

Francis Alwyn Coomans

Cybersecurity Consultant (Offensive Security)

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

Website: <https://fcoomans.com>

Email: contact@fcoomans.com

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

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 **local, remote, or international offensive security roles**.

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.
-

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	
CompTIA PenTest+	CompTIA	2024	

Certification	Provider	Year	Note
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/Risk Reporting, 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, **Virtualisation**, 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

Founder & Offensive Security Consultant | Netrunnerz (Pty) Ltd – Gauteng, South Africa

Jun 2023 – Present

- Founded and operate **Netrunnerz (Pty) Ltd**, an offensive security consultancy.
- Delivered paid VMware ESXi root-password recovery engagement for an enterprise client.
- Provide licensing, deployment, and support services for **GFI LanGuard** and **GFI KerioControl**.
- Hold **OSCP, CPTS, and CWES** certifications.
- Executed **50+ simulated penetration tests** on Hack The Box platforms with full attack chains (**SQLi, XSS, CSRF, SSRF, command injection, Kerberoasting, pivoting, lateral movement**).

- Publish professional client-style **penetration test reports** for every retired Hack The Box machine completed (**executive summary, technical findings with screenshots, PoC code, and high-level remediation guidance**).
- Ranked **Pro Hacker (Top 1%)** on Hack The Box and **Top 1%** on HTB Academy.
- Daily driver tools: Kali Linux, Burp Suite, Metasploit, BloodHound, NetExec, Impacket, SysReptor, Nmap, Rustscan, Nessus.

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 awareness campaigns for 500+ staff; mentored IT technicians.
- Conducted vulnerability assessments (Greenbone/OpenVAS), enforced RBAC, and hardened AD.
- Managed **routers, switches, VLANs, firewalls, VPNs, endpoints** across 10+ sites.
- Systems administration: AD/GPOs, Microsoft 365, Domino, Linux; automated processes with PowerShell, Python, Bash.
- Key projects: Head Office Infrastructure, Server Room Build, Virtualisation (Hyper-V/XenServer), O365 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, prior to restructuring.

1997

- Prepared daily cash flow reports and reconciliations.

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.

References

Available upon request.