



Figure S5. Daily growth of the T5 feather (mm/day) of Sand Martins belonging to different age categories. (a) For each age category (among-individual age effect:  $P = 0.160$ ), (b) daily growth of feathers of the same individual at different ages are connected with lines (within individual age effect:  $P = 0.045$ ). Box plots show medians, quartiles, 5- and 95-percentiles and extreme values.