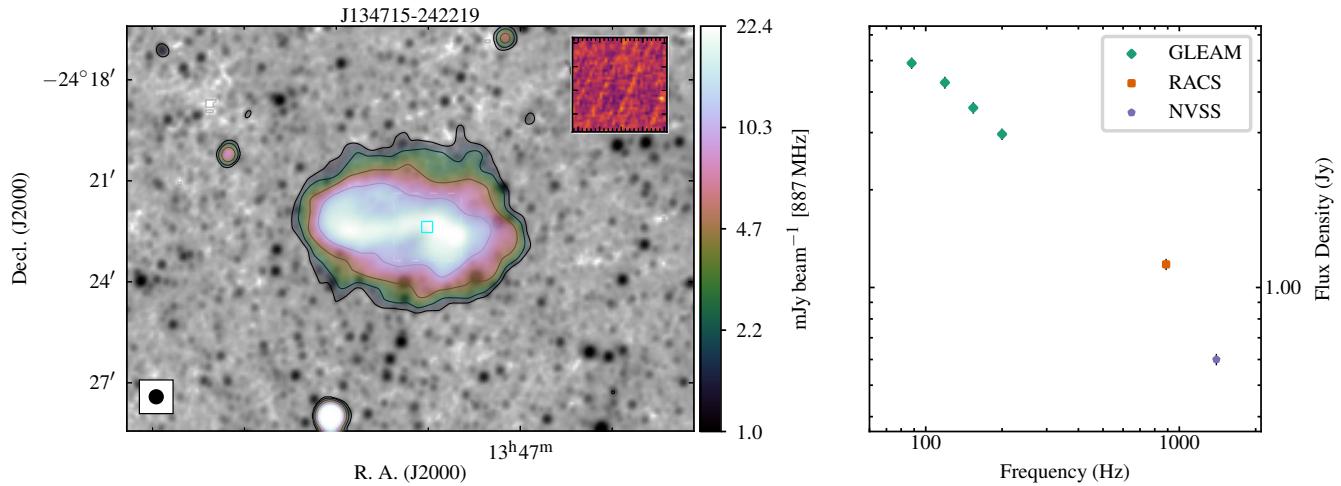
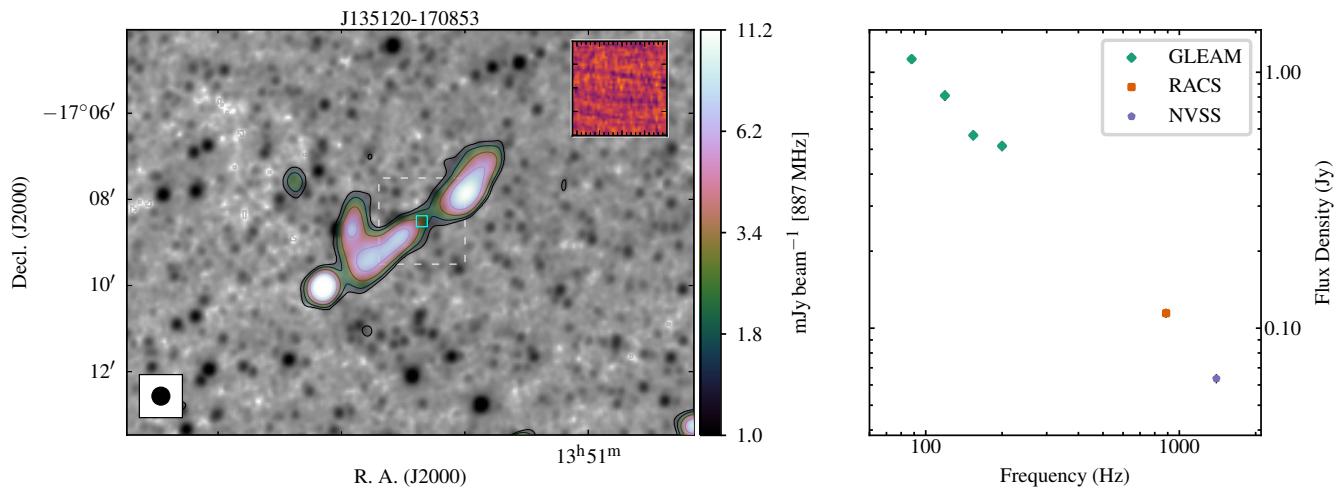


Figure S56. Same as Fig. S1 but for J133240-271014.

**Figure S57.** Same as Fig. S1 but for J133739-132919.**Figure S58.** Same as Fig. S1 but for J134715-242219.**Figure S59.** Same as Fig. S1 but for J135120-170853.

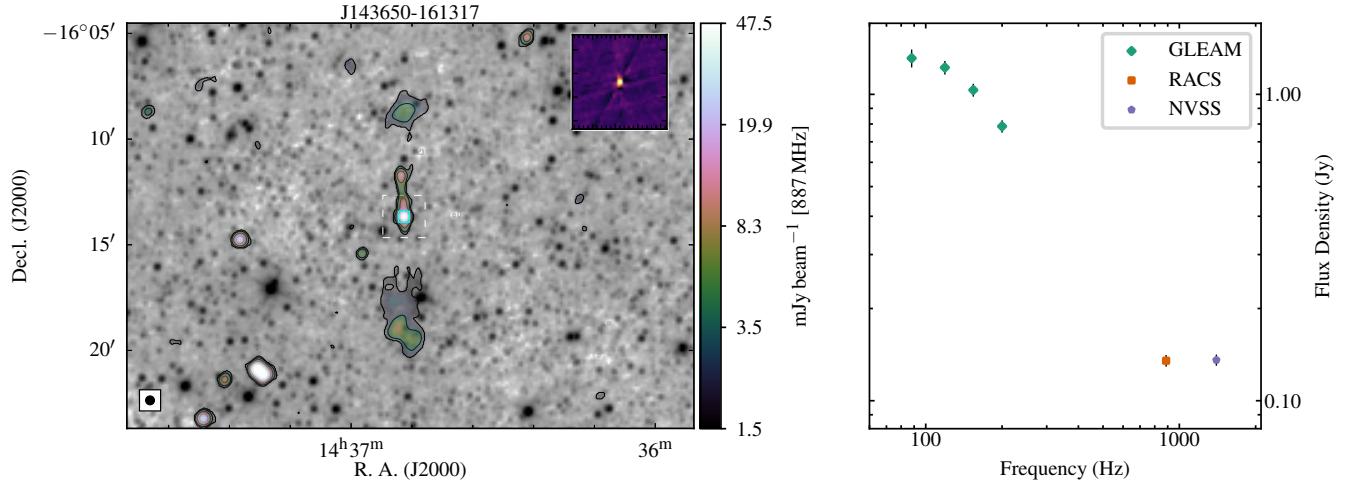


Figure S60. Same as Fig. S1 but for J143650-161317.

