## **Supplementary Information**

## Mechanistic Investigation of the Ring Opening Metathesis Polymerisation of Alkoxy and Alkyl Substituted Paracyclophanedienes

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**Figure S1**. (a) Change of carbene concentration,  $H_a$ ,  $H_b$ ,  $H_c$  and **G2**, as observed by <sup>1</sup>H NMR spectroscopy, (b) change of carbene concentration and free PCy<sub>3</sub>, as observed by <sup>31</sup>P NMR spectroscopy during ROMP initiation of **G2** with **M1** at 25 °C.



Figure S2. (a) Conversion of M1 during ROMP with G3 at 40 °C, (b) change of carbene concentration  $H_a$ ,  $H_c$  and G3, as observed by <sup>1</sup>H NMR spectroscopy.



Figure S3.(a) Conversion of M2 during ROMP with G2 at 40 °C, (b) change of carbene concentrations,  $H_d$ ,  $H_e$  and G2, as observed by <sup>1</sup>H NMR spectroscopy, (c) change of carbene concentrations, as observed by <sup>31</sup>P NMR spectroscopy.



Figure S4. (a) Conversion of M2 during ROMP with G3 at 40 °C, (b) change of carbene concentration,  $H_d$ ,  $H_e$  and G3, as observed by <sup>1</sup>H NMR spectroscopy.



Figure S5. Resulting ruthenium carbene polymer chain ends (A, B, and C) during ROMP of M1 with G2.



Figure S7. *In-situ* ROMP <sup>31</sup>P NMR (thf-  $d_8$ , 202 MHz) spectra of M1 initiated with G2 at 40 °C (1420 min).



Figure S8. In-situ ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) spectra of M1 with G2 at 25 °C (1000 min).



min).



Figure S10. Resulting ruthenium carbene polymer chain ends (A and C) during ROMP of M1 with G3.



min).



Figure S12. In-situ ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) spectra of M1 with G3 at 25 °C (4000 min).



Figure S13. Resulting ruthenium carbene polymer chain ends (D and E) during ROMP of M2 with G2.





Figure S15. In-situ ROMP <sup>31</sup>P NMR (thf-  $d_8$ , 202 MHz) spectra M2 with G2 at 40 °C (95 min).



Figure S17. In-situ ROMP <sup>31</sup>P NMR (thf-  $d_8$ , 202 MHz) spectra M2 with G2 at 25 °C (215 min).



Figure S18. Resulting ruthenium carbene polymer chain ends (D and E) during ROMP of M2 with G3.



Figure S19. In-situ ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) spectra of M2 with G3 at 40 °C (200 min).



Figure S20. In-situ ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) spectra of M2 with G3 at 25 °C (1000 min).



Figure S21. In-situ ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) stack plot of M1 initiated by G2 at 40 °C.



Figure S22. *In-situ* ROMP <sup>31</sup>P NMR (thf-  $d_8$ , 202 MHz) stack plot of M1 initiated by G2 at 40 °C.



Figure S23. In-situ ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) stack plot of M1 initiated by G2 at 25 °C.



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Figure S25. In-situ ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) stack plot of M1 initiated by G3 at 40 °C.



Figure S26. In-situ ROMP <sup>1</sup>H NMR (thf-d<sub>8</sub>, 500 MHz) stack plot M1 initiated by G3 at 25 °C.



Figure S27. In-situ ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) stack plot of M2 initiated by G2 at 40 °C.



**Figure S28**. *In-situ* ROMP <sup>31</sup>P NMR (thf-  $d_8$ , 202 MHz) stack plot of **M2** initiated by **G2** at 40 °C.



Figure S29. In-situ ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) stack plot of M2 initiated by G2 at 25 °C.



Figure S30. *In-situ* ROMP <sup>31</sup>P NMR (thf-  $d_8$ , 202 MHz) stack plot of M2 initiated by G2 at 25 °C.



**Figure S31**. *In-situ* ROMP <sup>1</sup>H NMR (thf-*d*<sub>8</sub>, 500 MHz) stack plot of **M2** initiated by **G3** at 40 °C.



**Figure S32**. *In-situ* ROMP <sup>1</sup>H NMR (thf- $d_8$ , 500 MHz) stack plot of **M2** initiated by **G3** at 25 °C.

Table S1. Reaction details,	apparent rate constants and molecul	ar weight data for PPV prep	pared by the ROMP of M	[1 and M2 initiated
by G2 and G3 at 25 and 40	°C.			

Entry	М	G	Temp (°C)	[M]/ [G]	Complete Initiation of G (min)	Half Complete conversion of M (min)	Complete conversion of M (min)	ki <sup>app</sup>	k <sub>p</sub> <sup>app</sup>	ki <sup>app/</sup> k <sub>p</sub> <sup>app</sup>	${ m M_n}^{{ m a}}$	Ð <sub>m</sub> a
1	M1	G2	40	10	200	200	1425	0.0268	0.00264	10.2	4.90	1.58
2	M1	G2	25	10	1000	1000	~8500	0.0043	0.00035	12.14	4.46	1.58
3	M1	G3	40	10	< 5	60	640	-	0.00958	-	5.23	1.39
4	M1	G3	25	10	60	430	4250	0.0763	0.0014	54.52	6.09	1.38
5	M2	G2	40	10	Never complete	≤ 10	90	0.165	0.611	0.27	3.86	1.74
6	M2	G2	25	10	Never complete	44	210	0.0079	0.0226	0.34	7.38	1.77
7	M2	G3	40	10	< 5	25	200	-	0.0386	-	4.39	1.59
8	M2	G3	25	10	40	110	950	0.0984	0.0061	16.05	5.25	1.43

<sup>a</sup> determined by GPC with RI detection (calibrated against narrow  $D_m$  polystyrene standards).