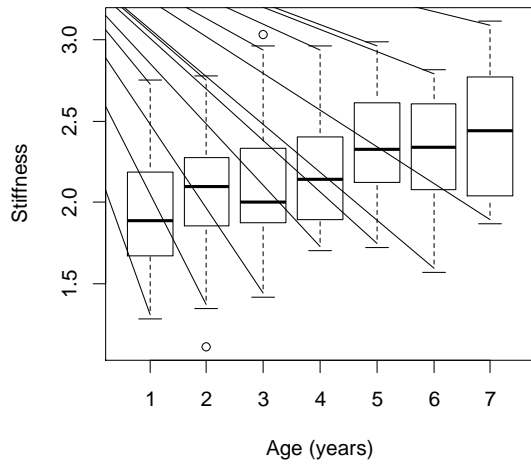


(a)



(b)

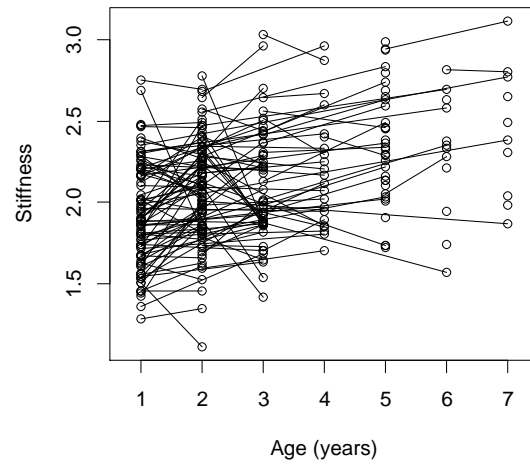


Figure S4. Bending stiffness (slope from the initial, linear phase of a load-displacement curve) of different age categories of Sand Martins. (a) For each age category (among-individual age effect:  $P=0.011$ ), (b) the same individuals at different ages are connected with lines (within-individual age effect:  $P=0.484$ ). Box plots show medians, quartiles, 5- and 95-percentiles and extreme values.