Alanagh started learning the flute when she was eight years old, alongside, violin and voice. At the age of nine, she joined the Royal Birmingham Conservatoire Junior Department initially for violin. She has been studying at Chetham's School of Music, Manchester, where she is taught by Fiona Fulton and Belinda Gough.

Alanagh has won many awards, most notably the James Langley Memorial Trust award and the John Ashford Award for "the most promising flautist of the year" in 2018 which is part of the Awards for Young Musicians programme. More recently, she has won the Denis Midwood Prize for Woodwind.

Orchestral music has played a big part in Alanagh's musical development. As a member of the National Children's Orchestra of Great Britain, she has performed with Nicola Benedetti and Wynton Marsalis. At the age of fourteen, she successfully auditioned for the CBSO Youth Orchestra where she was the youngest known flute player to have been offered a place. She was also part of the Hallé Youth Orchestra and Hallé Youth Orchestra Quintet as principal flute for the 2018/2019 season.

Throughout the years, Alanagh has successfully taken part in various competitions. Shortly after winning first place in the Staffordshire Young Musician Competition 2018, Alanagh travelled to Vienna to compete in the woodwind final of the Classic Pure Vienna Competition, where she was one of six finalists from around the world. Recently, Alanagh competed as a finalist in the Bromsgrove International Music Competition 2020 and has won 3rd place in the Mid-South High School Soloist Competition 2021 (USA).

Throughout her musical journey, she has performed in many prestigious venues around the UK and abroad such as The Royal Albert Hall, Symphony Hall, The Barbican, Bridgewater Hall, The Stoller Hall, Leeds Town Hall, Glasgow Concert Hall, Wiener Konzerthaus, Vienna, the RDS, Dublin, Gould Hall, Philadelphia and many more.