Francis Alwyn Coomans

Cybersecurity Consultant (Offensive Security)
OSCP, CPTS, CWES | 25+ Years in IT & Security

🌐 https://fcoomans.github.io

Professional Summary

Hands-on **Cybersecurity Consultant (Offensive Security)** with 25+ years in IT, specialising in **penetration testing, red teaming, and adversary simulation**.
Ranked **Top 1% (Pro Hacker)** on Hack The Box and HTB Academy, demonstrating exploitation of complex Active Directory, network, and web environments.
Bridges IT operations experience with offensive security to provide actionable insights for improving enterprise security posture.
Seeking remote or international offensive security roles where technical skill and penetration expertise deliver measurable security impact.

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 exploited and reported on **40+ AD, network, and web systems** in simulated penetration tests.
- 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	
CompTIA Security+	CompTIA	2023	
Mikrotik Certified Network Associate (MTCNA)	Mikrotik	2017	*Expired, knowledge retained*

Certification	Provider	Year	Note
Red Hat Certified Engineer (RHCE)	Red Hat	2007	*Expired, knowledge retained*
Linux Professional Institute Certified (LPIC-1)	LPI	2007	*Expired, knowledge retained*

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

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).
- Compromised 40+ Active Directory, network, and web systems.
- Exploited real-world vulnerabilities: **SQLi, XSS, CSRF, SSRF, Command Injection, Kerberoasting, Pivoting, Lateral Movement**.
- Produced professional pentest-style reports with **SysReptor**.
- Ranked **Pro Hacker (Top 1%)** on Hack The Box and **Top 1%** on HTB Academy.

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

ACTOM is a leading energy manufacturing and engineering group in South Africa 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

Reumech/Reutech was a South African defence manufacturer, part of a large 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.