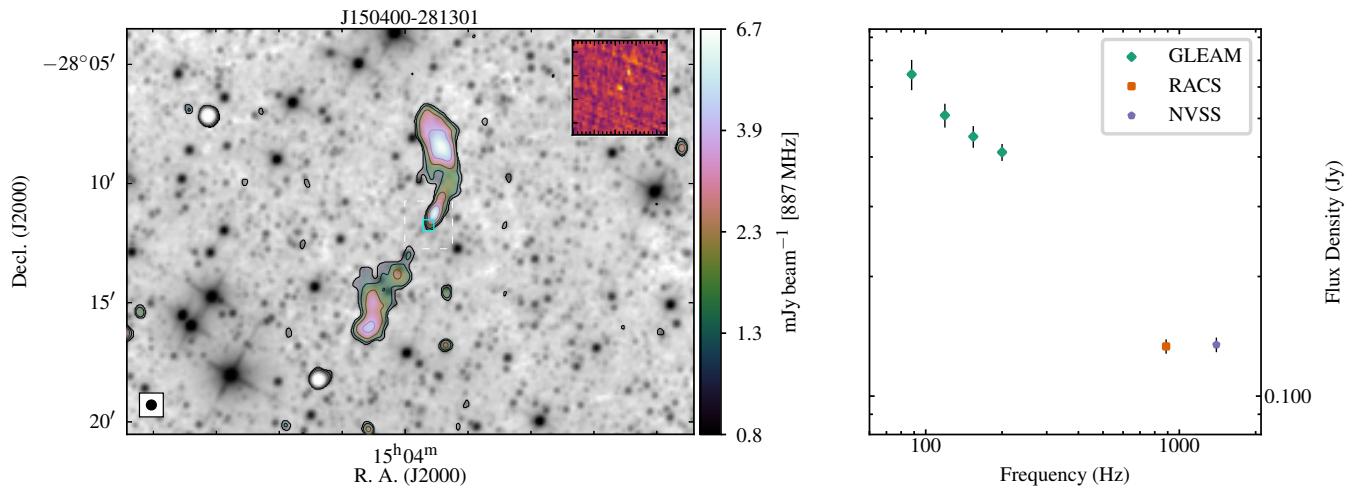


Figure S61. Same as Fig. S1 but for J150400-281301.

