Table S1. Results of model selection for the investigated feather parameters of Sand Martins. Effects included in the given models are denoted by x. Year considered as factors denoted by x, GBW is the daily growth bar width. For the models with the lowest AIC values, we report the sign of the effect (+/-), where it is relevant and significance level of the explanatory parameters as follows (\* P <0.05, \*\* P < 0.01, \*\*\* P < 0.001, #: P = 0.054, ns: P > 0.1).

Response	Model no.	Within- ind. age	• Among- e ind. age	Sex	Year	Feather wear	GBW	df	AIC
Feather let	ngth								
1 0000000 000	1	х	Х	х	х	Х	Х	23	1175.709
	2	х	х	х	х	х		22	1188.135
final	3	$X(+)^{***}$	$X(+)^{***}$	x*		X(-)***	$X(+)^{***}$	8	1171.759
	4	x	X			X	X	7	1175.130
	5	Х	х	Х			х	7	1187.284
Feather m	ass								
	6	Х	Х	х	х	х	Х	23	301.981
	7	Х	Х	х	х	Х		22	311.506
final	8	X(+)***	$X(+)^{***}$	<i>x</i> *		X(-)***	$X(+)^{***}$	8	291.841
	9	Х	Х			х	х	7	297.736
	10	Х	Х	Х			Х	7	314.048
Rachis dia	meter								
	11	Х	Х	х	х		Х	22	-1437.615
	12	Х	Х	х	х			21	-1425.994
	13	х	х	х			х	7	-1455.431
final	14	x ns.	$X(+)^{***}$				X(+)***	6	-1456.745
	15	Х	Х					5	-1445.749