

Sunday, 15 March 2026

## Seven delivers #1 news, #1 sport, #1 drama

- National total TV audience share, 6.00am to midnight: 39.6%
- National total TV audience share, 6.00pm to midnight: 38.5%
- #1 news, #1 sport, #1 drama, #1 lifestyle show, #1 at breakfast
- #1 program: 7NEWS Monday, reached 2.25 million
- #1 sport program of the week: AFL Thursday Night Football, reached 1.88 million
- #1 entertainment show: Australian Idol Tuesday, reached 1.74 million
- Home and Away: biggest weekly audience in four years

## WEEK 11, 2026 HIGHLIGHTS:

Seven Network reaches 12.03 million Australians nationally.

[7plus](#): 37.4% commercial share, up from 35.5% in the same week in 2025.

#1 news: **7NEWS**.

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

- Biggest weekly audience since February 2022.
- Up 12% year-on-year in total TV.
- Up 79% year-on-year on 7plus.
- Up 13% on 2025 season average in total TV.
- Up 75% on 7plus versus 2025 season average.

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

#1 lifestyle program: **Better Homes and Gardens**.

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

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

<b>Network</b>	<b>All people</b>	<b>25 to 54s</b>	<b>Grocery shoppers</b>
Seven Network	<b>39.6</b>	<b>35.0</b>	<b>39.9</b>
Nine Network	41.7	45.5	42.0
Network Ten	18.7	19.5	18.2

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

<b>Network</b>	<b>All people</b>	<b>25 to 54s</b>	<b>Grocery shoppers</b>
Seven Network	<b>38.5</b>	<b>32.4</b>	<b>38.5</b>
Nine Network	43.7	48.7	43.2
Network Ten	17.8	18.9	17.8

[www.virtualoz.com.au](http://www.virtualoz.com.au)

### **SEVEN'S TOP 35:**

1. **7NEWS Monday:** #1 news program. National reach 2.25 million, national audience 1.47 million.
2. **7NEWS Wednesday:** #1 news program. National reach 2.21 million, national audience 1.4 million.
3. **7NEWS Tuesday:** #1 news program. National reach 2.15 million, national audience 1.36 million.
4. **7NEWS Thursday:** #1 program in all people and grocery shoppers. National reach 2.06 million, national audience 1.26 million.
5. **7NEWS Sunday:** National reach 2.02 million, national audience 1.24 million.
6. **Seven's AFL: Thursday Night Football:** #1 sport, #1 program in 25 to 54s and 16 to 39s. National reach 1.88 million, national audience 675,000. Up 4% year-on-year, up 102% on 7plus Sport.
7. **7NEWS Friday:** #1 program in all people and grocery shoppers. National reach 1.84 million, national audience 1.15 million.
8. **Seven's AFL: Sunday Night Football:** #1 sport. National reach 1.81 million, national audience 577,000.
9. **Australian Idol Tuesday:** National reach 1.74 million, national audience 898,000. Up 17% week-on-week. Up 98% year-on-year on 7plus. Third biggest episode of 2025, second biggest episode ever on 7plus.
10. **Seven's AFL: Friday Night Football:** #1 sport. National reach 1.7 million, national audience 557,000.
11. **Australian Idol Wednesday:** National reach 1.65 million, national audience 833,000. Up 5% week-on-week.

12. **Australian Idol** Monday: National reach 1.62 million, national audience 884,000. Up 96% year-on-year on 7plus.
13. **7NEWS** Saturday: #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 1.58 million, national audience 958,000.
14. **Home and Away** Monday: #1 drama. National reach 1.52 million, national audience 985,000.
15. **Home and Away** Wednesday: #1 drama. National reach 1.46 million, national audience 1.01 million. Up 9% week-on-week. Second biggest episode ever on 7plus.
16. **Home and Away** Tuesday: #1 drama. National reach 1.45 million, national audience 987,000. Up 10% year-on-year. Up 5% week-on-week.
17. **The Chase Australia** Monday: National reach 1.35 million, national audience 652,000.
18. **The Chase Australia** Wednesday: National reach 1.29 million, national audience 618,000.
19. **The Chase Australia** Tuesday: National reach 1.28 million, national audience 618,000.
20. **The Chase Australia** Friday: National reach 1.2 million, national audience 579,000.
21. **The Chase Australia** Thursday: National reach 1.19 million, national audience 577,000.
22. **Home and Away** Thursday: #1 drama. National reach 1.08 million, national audience 807,000.
23. **Better Homes and Gardens** Saturday: #1 entertainment program, #1 lifestyle program. National reach 1.07 million, national audience 452,000.
24. **The Front Bar**: National reach 1 million, national audience 459,000.
25. **Sunrise** Wednesday: #1 breakfast program. National reach 1 million, national audience 432,000. 27% more viewers than *Today*.
26. **Sunrise** Tuesday: #1 breakfast program. National reach 997,000, national audience 439,000. 38% more viewers than *Today*.
27. **Sunrise** Friday: #1 breakfast program. National reach 994,000, national audience 439,000. 27% more viewers than *Today*.
28. **Sunrise** Monday: #1 breakfast program. National reach 989,000, national audience 420,000. 34% more viewers than *Today*.
29. **Better Homes and Gardens** Friday: #1 lifestyle program. National reach 974,000, national audience 484,000.
30. **Weekend Sunrise** Sunday: #1 breakfast program. National reach 966,000, national audience 401,000. 50% more viewers than *Today*.
31. **Sunrise** Thursday: #1 breakfast program. National reach 951,000, national audience 422,000. 31% more viewers than *Today*.
32. **The 1% Club UK** (NSW, WA and Queensland only): National reach 935,000, national audience 465,000.
33. **Seven's Horse Racing**: National reach 895,000, national audience 142,000.
34. **Men In Black II (R)**: National reach 840,000, national audience 215,000.
35. **Mamma Mia: Here We Go Again (R)**: National reach 756,000, national audience 195,000.

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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**.