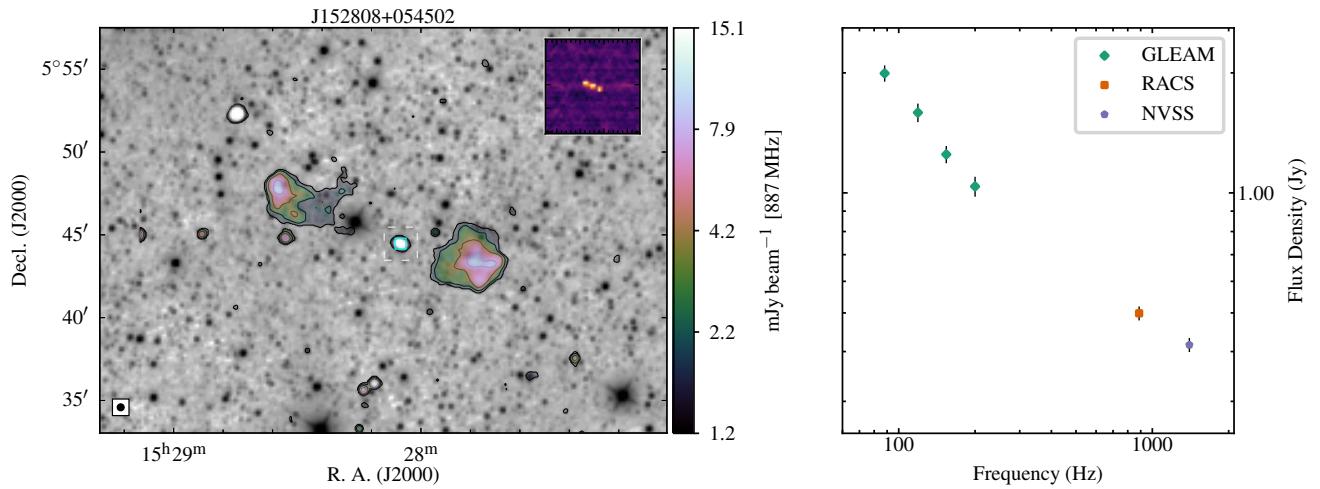
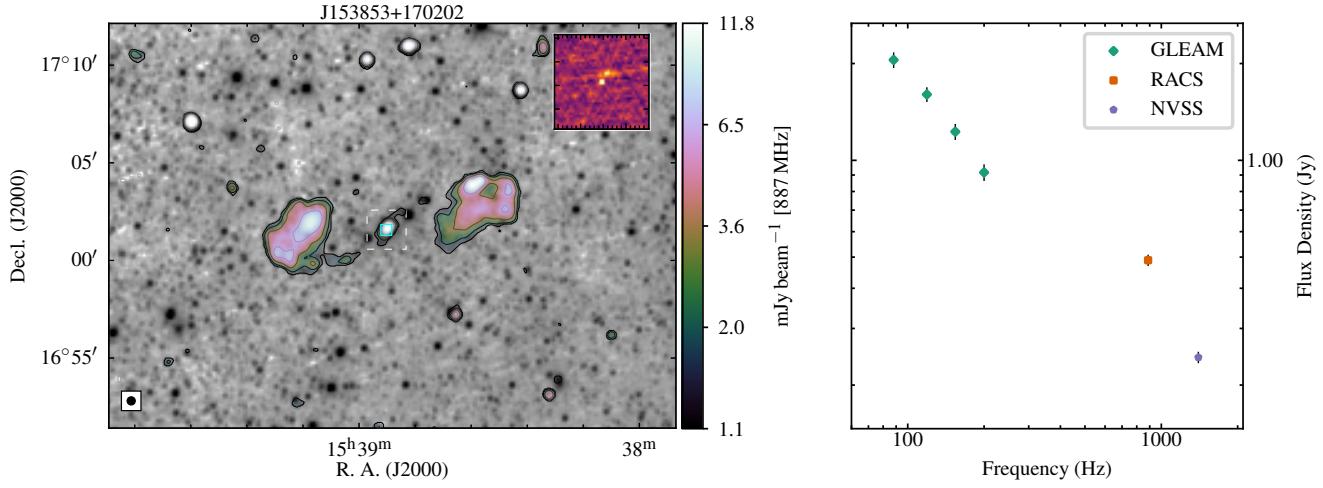
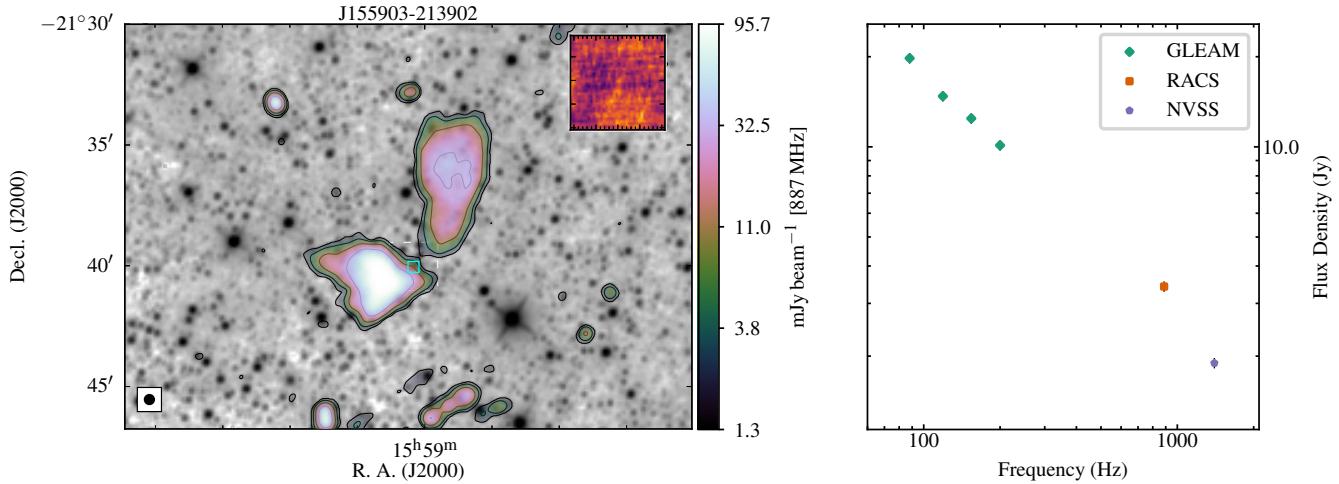
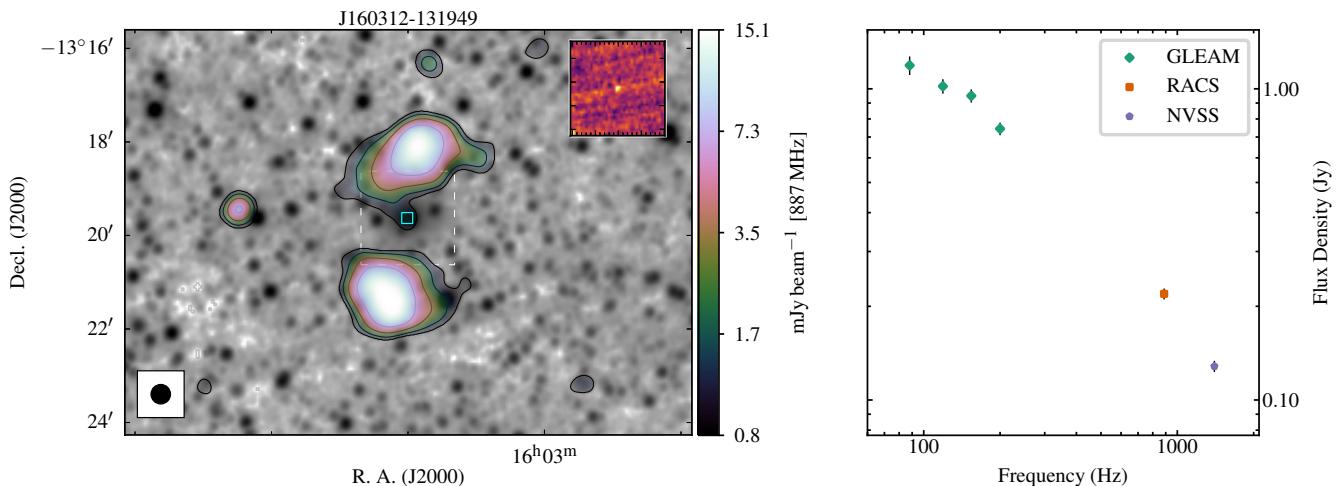


Figure S62. Same as Fig. S1 but for J152808+054502.

**Figure S63.** Same as Fig. S1 but for J153853+170202.**Figure S64.** Same as Fig. S1 but for J155903-213902.**Figure S65.** Same as Fig. S1 but for J160312-131949.

