



City of Hereford Swimming Club

A SwimMark Club, affiliated to Swim England West Midlands

www.herefordswimming.club



Reference for Morgan Pugh

21st October 2025

To whom it may concern,

I have been asked to provide a coach reference for Morgan Pugh.

Morgan Pugh has been a member of City of Hereford Swimming Club since September 2017. Morgan has regularly represented the club at County, Regional and National level events. More recently, Morgan competed at the Swim Wales National Summer Championships at Swansea National Pool for the third year running. This year Morgan qualified for two finals, finishing 5th in both the 200 Individual Medley and 200 Butterfly. Morgan is a strong Butterfly swimmer across all distances and at Welsh Nationals this year went sub 60 for the first time in the 100m Butterfly. Morgan is a strong freestyle swimmer across the 50m, 100m and 200m. He has also embraced competing at the longer distance events more recently. Morgan competes regularly in 50 and 100 Breaststroke at National level. In 2023 Morgan claimed Bronze in the 50m Breast and 50m Free, Silver in the 100m Butterfly and was Welsh National Champion in the 100m Free and 50 Butterfly.

Morgan's application at training is of a high standard and attends three club training sessions each week to support his progress and swimming journey at City of Hereford Swimming Club. Morgan also holds dual membership with Torfaen Dolphins Swimming Club and attends additional training with them. I have no doubt that Morgan would make the most of the opportunities that are made available to him through his swimming journey. At all sessions Morgan ensures that he applies his technical articulation of strokes and is consistently applying himself throughout sessions. His commitment to swimming is commendable and is committed to his all round progress in all strokes.

Yours faithfully,

Graham Begley.

(City of Hereford Swimming Club Head Coach)

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