**Fig 1 folder**

Schematic diagrams and scanning electron microscope images used to create figure 1.

The schematic diagrams were created in corelDRAW x6.

**Fig 2 folder**

Schematic diagrams and scanning electron microscope image used to create figure 2.

The schematic diagrams were created in corelDRAW x6.

**Fig 3 folder**

CCD Camera images of 1951 USAF test target images used to create figure 3.

**Fig 4 folder**

Raw images and values for the fringe visibility and fourier contrast values to characterise the performance of our fibres with wavelength.

* The fibre based on the square array is labelled PGI11BIG
* The fibre based on the hexagonal array is labelled PGI9-525
* The commercial fibre from Fujikura ltd. is labelled FK
* Wavelength steps are in 10 nm from a starting wavelength of 500 nm

**Bend data folder**

Raw values for the fringe visibility and fourier contrast at 600nm and 650nm used to qualify the statement that the fibres are not sensitive to bending.