

Sharon Gough

January 30, 1950 ~ February 16, 2026

Salt Lake City, Utah - Sharon Ainscough Gough, 76, passed away on February 16, 2026, at her home. Sharon lived a life defined by love, service, and devotion to family and friends, and she leaves behind a legacy that will never fade.

Sharon was born on January 30, 1950, in Preston, Idaho, to Charles and Maurine Ainscough. She was one of five children. As a young girl, she learned the value of hard work from her parents and worked many jobs herself, including working at Arctic Circle and picking beans for the Del Monte Cannery. She learned to sew and used that skill for the rest of her life. After college, when she secured her first job in Salt Lake, Sharon used her first paycheck to purchase her Bernina Record 730 sewing machine. She jokingly considered the Bernina her best friend and with it created thousands of handiworks simply to give them away to others. Some of her favorite creations were quilts, hot pads, oilcloth bags, and smocking the blessing clothes for all 16 grandchildren.

In 1972, Sharon met Greg Gough at a March of Dimes fundraiser walkathon. They walked 20 miles together, which became their first “date” and then journeyed through life side by side for the next 54 years. They were married and sealed in the Salt Lake Temple on June 16, 1972. Their love was unmistakable through recent health trials as they loved and supported each other. Greg and Sharon had four amazing children and sixteen grandchildren who were the central focus of her life. Their family shared many fun memories including vacations, sports games, and outings, but Sunday dinners with family were always her favorite.

Sharon was a member of The Church of Jesus Christ of Latter-day Saints. Sharon frequently recited “The Living Christ,” and often quoted the line that best reflected her faith:

“His way is the path that leads to happiness in this life and eternal life in the world to come. God be thanked for the matchless gift of His divine Son.”

She loved the gospel of Jesus Christ and lived the principle that “when ye are in the service of your fellow beings, ye are only in the service of your God” (Mosiah 2:17). Sharon lived a life of service, and if you knew Sharon, you were impacted by her charitable and giving heart. Serving her family, friends, neighbors, and even complete strangers was part of her daily life. From homemade bread to greeting cards, she was always thinking of others and finding ways to help or brighten a day.

Sharon loved to run. She and Greg ran their first St. George Marathon in 1985 and ran many races together. Running began as exercise but soon became something more, with daily miles serving as both therapy and connection. She rarely ran alone on a training run or in a race, as running was her way to connect with friends in her running group, Generation Gap, talk with fellow runners, or spend time with family. Even in running she was always looking to lift someone’s spirit or serve them. One of her most meaningful races was the New York City

Marathon, where she was able to serve as a guide for runners with physical disabilities. She ran a total of 163 marathons.

Sharon was remarkably tough and seemed to fear nothing. She had a willpower, determination, and resolve that inspired others. Whether pushing through at the end of a marathon or facing cancer with courage, there wasn't much that could faze her. Even in her last days, she regularly would say, "It's all good." Her optimism and hope were unshakable.

She cherished her role as a spouse, mother, grandmother, friend, and disciple of Christ, and her impact and legacy will continue forever.

Sharon was preceded in death by her parents, Charles and Maurine Ainscough, and her sister, Charlene. She is survived by her brothers, Mark Ainscough and Scott Ainscough; her sister, Marsha Ainscough; her loving husband, Gregory Steven Gough; her children, Gretchen (Mark) Chapman, Gentry (Brad) Gygi, Gavin (Grace) Gough, and Geoff (Alexis) Gough; and her cherished grandchildren: Gwyneth, Gentry, Grace, Gus, and Geneva Chapman; Gabe, Jack, Abigail, and Ruby Gygi; Gordon, Evelyn, Howard, and George Gough; and Eliza, Graham, and Harvey Gough.

A viewing will be held on Thursday, February 19, from 6:00 to 8:00 p.m. at the Wasatch 6th Ward building, 1930 South 2100 East, Salt Lake City, Utah. Funeral services will be held at the same location Friday, February 20, at 12:00 p.m., with a viewing from 10:00 to 11:30 a.m. prior to the service. The service can be viewed at larkinmortuary.com. In honor of Sharon, wearing running shoes is encouraged but optional. Interment will be at Larkin Sunset Lawn.

The family expresses deep gratitude to the physicians, nurses, and staff at Huntsman Cancer Hospital for their compassionate and extraordinary care during Sharon's battle with leukemia.