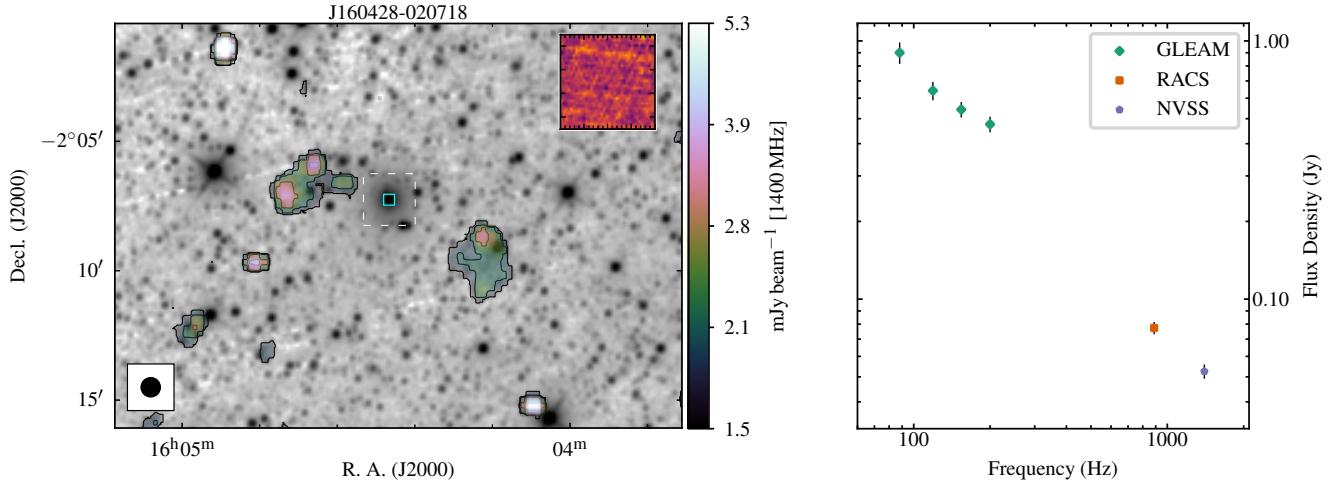


Figure S66. Same as Fig. S1 but for J160428-020718.

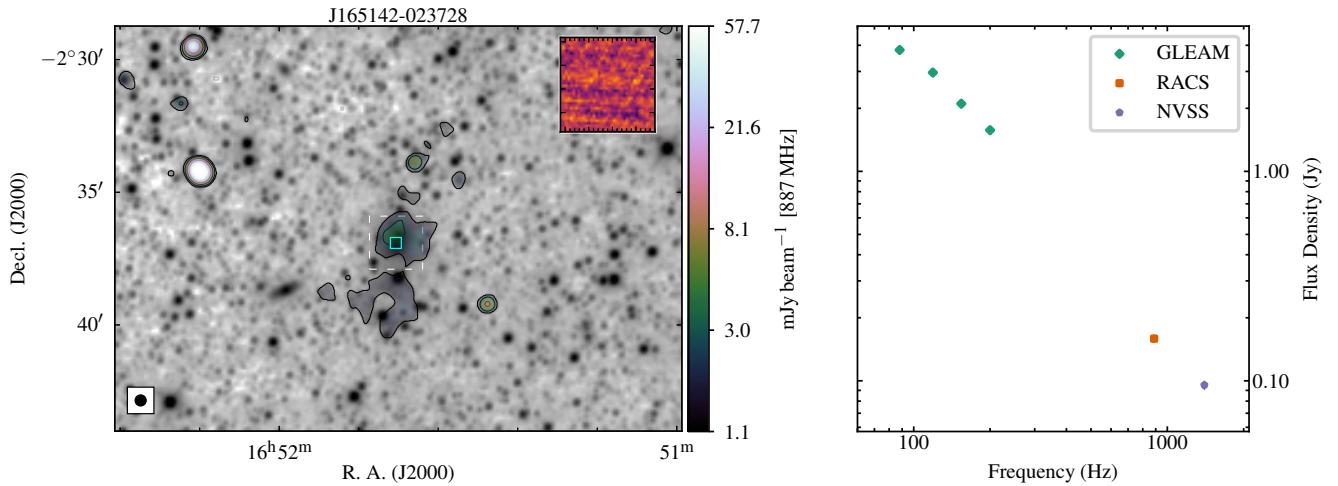


Figure S67. Same as Fig. S1 but for J165142-023728.

