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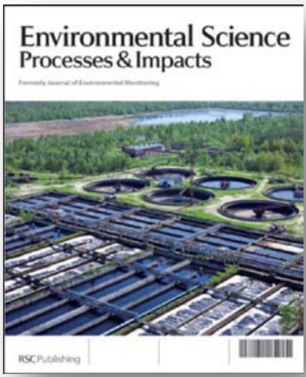

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Headwater streams are a central feature of the landscape, with their diversity in structure and associated ecological function providing a potential natural buffer against downstream nutrient export. Assessment of these systems through their dominant biota, the phytobenthos, is critical given the key role of headwaters within catchments. By understanding the responses of benthic diatoms to antecedent conditions we can begin to determine key physical and chemical drivers of these communities, which could then be used to inform stream and wider catchment mitigation and monitoring efforts.

The role of 'real time ecology' in understanding the nutrient and community dynamics of headwater streams.

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Abstract

Headwater streams are a central feature of the landscape, with their diversity in structure and associated ecological function providing a potential natural buffer against downstream nutrient export. Phytobenthic communities, dominated in many headwaters by diatoms, must respond to physical and chemical parameters that can vary in magnitude within hours whereas the ecological regeneration times are much longer. How diatom communities develop in the fluctuating, dynamic environments characteristic of headwaters is poorly understood. Deployment of monitoring technology in sub-catchments of the River Eden, NW England, provides the opportunity for near-continuous measurement of temporal variability in stream discharge and nutrient resource supply to benthic communities, as represented by monthly diatom samples collected over two years. Our data suggest that the diatom communities and the derived Trophic Diatom Index, best reflect stream discharge conditions over the preceding 15 - 21 days and TP concentrations over a wider antecedent window of 7 – 21 days. This is one of the first quantitative assessments of long-term diatom community development in response to continuously-measured stream nutrient concentration and discharge fluctuations. The data reveal the sensitivity of these headwater communities to mean conditions prior to sampling, with flow as the dominant variable. With sufficient understanding of the role of antecedent conditions, these methods can be used to inform interpretation of monitoring data, including those collected under the European Water Framework Directive and related mitigation efforts.

Key words

Headwater streams, Diatoms, Ecological status assessments, Antecedent condition.

Environmental Impact

Headwater streams are a central feature of the landscape, with their diversity in structure and associated ecological function providing a potential natural buffer against downstream nutrient export. Assessment of these systems through their dominant biota, the phytobenthos, is critical given the key role of headwaters within catchments. By understanding the responses of benthic diatoms to antecedent conditions we can begin to determine key physical and chemical drivers of these communities, which could then be used to inform stream and wider catchment mitigation and monitoring efforts.

Introduction

Headwater streams drain up to 80% of catchments yet pose daunting challenges to the assessment of ecological status using indicator organisms[1-3], necessary for meeting the objectives of the European Water Framework Directive[4]. The dynamic nature of rainfall in many headwater catchments results in frequent disturbance and resetting of community structure by high discharge events and episodic nutrient fluxes[5, 6]. To understand the biodiversity and ecology of headwater systems it is important to recognise that the natural flow regime of headwaters is dynamic[7] and that this dynamism plays a central role in determining and maintaining ecosystem integrity[8, 9]. Traditional biomonitoring approaches are typically based on single seasonal sampling of relatively long-lived organisms such as fish or macrophytes, or multi-seasonal sampling of invertebrates[10-13], providing only snap-shots of a community and not capturing the natural variability that defines headwaters.

Headwater ecosystems are often dominated by benthic communities[14] forming biofilms comprised of a mixture of algae and microbial components[15, 16]. Foremost amongst the algae in terms of abundance are diatoms; siliceous unicellular algae with strong environmental affinities, which are widely used in monitoring[17-19]. Benthic diatoms have the most rapid turnover of organisms used in stream monitoring[20] and readily respond to changes in flow and nutrients[21-26], making them useful proxies of temporally-rapid ecosystem change and one of the few that can capture the dynamics of headwaters. Understanding environment-ecosystem sensitivities is important if adequate baselines are to be established from which to assess attempts to mitigate diffuse pollution in headwaters specifically and within wider river systems more generally.

