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Postman Who Beheaded Girlfriend After Brutal Attack Jailed for Life

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– Categories: Crime



A postman who murdered and decapitated his girlfriend before sending false texts to her mother has now been sentenced to life imprisonment, with a minimum term of 23 years.

Ewan Methven, aged 24, appeared at the High Court in Glasgow to learn his fate after admitting the killing of 21-year-old Phoenix Spencer-Horn. The court was told Phoenix was attacked in the top-floor flat she shared with Methven in East Kilbride late one Saturday evening. Despite waiting nearly two days before raising the alarm, Methven's guilty plea to murder and attempting to defeat the ends of justice brought an end to proceedings today.

Earlier this week, prosecutor Christopher McKenna described how Methven used three knives in a frenzied assault. He stabbed Phoenix 20 times, then severed her head and attempted to conceal his crime by texting her mother from the victim's phone. Methven claimed during a 999 call that he had suffered a drug-induced psychotic episode involving cocaine, alcohol, and steroids, although a delivery driver who visited the flat shortly before the killing saw no sign of intoxication.

Cold Calculation

Prosecutors outlined how Methven spent the following days driving Phoenix's red Vauxhall Corsa, scrolling through her messages and browsing pornography online. He even tried to buy cocaine to dull his conscience. It was not until the afternoon of the following Monday that he dialled 999. In the call, he stated, "I had a psychotic break and killed my wife," despite not being married to Phoenix. He later told a senior officer, "I just want to go to jail. I have been out of (sic) my face and cannot recall much."

Officers who attended the flat discovered Phoenix's mutilated body hidden under a towel in the hallway. A bloodied blade lay in the bedroom, and pathologists confirmed the cause of death as a stab wound to the chest. Evidence suggested the attack began in the bathroom and ended in the hallway.

Defending counsel Tony Graham KC said Methven had chosen to plead guilty to spare Phoenix's family the ordeal of a full trial. He added that Methven understood the enormity of his actions and the pain he had inflicted. "He knows he will never be forgiven by those who loved Phoenix and that he cannot forgive himself," Mr Graham told the court.

Judge Lord Matthews told Methven that the crime was so appalling that the only appropriate sentence was life imprisonment. He emphasised that the brutality of the act meant Methven would serve at least 23 years before any possibility of release.

Detective Chief Inspector Susie Cairns of Police Scotland paid tribute to Phoenix's family, saying her thoughts remain as they try to rebuild their lives. "Today's sentence reflects the seriousness of Methven's actions," she said. "Violence of this nature cannot be tolerated in our communities. Our officers will continue to work tirelessly to ensure justice is served."