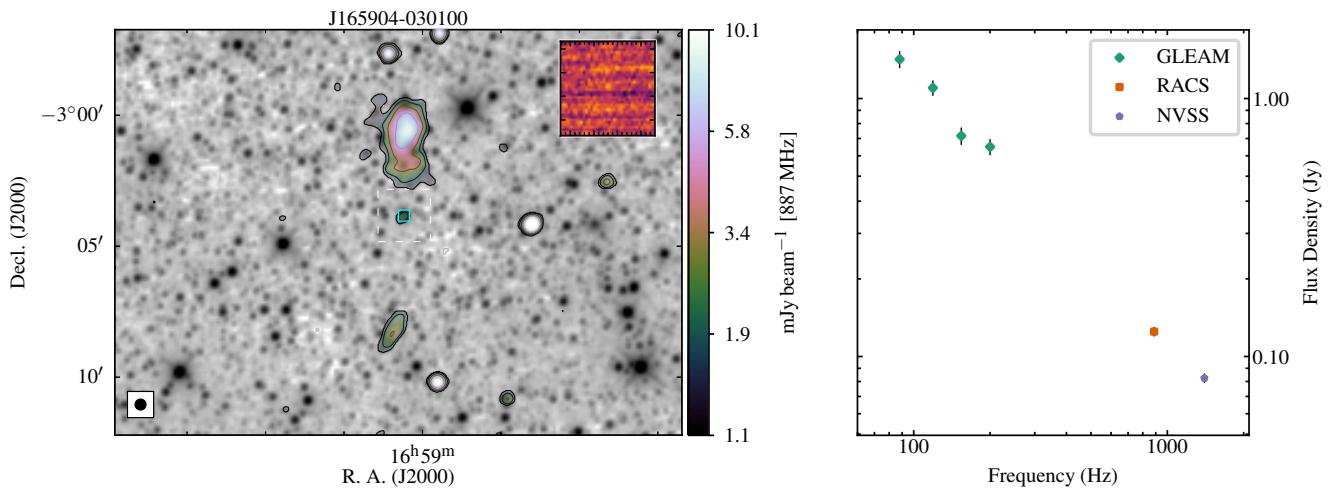
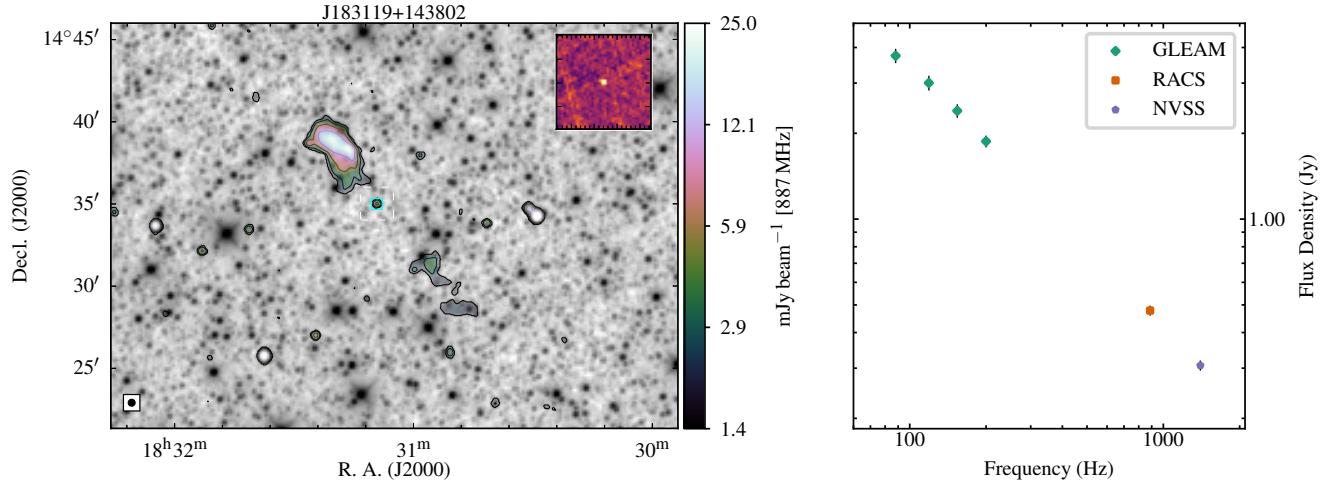
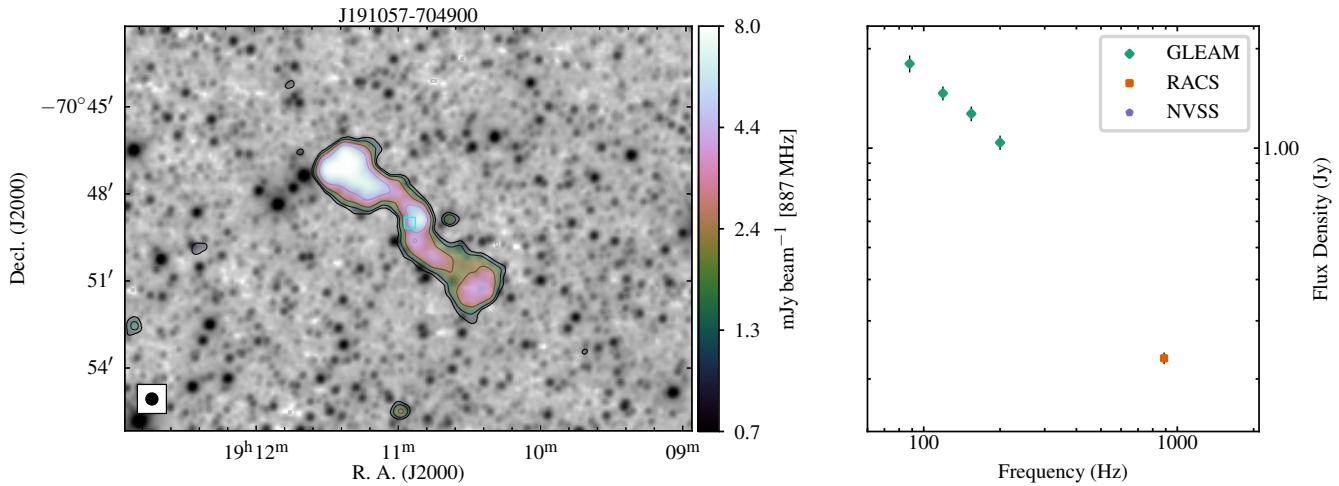
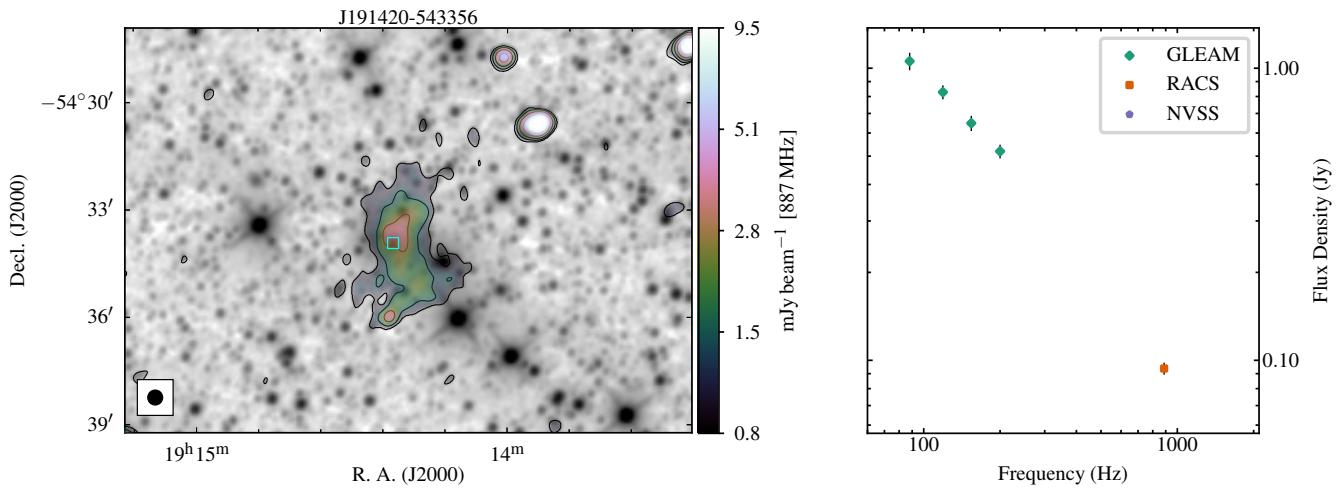


Figure S68. Same as Fig. S1 but for J165904-030100.