The dynamic physical environment of headwaters ensures that nutrient resources are also highly temporally variable[27, 28]. In small headwater catchments, nutrients enter streams through varied hydrological pathways[29-31], where event-driven processes predominate, rather than the damped, baseflow-influenced hydrological regime within larger, lowland catchments[32]. This generates considerable variability across diverse temporal scales in nutrient concentration and it availability to the benthic community in these systems[33]. Community structural variability can be captured using nutrient-sensitive metrics such as the Trophic Diatom Index (TDI)[34]. The TDI is an index used for classifying ecological status based on the ecological sensitivity of diatoms to water quality, and especially to total phosphorus (TP)[34-36]. Therefore, event-driven flow patterns and nutrient delivery processes are particularly important in understanding benthic diatom community dynamics[37] which are in a continuous mode of re-set and response. Despite this interaction, few studies have addressed the temporal impacts of flow-nutrient transfer relationships on community dynamics in headwaters over an extended period of time. However, advances in monitoring technology have led to the opportunity for near-continuous measurements of environmental variables such as water chemistry and discharge[38-41] to better determine the salient drivers of ecological communities and crucially, their critical response periods.

This paper aims to evaluate the influence of temporal variability in discharge and total phosphorus concentration on benthic headwater communities, and therefore the reliability of ecological status assessments based on infrequent sampling of these organisms. Twenty five months of diatom community data from two headwater streams in the River Eden catchment, England, were investigated to address the hypothesis that, at any given point in time, the benthic diatom community will reflect the accumulated effect of a critical period of antecedent temporal dynamics in discharge and nutrient conditions. Hence, the calculated metrics used in ecological assessments[42, 43] will be skewed toward these antecedent conditions, rather than reflecting the spot water samples often collected to support calibrations. For the first time here, we attempt to define the duration of diatom community response periods for headwater streams. This evaluation will contribute to the interpretation of the ecological monitoring of water quality in headwater ecosystems, and give greater insights into diversity and species interactions that condition the resilience and dynamics of headwater phytobenthos and, ultimately, down-stream functioning[44-46].

Methods

Study area

Data were collected from two small rivers, Newby Beck (54°35'N, 02°962'W) which drains the headwaters of the Morland catchment and Pow Beck (54°50'N, 02°57'W), with catchment areas of 12.5 and 10.5 km^2 respectively within the wider River Eden catchment, NW England. These sub-catchments (figure 1) form part of the Defra (Department for the Environment and Rural Affairs)-funded Demonstration Test Catchments (DTC) programme, a catchment-scale research platform testing measures for addressing the effects and impact of diffuse pollution from agriculture on stream ecosystems[38-41].

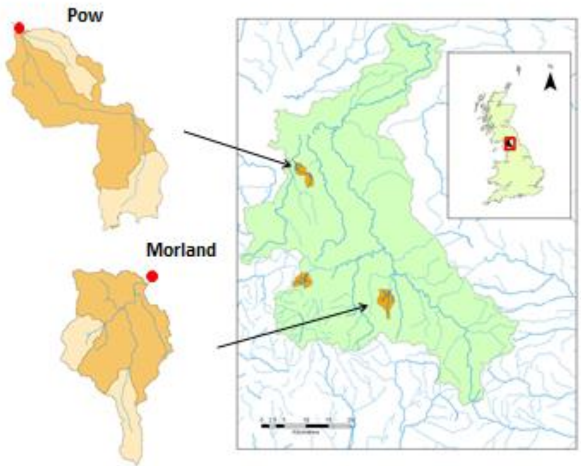


Fig 1: Morland (Newby Beck) and Pow Beck catchments of the River Eden, NW England. Red points indicate sampling locations for discharge, water quality and diatom communities.

The upper section of the Morland catchment in general drains exposed steeply dipping, fractured Carboniferous limestone, shale and sandstone units. A significant proportion of its catchment consists of improved grassland, with rough grazing and arable land representing additional land uses. The main sources of pressure within the Morland sub-catchment are sediment-induced turbidity and elevated P concentrations[47]. Pow Beck is located in the north of the Eden catchment and consists of a significant till cover overlying the St Bees Sandstone[48]. Land uses in Pow Beck include improved grassland, arable and rough grazing land, coinciding with intensive agricultural practices associated with dairy, sheep, pigs and poultry production. Key pressures in the Pow Beck catchment are fine sediments alongside high concentrations of nitrate and phosphorus[47].

