Read Me file for [MEC-12-0887.xlsx](http://datadryad.org/bitstream/item/49225/MEC-12-0887.xlsx?sequence=1)

BirdID = Individual identity number, this number links rows that have catch information taken from the same bird at different points in their lifespan. Each row is a capture event linked to each bird through this identity number

Telomere (kb per diploid genome) = telomere length (mean telomere length per diploid genome per sample) measured from whole blood sample stored in ethanol using an absolute qPCR method explain in the manuscript and in the paper Barrett et al. (2012) *Journal of Avian Biology* (10.1111/j.1600-048X.2012.05787.x).

Sampling Year = year blood sample taken from bird

Cohort = Year bird hatched

Sex = Male/Female

Mass (g) = mass of bird at time of blood sampling in grams

Tarsus (mm) = tarsus length of bird at time of blood sampling in mm

Translocated = was bird removed from Cousin Island as part of a conservation programme?

Year Last Seen = the last year that the bird was last observed on the island in the biannual monitoring consensus of Cousin Island.