Born to Charles & Helen McKinlay at Waratah near Newcastle, NSW, in 1893, Alan was a staff member of the NSW Department of Agriculture, a wheat experimentalist, at the Demonstration Farm, Nyngan, NSW. He joined the AIF on 24 August 1914 aged 21 years 3 months, as a Gunner in the 3rd Battery, Australian Field Artillery. Alan was awarded the Distinguished Conduct Medal.

"...for conspicuous gallantry on the 8th June 1915, south-west of Krithia, Gallipoli Peninsula. When a company of Infantry had been forced by enfilade fire to vacate a trench it was reported that one of their wounded
had been left in the trench, which was now absolutely commanded by the enemy's fire. Gunner McKinlay with another man volunteered to bring him in, and succeeded in doing so. It was a most gallant adventure and shewed a fine spirit of self-sacrifice".

He died of dysentery and jaundice in hospital, Reading, England, 19 September 1915, and was buried in Reading Cemetery, 22 September 1915.