Automatic weather stations in each catchment measure rainfall at intervals of 15 minutes. Monitoring stations adjacent to biological sampling areas provide *in-situ* water quality measurements at a resolution of 60 minutes. Hach Lange nutrient analysers consist of a Phosphax Sigma wet chemistry analyser, which measures total phosphorus (TP). Flow measurements are derived by applying stage-discharge relationship to 15 minute water level readings recorded by a pressure transducer. The stage-discharge relationship was developed through the collection of manual current metering measurements and extrapolated beyond the gauged range using assumptions for the stage-velocity relationship and the hydrological water balance[49].

From March 2011 to March 2013 mid-monthly diatom samples were taken from submerged stones in riffle areas (10-15cm water depth)[50]. Clean frustule suspensions were obtained by oxidizing organic matter with hot hydrogen peroxide (30% v/v). Permanent slides were then prepared using Naphrax high resolution diatom mountant. Three hundred diatom valves were identified and counted along transects at 1000x magnification, under oil immersion, with a Zeiss Axioskop microscope. Valves were identified using standard floras (primarily Krammer and Lange-Bertalot, 1986, 1988, 1991, 1991))[51]. Calculation and interpretation of TDI v3 and EQR followed the WFD DARES protocol under the classification tool DARLEQ (Diatom Assessment of River and Lake Ecological Status) [52 53].

Daily average rainfall, discharge and TP data were used to explore relationships with TDI and chlorophyll-a. Monthly TDI values are based on scrapes from 5 cobbles which are pooled to form a composite sample. Benthic chlorophyll-a measurements were taken using *in-situ* fluorometry (ISF), through a hand-held probe, the BenthoTorch©. Three cobbles were taken at random from riffle zones and benthic chlorophyll-a of each was measured to yield a single composite sample. Details of this method are provided elsewhere[54]. Calculations of antecedent forcing periods of TDI and ISF chlorophyll-a to rainfall were based on daily averaged data over 18 months for Pow and 25 months for Newby Beck. Daily averages for discharge and total phosphorus for Newby Beck are based over 23 and 16 months, and 18 and 10 months respectively, for Pow. Pearson's r statistic was calculated between monthly TDI or chlorophyll-a against mean discharge for Pow and Newby Beck and TP for Newby Beck. The quasi-continuously sampled discharge and TP data were averaged over periods from zero to 21 days.

