

Sunday, 29 March 2026

Seven #1 in news, sport, drama, breakfast TV

- Seven reaches 11.99 million people
- National total TV audience share, 6.00am to midnight: 41.4%
- National total TV audience share, 6.00pm to midnight: 39.6%
- #1 news, #1 sport, #1 drama, #1 at breakfast
- #1 program: 7NEWS Monday, reached 2.21 million
- #1 sport program: AFL Friday Night Football, reached 1.95 million
- #1 entertainment show: Australian Idol Sunday, reached 1.79 million

WEEK 13, 2026 HIGHLIGHTS:

Seven Network reaches 11.99 million Australians nationally.

[7plus](#): 39.3% commercial share, up from 34.8% in the same week in 2025.

#1 news: **7NEWS**.

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

- Home and Away Tuesday: Biggest episode since August 2025

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

Australian Idol: Biggest week so far in 2026.

The Front Bar: Biggest audience since September last year

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

- **Sunrise** Thursday: Biggest audience so far in 2026

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	41.4	36.3	41.6
Nine Network	42.9	46.7	43.0
Network Ten	15.7	17.0	15.4

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	39.6	32.7	39.6
Nine Network	44.1	49.1	44.1
Network Ten	16.3	18.2	16.4

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SEVEN'S TOP 35:

- 1. 7NEWS Sunday:** #1 news program in total TV. National reach 2.21 million, national audience 1.33 million.
- 2. 7NEWS Monday:** #1 news program in total TV. National reach 2.2 million, national audience 1.43 million.
- 3. 7NEWS Tuesday:** #1 news program. National reach 2.2 million, national audience 1.42 million.
- 4. 7NEWS Thursday:** #1 program in all people and grocery shoppers. National reach 2.16 million, national audience 1.36 million.
- 5. 7NEWS Wednesday:** #1 news program. National reach 2.14 million, national audience 1.36 million.
- 6. Seven's AFL: Friday Night Football:** #1 program in all people, 25 to 54s and 16 to 39s. National reach 1.95 million, national audience 590,000.
- 7. 7NEWS Friday:** #1 news program, #1 program in grocery shoppers. #1 program in grocery shoppers. National reach 1.88 million, national audience 1.17 million.
- 8. Australian Idol Sunday:** National reach 1.79 million, national audience 938,000. Up 8% in total TV on last week. Up 3% in total TV year-on-year, up 65% on 7plus.
- 9. Seven's AFL: Thursday Night Football:** #1 sport, #1 program in 16 to 39s. National reach 1.76 million, national audience 635,000. Up 15% in total TV year-on-year, up 144% on 7plus.
- 10. 7NEWS Saturday:** #1 program in all people, 16 to 39s and grocery shoppers. National reach 1.66 million, national audience 1.07 million.
- 11. Australian Idol Monday:** National reach 1.51 million, national audience 922,000. Up 4% in total TV on last week. Up 6% in total TV year-on-year, up 96% on 7plus.
- 12. Home and Away Tuesday:** #1 drama. National reach 1.49 million, national audience 1.02 million. Biggest episode since August 2025. Up 23% in total TV year-on-year, up 98% on 7plus. Up 6% in total TV week-on-week.
- 13. Australian Idol Tuesday:** National reach 1.48 million, national audience 869,000. Up 3% in total TV week-on-week. Up 87% year-on-year on 7plus.
- 14. Home and Away Monday:** #1 drama. National reach 1.46 million, national

- audience 987,000. Up 12% in total TV year-on-year, up 89% on 7plus.
15. **Home and Away** Wednesday: #1 drama. National reach 1.45 million, national audience 981,000. Up 10% in total TV year-on-year, up 94% on 7plus.
 16. **Britain's Got Talent**: National reach 1.41 million, national audience 489,000.
 17. **The Chase Australia** Thursday: National reach 1.38 million, national audience 687,000.
 18. **The Chase Australia** Tuesday: National reach 1.29 million, national audience 659,000.
 19. **The Chase Australia** Monday: National reach 1.29 million, national audience 646,000.
 20. **The Front Bar**: National reach 1.25 million, national audience 602,000. Biggest audience since September last year. Up 17% in total TV year-on-year, up 99% on 7plus. Up 8% in total TV year-on-year, up 19% on 7plus.
 21. **The Chase Australia** Wednesday: National reach 1.22 million, national audience 607,000.
 22. **Doc**: National reach 1.18 million, national audience 430,000.
 23. **The Chase Australia** Friday: National reach 1.17 million, national audience 583,000.
 24. **Seven's AFL: Sunday Afternoon Football**: #1 sport. National reach 1.16 million, national audience 353,000. Up 18% in total TV on last week. Up 153% year-on-year on 7plus.
 25. **Sunrise** Thursday: #1 breakfast program. National reach 1.15 million, national audience 493,000. Biggest audience so far in 2026. 36% more viewers than *Today*.
 26. **9-1-1**: National reach 1.15 million, national audience 431,000.
 27. **Athletics Australia: Maurie Plant Meet**: #1 sport. National reach 1.14 million, national audience 353,000.
 28. **Home and Away** Thursday: #1 drama. National reach 1.07 million, national audience 790,000. Up 12% in total TV year-on-year, up 89% on 7plus.
 29. **Sunrise** Tuesday: #1 breakfast program. National reach 1.03 million, national audience 462,000. 49% more viewers than *Today*.
 30. **Sunrise** Wednesday: #1 breakfast program. National reach 1.02 million, national audience 471,000. 38% more viewers than *Today*.
 31. **Sunrise** Friday: #1 breakfast program. National reach 1.02 million, national audience 432,000. 32% more viewers than *Today*.
 32. **Weekend Sunrise** Sunday: #1 breakfast program. National reach 1.03 million, national audience 427,000. 33% more viewers than *Today*.
 33. **Sunrise** Monday: #1 breakfast program. National reach 987,000, national audience 438,000. 26% more viewers than *Today*.
 34. **Men In Black: International**: National reach 932,000, national audience 194,000.
 35. **The 1% Club UK (R)**: National reach 894,000, national audience 517,000.

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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**.

Source: OzTAM VOZ national total TV, overnight program reach (broadcast TV 1 min/BVOD 15 sec), national average audience. Share based on "when watched" 1800-2400. #1 programs based on reach on day of broadcast, unless otherwise noted.