**Figure S69.** Same as Fig. S1 but for J183119+143802.**Figure S70.** Same as Fig. S1 but for J191057-704900.**Figure S71.** Same as Fig. S1 but for J191420-543356.

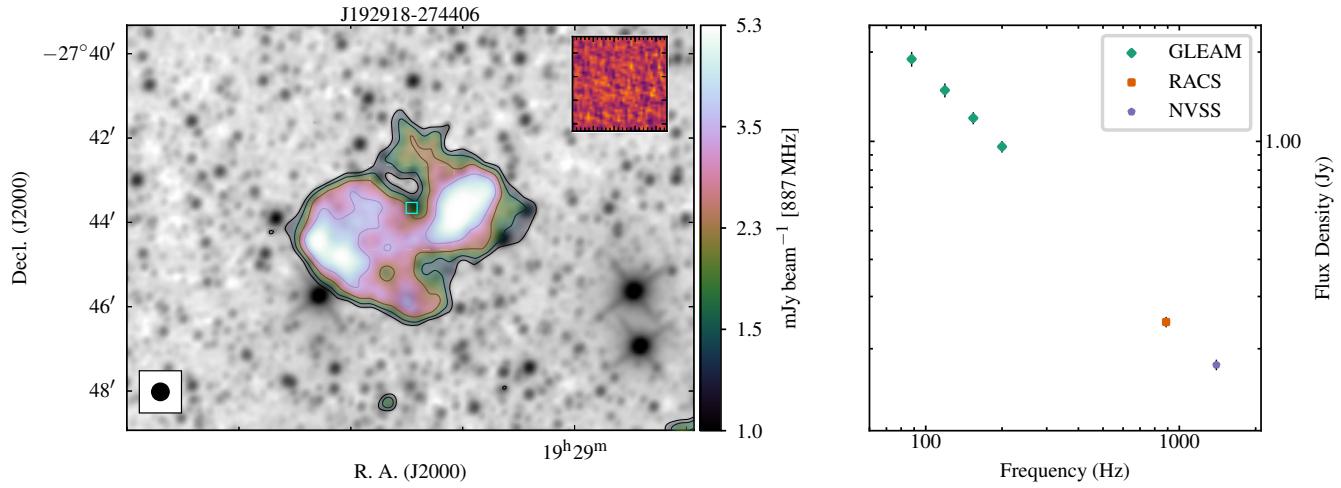


Figure S72. Same as Fig. S1 but for J192918-274406.

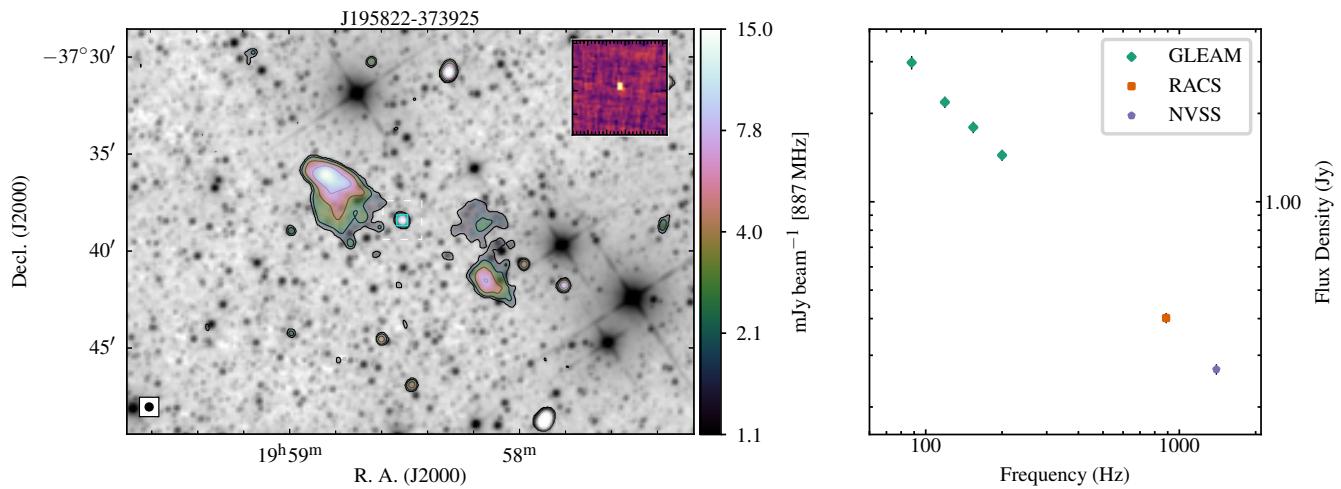


Figure S73. Same as Fig. S1 but for J195822-373925.