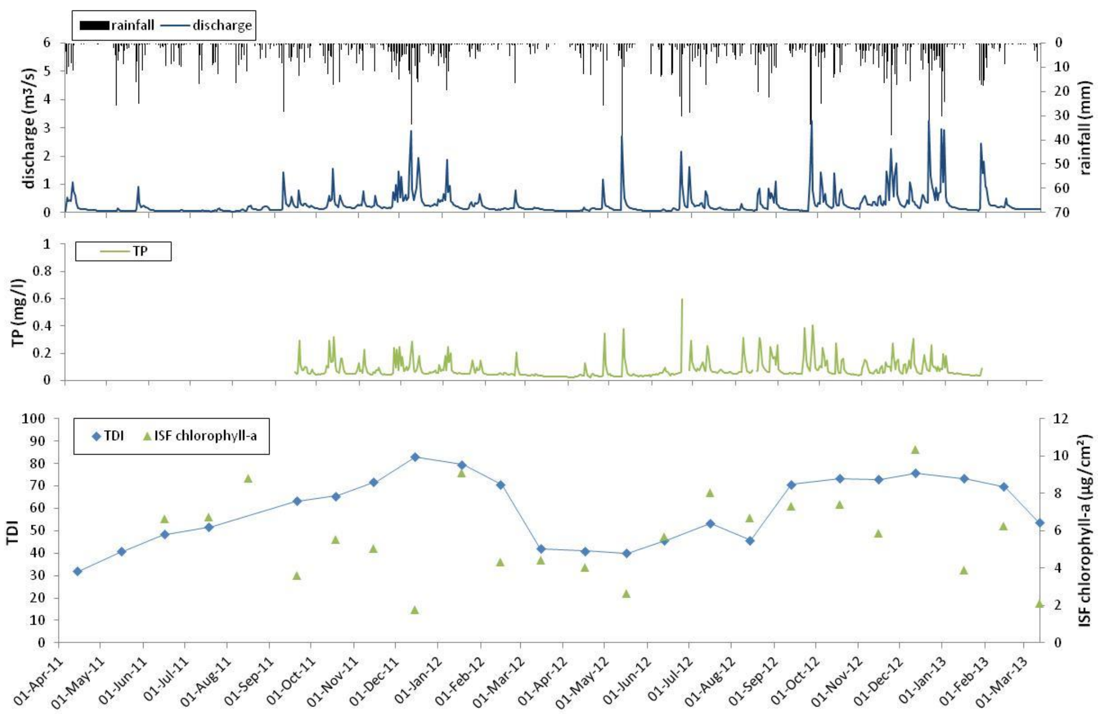
Results

High temporal variability in the benthic communities of the two River Eden sub-catchments was anticipated as an ecological response to rainfall and associated discharge characteristics and nutrient transfer processes (Table 1).

Table 1: Rainfall and discharge characteristics for Morland and Pow catchment over the hydrological years 2011-12 and 2012-13.

Catchment	Morland	Pow	Morland	Pow
Hydrological year	2011-2012	2011-2012	2012-2013	2012-2013
Rainfall (mm)	1205	1014	1190	801
Discharge (mm)	707	498	708	500
Rainfall runoff ratio	0.59	0.49	0.59	0.62

The flashy hydrological regime is clearly revealed by the tight coupling between daily precipitation and discharge over a 24-month period for Newby Beck and a 20 month period for Pow Beck (Figure 2). Correlations between rainfall and discharge are strongly positive (Newby Beck: $r = 0.74$, $p < 0.01$; Pow Beck $r = 0.63$, $p < 0.01$) and are discussed further elsewhere in this volume (REF). TP concentrations are also positively correlated with discharge (Newby Beck $r = 0.74$, $p < 0.01$; Pow $r = 0.54$, $p < 0.01$). In Pow Beck, high TDI and low biomass periods are generally associated with high discharge events and corresponding peaks in TP concentration. During these periods fast growing pioneer species, which have optimal colonisation rates on the scoured cobble substrate, are seen to dominate more than 50% of the assemblage. These include *Achnanthidium minutissimum* and *Amphora pediculus* in December 2011 and *Amphora pediculus* in October 2012 and December 2012. Periods of higher biomass, are generally associated with an increase in abundance of *Achnanthidium minutissimum*, as observed in May 2012, and *Cocconeis placentula var euglypta*, as typified in October 2011 and September 2012. In Newby Beck, key pioneer species dominate community structure on an annual cycle with *Achnanthidium minutissimum* dominating the species assemblage from March to August, while *Amphora pediculus* becomes dominant from September to February.



