Alfred was born in Narrandera, NSW, in 1896, the son of James and Catherine Anderson.

Alfred joined G Coy, AN&MEF on 11th August 1914 and gave his occupation as labourer, he was single and gave his mother, at 1 Little Collins St, Melbourne, as his next of kin. His parents had separated at this point.

Alfred returned from Rabaul and was discharged, end of engagement, on 4th March 1915, having completed 206 days service.

On 3rd May 1916, he enlisted with the 20th battalion, regimental number 15747, this time giving his father at Walwa, Victoria, as his next of kin. On 8th August he was reported as a deserter from Menangle and warrant was issued for his arrest.

On 5th Feb 1917 he again enlisted, this time with the 7th Reinforcements of the 36th Battalion, regimental number 3149, using the name Thomas James Anderson. He stated his occupation as Tramway Employee and gave his sister, Mrs Ada Green of 18 Philip Ave, Alexandria, as his next of kin. He departed Australia aboard the BENELLA on 10th May 1917, arriving in Plymouth on 9th July 1917. He had many periods of absence without leave including one from 5th Oct 1917 till 16th April 1918, which resulted in him being sentenced to 1 year, 6 months detention. In August 1918 he was transferred to the 34th Battalion and his regimental number was changed to 3149A. He was gassed at Vaire-Sous-Corbie on 22nd August 1918 not rejoining his unit until 14th October.

On 12th July 1919 he married Lilian Howard at St Osmond's Church, Salisbury and on the same day signed a Statutory Declaration stating that his correct name was Alfred Thomas Anderson.

He returned to Australia aboard the RUNIC, arriving in Australia on 6th Feb 1920. On 20th March he was discharged as medically unfit.

Alfred enlisted into the 8th Training battalion on 13th June 1941, service number NX33643, stating that he was born in 1902, and thus not being over age. He died on 25th June 1941, whilst in service, and is buried at the Dubbo General Cemetery. He is remembered on panel 78 at the Australian War Memorial, Canberra.