Media Release

Sunday, 8 March 2026

AFL #1 in sport, 7NEWS #1 in news, Home and Away #1 in drama

- **National total TV audience share, 6.00am to midnight: 40.2%**
- **National total TV audience share, 6.00pm to midnight: 38.9%**
- **#1 news, #1 sport, #1 drama, #1 at breakfast**
- **#1 program: 7NEWS Monday, reached 2.27 million**
- **#1 sport program of the week: AFL Thursday Night Football, reached 2.25 million**
- **#1 entertainment show: Australian Idol Sunday, reached 1.78 million**

WEEK 10, 2026 HIGHLIGHTS:

Seven Network reaches 12.03 million Australians nationally.

7plus: 37.4% commercial share, up from 35.1% in the same week in 2025.

#1 news: **7NEWS**.

#1 sport: **AFL Thursday Night Football**.

#1 drama: **Home and Away**.

#1 sport: **AFL Thursday Night Football**.

Sunrise and **Weekend Sunrise** dominate breakfast TV, #1 every single day of the week.

#1 news program in total TV audience: **7NEWS**, Monday to Friday and Saturday.

#1 sport in total TV audience: **AFL Thursday Night Football**.

#1 drama in total TV audience: **Home and Away**.

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NATIONAL TOTAL TV COMMERCIAL SHARES (%): 6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	**40.2**	**35.0**	**40.4**
Nine Network	42.8	46.6	42.9
Network Ten	17.0	18.4	16.7

NATIONAL TOTAL TV COMMERCIAL SHARES (%): 6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	**38.9**	**32.1**	**38.8**
Nine Network	44.4	49.4	44.5
Network Ten	16.7	18.5	16.7

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SEVEN'S TOP 35:

1. **7NEWS** Monday: #1 news program in total TV. National reach 2.27 million, national audience 1.48 million.
2. **Seven's AFL: Thursday Night Football**: #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 2.25 million, national audience 780,000. Up 20% on first game of 2025 season, up 146% on 7plus. Biggest regular season AFL streaming audience ever.
3. **7NEWS** Tuesday: #1 news program in total TV. National reach 2.24 million, national audience 1.43 million.
4. **7NEWS** Wednesday: #1 news program. National reach 2.16 million, national audience 1.4 million.
5. **7NEWS** Sunday: National reach 2.16 million, national audience 1.34 million.
6. **7NEWS** Thursday: #1 news program, #1 program in total TV. National reach 2.05 million, national audience 1.28 million.
7. **Seven's AFL: Friday Night Football**: #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 1.95 million, national audience 608,000.
8. **7NEWS** Friday: #1 news program, #1 program in total TV. National reach 1.89 million, national audience 1.13 million.
9. **Australian Idol** Sunday: National reach 1.78 million, national audience 911,000. Up 12% on previous Sunday.
10. **7NEWS** Saturday: #1 program in all people and grocery shoppers. National reach 1.59 million, national audience 944,000.

11. **Australian Idol** Monday: National reach 1.59 million, national audience 826,000. Up 7% on last Monday.
12. **Australian Idol** Tuesday: National reach 1.56 million, national audience 766,000. Up on last Tuesday, up 74% on 7plus.
13. **The 1% Club**: National reach 1.45 million, national audience 796,000. Up 19% on last week.
14. **Home and Away** Monday: #1 drama. National reach 1.38 million, national audience 945,000.
15. **Home and Away** Wednesday: #1 drama. National reach 1.37 million, national audience 926,000.
16. **Home and Away** Tuesday: #1 drama. National reach 1.35 million, national audience 936,000.
17. **The Chase Australia** Monday: National reach 1.33 million, national audience 673,000.
18. **7NEWS Special: Operation Epic Fury** Sunday: National reach 1.3 million, national audience 629,000*.
19. **The Chase Australia** Tuesday: National reach 1.28 million, national audience 648,000.
20. **The Chase Australia** Wednesday: National reach 1.27 million, national audience 615,000.
21. **The Chase Australia** Thursday: National reach 1.19 million, national audience 599,000.
22. **The Front Bar**: National reach 1.17 million, national audience 582,000.
23. **Weekend Sunrise** Sunday: #1 breakfast program. National reach 1.06 million, national audience 448,000. 49% more viewers than *Today*.
24. **The Chase Australia** Friday: National reach 1.06 million, national audience 511,000.
25. **Better Homes and Gardens** Saturday: National reach 1.06 million, national audience 443,000.
26. **Home and Away** Thursday: #1 drama. National reach 1.05 million, national audience 740,000.
27. **Sunrise** Monday: #1 breakfast program. National reach 1.04 million, national audience 457,000. 34% more viewers than *Today*.
28. **Sunrise** Friday: #1 breakfast program. National reach 1.03 million, national audience 430,000. 34% more viewers than *Today*.
29. **Sunrise** Thursday: #1 breakfast program. National reach 1.01 million, national audience 442,000. 37% more viewers than *Today*.
30. **Sunrise** Tuesday: #1 breakfast program. National reach 1.01 million, national audience 440,000. 38% more viewers than *Today*.
31. **Sunrise** Wednesday: #1 breakfast program. National reach 1 million, national audience 424,000. 26% more viewers than *Today*.
32. **The Mystery Of The Lady In The Lake**: National reach 906,000, national audience 269,000*.

33. **7NEWS Special: Operation Epic Fury** Monday: National reach 852,000, national audience 456,000.
34. **Seven's Horse Racing**: National reach 825,000, national audience 133,000.
35. **7NEWS Special: America Strikes**: National reach 824,000, national audience 474,000.

* Preliminary numbers

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About the Seven Network

The Seven Network is part of Southern Cross Media Group (ASX: SXL), one of Australia's most prominent media companies, with a market-leading presence across broadcast television, audio, publishing and digital. The Seven Network alone reaches more than 17.5 million people a month.

Southern Cross Media Group owns some of Australia's most renowned media businesses and platforms, including the Seven Network and its channels 7two, 7mate, 7flix and 7Bravo; 7plus; 7NEWS.com.au; LiSTNR; the Hit and Triple M radio networks; The Nightly; *The West Australian*; *The Sunday Times*; and PerthNow.

Seven is home to Australia's most loved news, sport and entertainment programming, including **7NEWS**, **7NEWS Spotlight**, **Sunrise**, **The Morning Show**, **The Voice**, **Home and Away**, **Australian Idol**, **My Kitchen Rules**, **Farmer Wants A Wife**, **The Chase Australia**, **Better Homes and Gardens**, **The 1% Club**, **The Front Bar** and the ***TV WEEK* Logie Awards**.

The Seven Network is also the broadcast partner of the AFL, Cricket Australia, Supercars, the **2026 Rugby League World Cup** and the **Glasgow 2026 Commonwealth Games**.