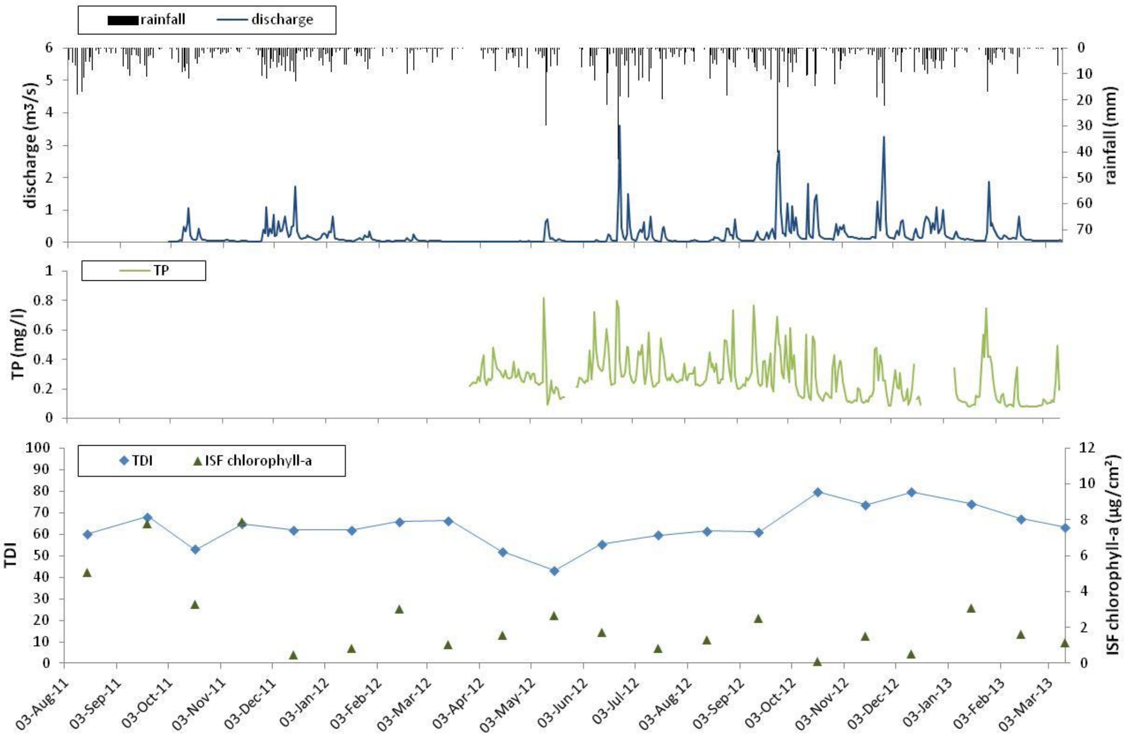


Figure 2: Monitoring data from River Eden demonstration test catchment outflow stations (a) Morland (Newby Beck) (b) Pow Beck. Precipitation, discharge and TP values are collected at 15 minute intervals and presented as daily averages. Monthly ecological sampling has been used to calculate the trophic diatom index (TDI) (and fitted with a moving average) and *in-situ* fluorometric chlorophyll-a.

Figure 2 illustrates the monthly development of two measures related to the headwater diatom communities, namely the calculated TDI water quality measure and the ISF benthic chlorophyll-a. For Newby Beck (Figure 2a), two distinct quasi-cyclic periods can be distinguished in the diatom community structure. TDI values, used here as a proxy for community structure, are relatively high between September and February, with a peak in December in both years, indicating a higher level of nutrient-tolerant taxa and thus, more nutrient-enriched conditions. This is supported by generally higher TP concentrations during these months. These patterns in TDI are partly tracked by benthic chlorophyll-a, which is used as a surrogate for benthic productivity. Within relatively quiescent hydrological periods, e.g. January to May 2012, broadly positive relationships between benthic productivity and community structure are observed, where lower TP concentrations and improved water quality, as inferred from the TDI, is matched by an increase in benthic chlorophyll-a. However, Figure 2a demonstrates near anti-phasing of chlorophyll-a with TDI during high discharge episodes, such as December 2012 and January 2013. Considerable resilience of these diatom communities is highlighted by the stability of the inter-monthly TDI scores against the highly variable hydrological regime and even the benthic chlorophyll-a. However, the annual range of TDI values is high, spanning ‘high’ to ‘poor’ EQR status and chlorophyll-a values from 1.73 to 10.35 ug/cm^2.

Similar quasi-cyclic periods are observed in the Pow catchment for TDI (Fig 2b) with TDI values inferring poorer water conditions from September to March in both years. Monthly values of the TDI are generally higher in the Pow sub-catchment than Newby Beck, ranging from 41 to 80, indicating overall poorer water quality than within Newby Beck in the Morland catchment. Inter-monthly variations are again relatively small, but as in Newby Beck, the range is significant and spans ‘high’ to ‘poor’ EQR classes. However, chlorophyll-a values range from 0.14 to 7.92 ug/cm^2, generally lower than in Newby Beck. Unlike in Newby Beck, there is generally an inverse relationship between the TDI and benthic chlorophyll-a. When values of TDI are high in Pow from October to March in both years, benthic productivity was seen to be less than 1 $\mu g/cm^2$, which is lower than productivity in the Morland catchment. Clusters of high rainfall events and associated high stream discharges correlate with high TDI values and low chlorophyll-a. Extreme examples of this inverse response in the ecological community structure and function to high discharge occurred in December 2011 and October 2012. Similarly to the case study at Newby Beck in the Morland catchment, the resilience of the communities in the Pow is evidenced by their overall stability in key species *Achnanthidium minutissimum, Amphora pediculus and Cocconeis placentula var euglypta* and associated productivity.

