

Sunday, 22 March 2026

Seven wins the week, #1 in news, drama, at breakfast

- **Seven #1 nationally in total TV**
- **National total TV audience share, 6.00am to midnight: 41.2%**
- **National total TV audience share, 6.00pm to midnight: 38.3%**
- **#1 in broadcast TV nationally and in the capital cities**
- **#1 news, #1 drama, #1 lifestyle show, #1 at breakfast**
- **#1 program: 7NEWS Monday, reached 2.22 million**
- **#1 sport program: AFL Thursday Night Football, reached 2.12 million**
- **#1 entertainment show: Australian Idol Sunday, reached 1.99 million**

WEEK 12, 2026 HIGHLIGHTS:

Seven Network reaches 11.74 million Australians nationally.

6.00am to midnight:

Seven Network: #1 nationally in total TV in all people.

Seven Network: equal #1 nationally in total TV in grocery shoppers.

Seven Network: #1 nationally and in the capital cities in broadcast TV share.

[7plus](#): 38.6% commercial share, up from 34.7% in the same week in 2025.

#1 news: **7NEWS**.

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

#1 sport: **AFL Thursday Night Football**. Up 13% in total TV year-on-year, up 154% on 7plus.

Australian Idol Sunday: Up 67% on 7plus year-on-year.

Australian Idol Monday: Up 10% in total TV year-on-year, up 125% on 7plus

The 1% Club UK: Biggest audience so far this year. Up 24% on 2026 season average.

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

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

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	41.2	36.5	41.3
Nine Network	40.9	44.0	41.3
Network Ten	17.9	19.4	17.5

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	38.3	31.8	38.4
Nine Network	41.8	46.2	42.1
Network Ten	19.8	22.0	19.5

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SEVEN'S TOP 35:

1. **7NEWS Monday**: #1 news program. National reach 2.2 million, national audience 1.42 million.
2. **7NEWS Tuesday**: #1 news program. National reach 2.19 million, national audience 1.4 million.
3. **7NEWS Wednesday**: #1 news program. National reach 2.16 million, national audience 1.35 million.
4. **7NEWS Sunday**: #1 news program in total TV. National reach 2.14 million, national audience 1.27 million.
5. **Seven's AFL: Thursday Night Football**: #1 sport. #1 program in all people. National reach 2.12 million, national audience 660,000. Up 13% in total TV year-on-year, up 154% on 7plus.
6. **7NEWS Thursday**: #1 program in total TV. National reach 2.06 million, national audience 1.28 million.
7. **Australian Idol Sunday**: National reach 1.99 million, national audience 874,000. Up 67% on 7plus year-on-year.
8. **Seven's AFL: Friday Night Football**: #1 sport. #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 1.84 million, national audience

727,000.

9. **7NEWS** Friday: #1 program in total TV. National reach 1.73 million, national audience 1.07 million.
10. **Australian Idol** Monday: National reach 1.72 million, national audience 887,000. Up 10% in total TV year-on-year, up 125% on 7plus. Third biggest 7plus audience ever.
11. **7NEWS** Saturday: #1 news program. National reach 1.51 million, national audience 932,000.
12. **The 1% Club UK**: National reach 1.49 million, national audience 835,000. Biggest audience so far this year. Up 42% on last week, up 24% on 2026 season average, up 7% on 2025 season average.
13. **Home and Away** Monday: #1 drama. National reach 1.48 million, national audience 978,000. Up 11% in total TV year-on-year, up 95% on 7plus.
14. **Home and Away** Tuesday: #1 drama. National reach 1.48 million, national audience 966,000. Up 13% in total TV year-on-year, up 90% on 7plus.
15. **Australian Idol** Tuesday: National reach 1.48 million, national audience 844,000. Up 50% on 7plus year-on-year.
16. **Home and Away** Wednesday: #1 drama. National reach 1.45 million, national audience 950,000. Up 7% in total TV year-on-year, up 72% on 7plus.
17. **The Chase Australia** Monday: National reach 1.34 million, national audience 644,000.
18. **The Chase Australia** Wednesday: National reach 1.33 million, national audience 645,000.
19. **The Chase Australia** Tuesday: National reach 1.3 million, national audience 648,000.
20. **The Oscars**: National reach 1.25 million, national audience 488,000. Up 3% in total TV year-on-year, up 32% on 7plus.
21. **The Chase Australia** Thursday: National reach 1.23 million, national audience 610,000.
22. **The Front Bar**: National reach 1.17 million, national audience 574,000.
23. **Doc**: National reach 1.17 million, national audience 466,000. Biggest audience so far this year.
24. **Home and Away** Thursday: #1 entertainment program in total TV, #1 drama. National reach 1.08 million, national audience 796,000.
25. **Sunrise** Wednesday: #1 breakfast program. National reach 1.07 million, national audience 457,000. 51% more viewers than *Today*.
26. **The Oscars Encore**: National reach 1.07 million, national audience 231,000.
27. **The Chase Australia** Friday: National reach 1.05 million, national audience 544,000.
28. **Sunrise** Friday: #1 breakfast program. National reach 1.04 million, national audience 453,000. 36% more viewers than *Today*.
29. **Sunrise** Monday: #1 breakfast program. National reach 1.02 million, national audience 437,000. 43% more viewers than *Today*.

- 30. Seven's Horse Racing:** National reach 996,000, national audience 186,000.
- 31. Sunrise Thursday:** #1 breakfast program. National reach 991,000, national audience 436,000. 42% more viewers than *Today*.
- 32. Sunrise Tuesday:** #1 breakfast program. National reach 988,000, national audience 413,000. 34% more viewers than *Today*.
- 33. Better Homes and Gardens Saturday:** #1 entertainment program, #1 lifestyle program. National reach 967,000, national audience 420,000.
- 34. Seven's AFL: Sunday Afternoon Football:** National reach 934,000, national audience 297,000.
- 35. Britain's Got Talent:** National reach 908,000, national audience 361,000.

For further information, please contact:

Neil Shoebridge

M: 0417 511 012

E: neil@skmediagroup.com.au

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**.