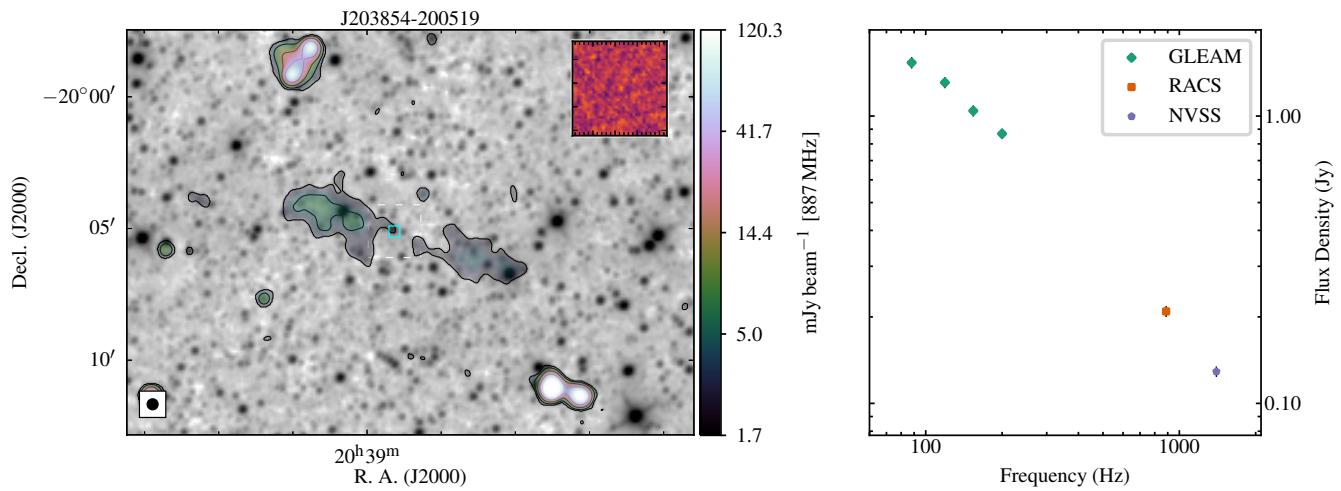
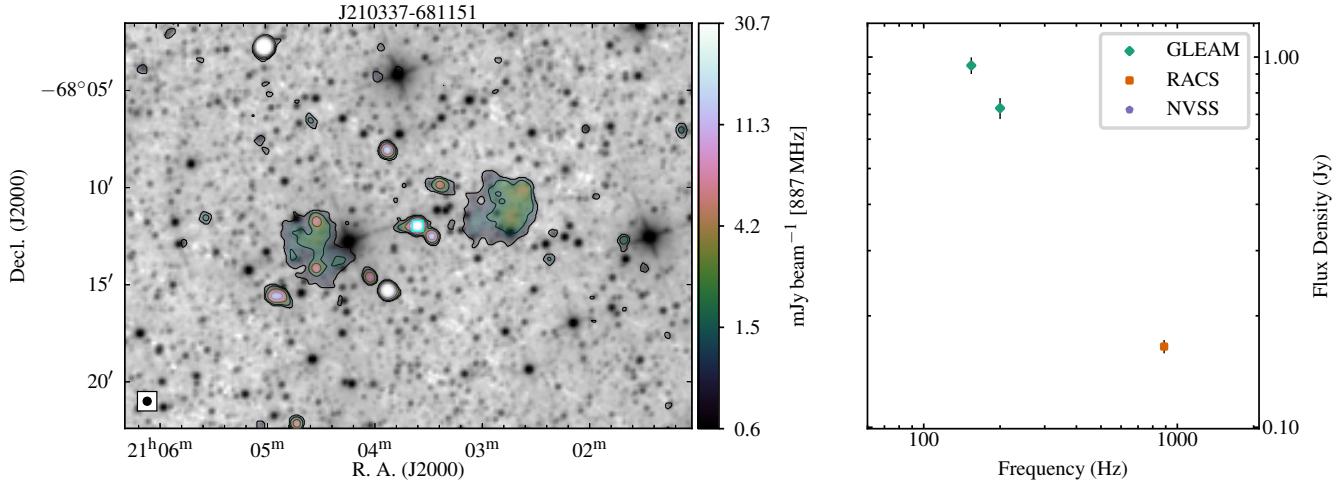
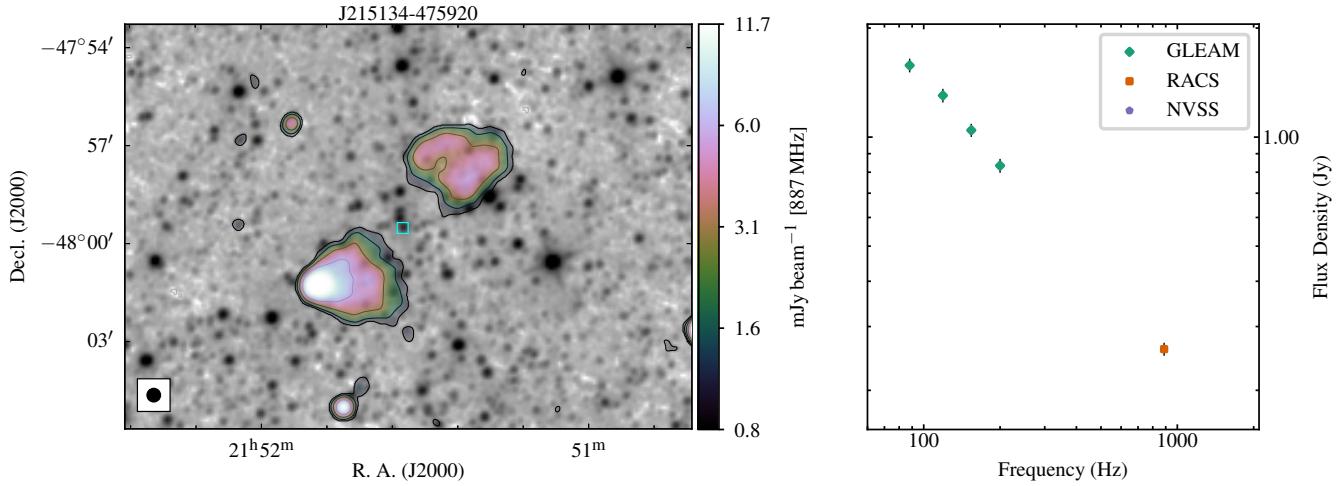
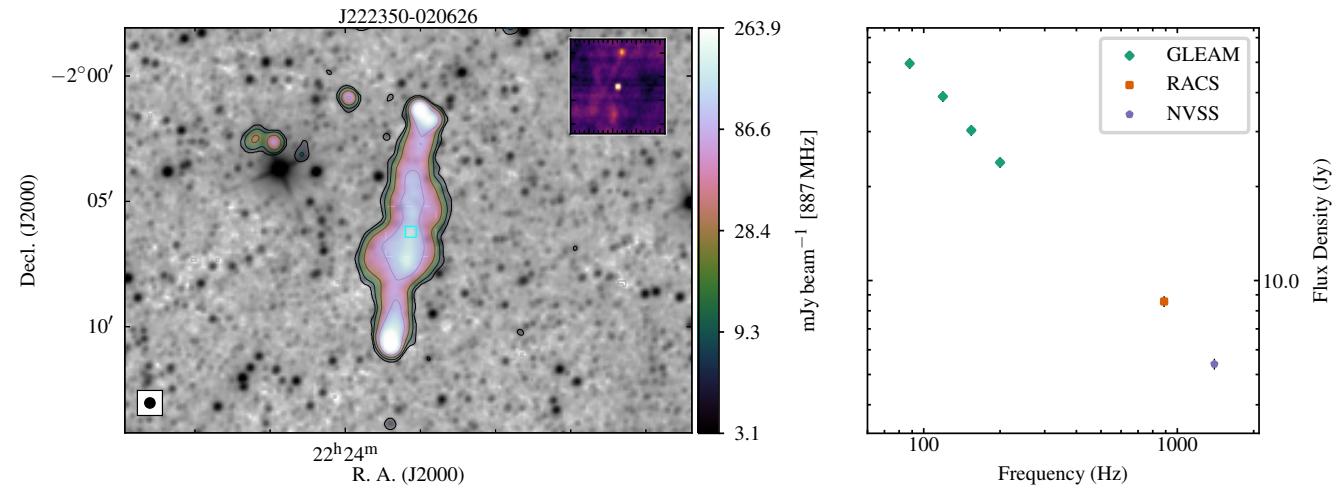