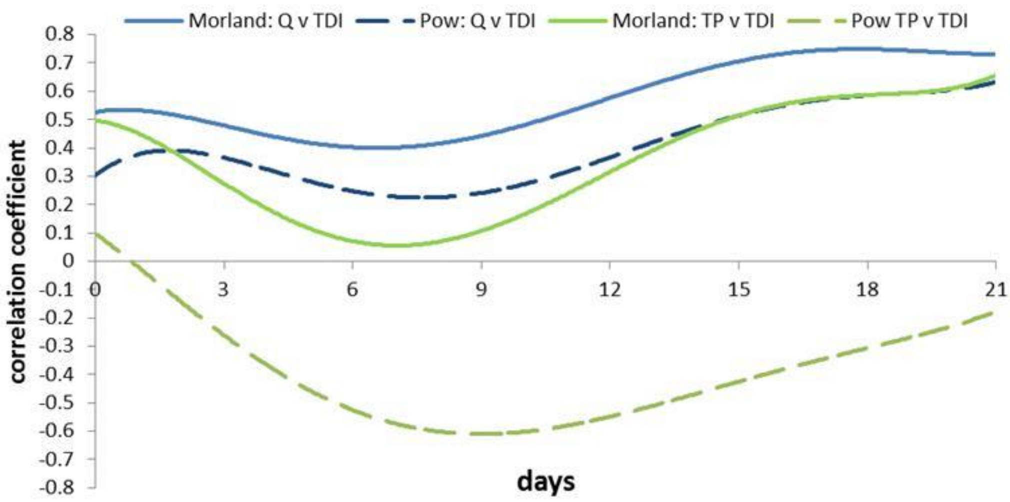


Fig 3: Antecedent forcing periods of TDI and ISF chlorophyll-a. Pearson's r is calculated between TDI and chlorophyll-a against mean discharge and TP for Pow and Newby Beck,. The continuously sampled environmental data is averaged over periods from zero to 21 days. Curves are 5th order polynomial regressions. The TDI and ISF are collected monthly over 25 months for Newby Beck (n=25) and 18 months for Pow Beck (n=18).

Discussion

Increases in discharge in these catchments can occur rapidly with timescales of hours to days and recovery from peaks to baseline conditions also occurs quickly (Figure 2). Within the Morland catchment, these flashy hydrographs are due to the steepness of the terrain and shallow soils overlying bedrock. As clay-rich glacial till is widespread in the Pow catchment, surface runoff can quickly be generated following rainfall. The flashy hydrological response contributes to extremely variable nutrient concentrations[55-57], which benthic communities, with longer regeneration times, must respond to. Key questions in in-stream ecological assessment are how these benthic communities respond and recover from event-driven disturbances, and how sensitive they are to antecedent nutrient and flow conditions. Despite the dynamic nature of the physical environment, strong similarities in the overall structural and functional benthic ecosystem changes in these two headwater streams are observed[58]. The primary control appears to be rainfall and associated discharge[59-61] which is coherent between these geographically related sites. For both Newby Beck and Pow Beck, TDI increases as discharge increases, indicating delivery of nutrients to the streams during high rainfall and associated discharge events. Conversely, chlorophyll-a values tend to be lower during high discharge events. This is most likely a combination of high bed shear stress scouring the biofilms, probably enhanced by sediment abrasion, and lower light levels restricting photosynthesis under deep water with high turbidity levels. These data imply that yearly biomass of the community can change 10-fold, whereas month-on-month community composition remains relatively stable within the annual cycle. The TDI does mask some internal variation in changes of assemblage diversity of more specialist species, but the value is largely controlled by the ratio of aforementioned key pioneer species that are both present and abundant all year round in the benthic assemblage, and have the ability to withstand changes in their habitat associated with flow including shear stress, light and nutrient concentration. From a community perspective, these flow related habitat characteristics can be significant in terms of succession stage, with successional state having a direct result on metric scores and WFD classification.

