Rapid paleomagnetic variations 10^{4} Rate of change of Dipole tilt Steens Mountains **△** VGP latitude VGP latitude (from dl/dt) 10^{3} Source: ♦ A SH models data contested data 10^{2} Sheep Creek ▲▼ optimal solution Sulmona (IMMAB4) ∆Sulmona (2015) Black Sea (LSMOD1) 10^{1} Sanxing Cave Black Sea (LSMOD1) Sulmona (IMMAB4) **≜**IMMAB4 LSMOD1 10^{0} Sulmona (2014) Black Sea ♦ LSMOD1 10^{-1} olmmaB4 Δ Black Sea (LSMOD1) Δ Sulmona (IMMAB4) 10^{-2} 10-3 10^{1} 10² 10⁰ 10³ 10^{4} Age / ka