Figure S74. Same as Fig. S1 but for J203854-200519.

**Figure S75.** Same as Fig. S1 but for J210337-681151.**Figure S76.** Same as Fig. S1 but for J215134-475920.**Figure S77.** Same as Fig. S1 but for J222350-020626.

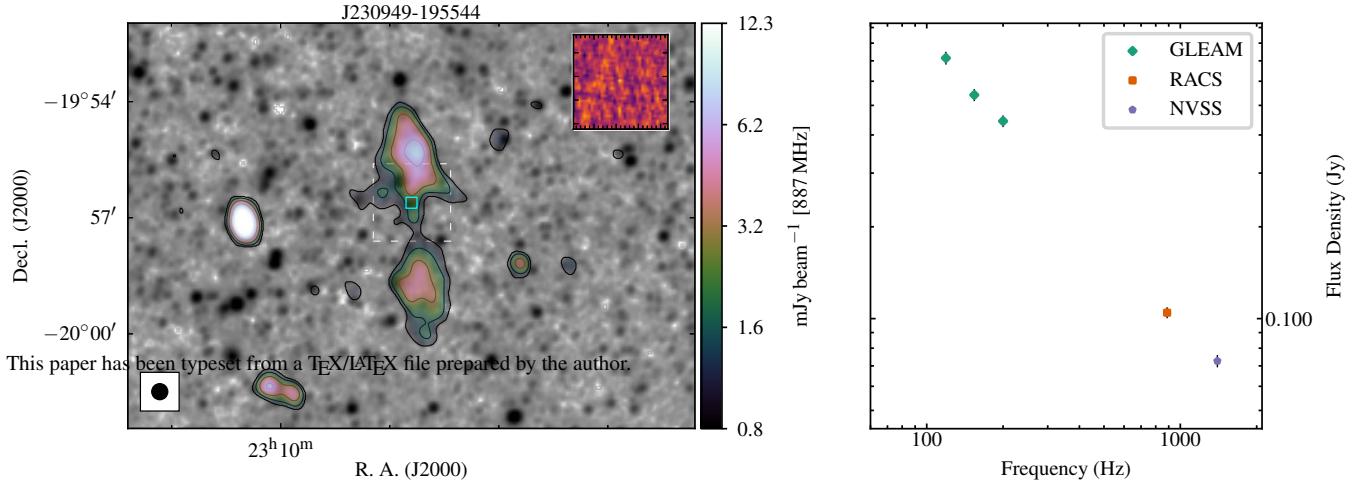


Figure S78. Same as Fig. S1 but for J230949-195544.

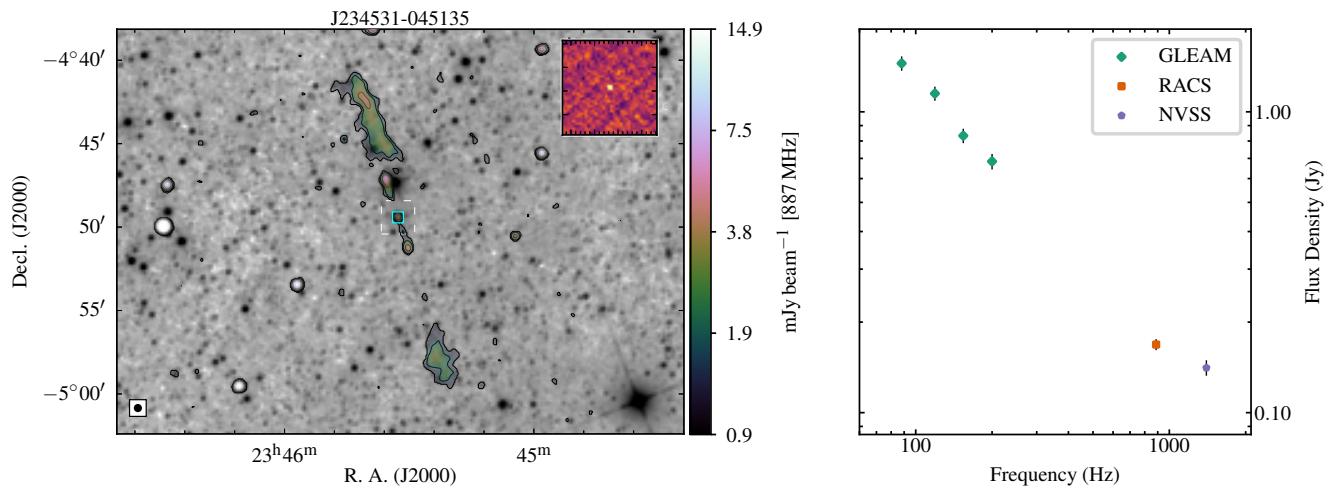


Figure S79. Same as Fig. S1 but for J234531-045135.