Therefore, this lends to the hypothesis that at any point in time the benthic diatom community will represent a critical time period which is reflective of accumulative antecedent temporal dynamics in discharge-nutrient condition. The continuous water chemistry, rainfall, flow data and levels collected by the EdenDTC project enables the critical antecedent period determining the diatom community structure (using TDI as a surrogate) and biomass (ISF benthic chlorophyll-a) to be investigated. Figure 3 shows that the TDI is positively correlated to mean discharge and the strength of the correlation increases according to the antecedent period. For Newby Beck an initial correlation between ($p < 0.05$, $r = 0.54$) is found between TDI and mean discharge on the day of diatom sampling, the correlation strengthens to a maximum after 15 days ($p < 0.05$, $r = 0.7$). Significant correlations are also observed between TDI and TP after 15 days ($p < 0.05$, $r = 0.53$), but this increases further to a maximum after 21 days ($p < 0.05$, $r = 0.66$). A similar pattern in discharge is observed in Pow Beck, although with lower coefficients and a maximum is reached later (21 days; $p < 0.05$; $r = 0.63$). For Pow Beck, significant correlations are observed between TDI and TP between 7-12 days ($p < 0.05$, $r = 0.6$). Overall, this indicates that at-a-point community composition is a product of factors related to discharge over the preceding 15 - 21 days. Given the positive relationship between discharge and TP, it is possible the relationship between TDI and discharge is partly mediated by nutrient concentration.

In Newby and Pow Becks, a non-significant relationship is found between benthic chlorophyll-a and antecedent discharge-TP conditions, thus indicating that antecedent conditions over the preceding 21 days are not key determinant of benthic productivity. While non-significant relationships are observed between benthic productivity and antecedent discharge-TP conditions, a clear response is observed in figure 2 to high discharge conditions. This is consistent with structure being defined by nutrient supply and retention within benthic biofilms[62], whereas physical controls on productivity, especially damage to biofilms through scouring, may be expected to have a more immediate influence[63]. This analysis demonstrates that aspects of community structure and ecological functional processes, such as chlorophyll-a production, respond differently to antecedent conditions, and that this may be dependent on catchment specific factors such as geology and land use which may equally important determinant of these benthic communities as climate.

Our results confirm temporal coupling between benthic algal biomass and nutrient concentrations in the two streams through the monthly sampling period, although the relationship between these variables differs in its strength and direction. The near-cyclical patterns observed in the two years of ecological data from both Eden sub-catchments suggest that variability linked to rainfall patterns on an almost seasonal basis is an inherent part of these systems. Note, these are not true seasonal cycles, rather linked to clusters in the incidence of precipitation and nutrient delivery. The ability of the communities to recover from event-driven disturbance to an underlying equilibrium with water quality implies resilience in the diatom communities. Nevertheless, differences in the magnitude of the TDI and chlorophyll-a between Newby Beck and Pow Beck highlights the importance of catchment specific factors, as well as temporal changes in physical and chemical factors. The two similarly sized catchments have comparable rainfall and discharge characteristics, yet local influences on the stream ecology can be discerned including geology, flow paths, residence times and most importantly, farming practices[64].

Due to the inherent variability of headwater streams it is important that ecological monitoring is conducted at an appropriate temporal resolution, and employs the correct community measures[65]. These data imply that a minimum of single seasonal sampling monitoring frequency, such as those suggested under WFD, is inadequate and is unlikely to give results representative of the full annual cycle. At the other extreme, the benthic diatom community structure will not reflect single events, but rather are an accumulated average of the preceding two to three weeks. This finding is beneficial to studies of baseline water quality conditions and supports previously expressed views on the representation of the diatom samples[66].

Conclusion

The opportunities provided by continuous environmental measurements have revealed the time-scale of response and sensitivities of benthic ecosystems in headwaters. The data indicate that assessment tools and metrics developed under the WFD for lower order rivers can be applied to headwater streams despite their dynamic nature, and that they can discriminate nutrient pressures between catchments. Nevertheless, it is essential to understand the importance of the impact of precipitation on these streams, and therefore both climate change[67] and land use management[68] have to be considered in parallel when planning for the future. Both of these factors can only be evaluated against long term data sets collected and an understanding of catchment processes across all seasons for several years. An appropriate temporal approach of multi-annual duration that encompasses both short term events and seasonal variability would provide particular value in terms of informing mitigation efforts to reduce diffuce pollution. Future research should be focused on improving understanding of benthic community composition and productivity in appropriate temporal frameworks, and environmental decision-making must accommodate event-driven physical and chemical processes, as only by understanding the real-time dynamics of headwaters can we fully understand the real-time ecology of these streams.

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