

# Francis Alwyn Coomans

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**Cybersecurity Consultant (Offensive Security)**

OSCP, CPTS, CWES | 25+ Years in IT & Security

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Location: Gauteng, South Africa (Open to Remote, or International Opportunities)

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## Professional Summary

Hands-on **Cybersecurity Consultant (Offensive Security)** with 25+ years in IT, recently transitioning from IT administration to **full-time offensive security**.

Skilled in **penetration testing, red teaming, Active Directory exploitation, and simulated security assessments**.

Ranked **Top 1% (Pro Hacker)** on Hack The Box and HTB Academy. Produces actionable **pentest-style write-ups** and technical **lessons learned** from complex environments.

Seeking **remote or international offensive security roles**.

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## Key Achievements

- Achieved **Bachelor of Commerce in Business Informatics (Cum Laude)** while working full-time.
  - Ranked **Top 1% globally** on Hack The Box ("Pro Hacker") and HTB Academy.
  - Completed **OSCP, CPTS, CWES** certifications through intensive practical labs and exams.
  - Successfully completed **50+ simulated penetration tests** on HTB lab environments, producing technical findings and **key lessons learned**.
  - Transitioned from enterprise IT to full-time offensive security consulting, combining operational knowledge with attacker insight.
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## Certifications

Certification	Provider	Year	Note
Offensive Security Certified Professional (OSCP)	Offensive Security	2025	
Certified Penetration Testing Specialist (CPTS)	Hack The Box	2024	
Certified Web Exploitation Specialist (CWES)	Hack The Box	2023	

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Certification	Provider	Year	Note
CompTIA PenTest+	CompTIA	2024	
CompTIA Security+	CompTIA	2023	
Mikrotik Certified Network Associate (MTCNA)	Mikrotik	2017	<i>Expired, knowledge retained</i>
Red Hat Certified Engineer (RHCE)	Red Hat	2007	<i>Expired, knowledge retained</i>
Linux Professional Institute Certified (LPIC-1)	LPI	2007	<i>Expired, knowledge retained</i>

## Technical Skills

### Offensive Security & Pentesting:

SQL Injection (SQLi), Blind SQLi, XSS, Stored XSS, CSRF, SSRF, Command Injection, File Inclusion, File Upload Bypass, IDOR, Session Hijacking, Privilege Escalation, Lateral Movement, Enumeration, Web Fuzzing, Manual/Automated Web Exploitation, Server-Side Template Injection (SSTI), HTTP Verb Tampering, OWASP Top 10 exploitation, Burp Suite, Metasploit, Nmap, Wireshark, Ligolo-ng, SysReptor.

### Cybersecurity & Risk Management:

Vulnerability Assessment, Red Teaming, Endpoint Protection, Patch Management, Compliance Audits (Microsoft, Autodesk), Penetration Testing Methodologies, Threat Simulation.

### Systems & Infrastructure:

Active Directory, GPOs, Windows Server, Linux Administration, Microsoft 365, Hyper-V, Citrix XenServer, Server Administration, Virtualization, Internal IT Audits, IT Project Management.

### Networking & Security:

Routers, Switches, VLANs, Firewalls, VPNs, TCP/IP Suite, Network Security, Email Administration.

### Scripting & Automation:

Python, PowerShell, Bash.

## Professional Experience

### Cybersecurity Consultant | Self-Directed Training

*Jun 2023 – Present*

- Earned **OSCP, CPTS, and CWES**, completing 70+ labs and demanding practical exams (OSCP 24h, CPTS 10d, CWES 7d).
- Completed **50+ simulated penetration tests** on HTB lab environments.

- Exploited vulnerabilities including **SQLi, XSS, CSRF, SSRF, Command Injection, Kerberoasting, Pivoting, Lateral Movement**.
- Produced professional **pentest-style write-ups** with technical findings and **key lessons learned / brief remediation suggestions**.
- Ranked **Pro Hacker (Top 1%)** on Hack The Box and **Top 1%** on HTB Academy.

## Group IT Administrator | ACTOM (Pty) Ltd – Gauteng, South Africa

*Leading energy manufacturing and engineering company with 500+ employees across 10+ sites.*

*Nov 1997 – Apr 2023*

- Led IT operations including **routers, switches, VLANs, firewalls, VPNs, and endpoints** across 10+ sites.
- Conducted vulnerability assessments (Greenbone/OpenVAS), enforced RBAC, and hardened Active Directory.
- Automated processes with **PowerShell, Python, Bash** to improve operational efficiency.
- Managed infrastructure projects including **server room build, virtualization (Hyper-V/XenServer), and Office 365 migration**.
- Oversaw internal audits and vendor compliance (Microsoft, Autodesk).

## Finance Clerk | Reumech/Reutech Head Office – Gauteng, South Africa

*Defense manufacturer, part of a holding company.*

*1997*

- Prepared daily cash flow reports and reconciliations.

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## Education

### Bachelor of Commerce in Business Informatics (Cum Laude) | University of South Africa

*2018 – 2021*

- Graduated with 25 distinctions.
- Coursework: Databases, Networks, Programming, Project Management, Internal Auditing.

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## References

Available upon request.