Table S1.Mean fresh weight (g), pectoral mass (g) and abdominal fat (g) of birds by sex, age and region.

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|   |   |   | Fresh weight |   | Pectoral mass |   | Abdominal fat |
| Age | Juvenile |  | 306.2±3.5 |  | 81.5±0.8 |  | 2.2±0.2 |
|  | Adult |  | 318.1±2.8 |  | 84.3±0.7 |  | 3.6±0.3 |
| Sex | Male |  | 307.1±3 |  | 82.7±0.7 |  | 2.9±0.3 |
|  | Female |  | 319.5±3.2 |  | 84.5±0.8 |  | 3.1±0.3 |
| Region | Cornwall |  | 294.6±2.8 |  | 83±0.9 |  | 1.4±0.1 |
|  | East Anglia |  | 321.6±3.4 |  | 84.2±0.9 |  | 4±0.3 |
|  | Wessex |  | 324.9±8.9 |  | 88.2±2 |  | 4.5±0.8 |
|   | Scotland |   | 326.8±4.3 |   | 81.7±1.1 |   | 3.8±0.4 |
|  |  |  |  |  |  |  |  |  |  |  |