



Ratings Release

Sunday, 10 May 2026

Seven wins all demos, #1 in news, sport, BVOD

- Seven #1 nationally in total TV
- Seven #1 in all people, 25 to 54s, 16 to 39s, grocery shoppers
- National total TV audience share, 6.00am to midnight: 44.1%
- National total TV audience share, 6.00pm to midnight: 42.7%
- #1 in broadcast TV nationally and in the capital cities
- 7plus: #1 in BVOD
- #1 news, #1 sport, #1 drama, #1 at breakfast
- #1 program of the week: 7NEWS Monday, reached 2.36 million
- #1 sport program of the week: AFL Thursday Night Football, reached 1.89 million
- #1 entertainment show: The 1% Club, reached 1.78 million

WEEK 19, 2026 HIGHLIGHTS:

Seven Network reaches 11.67 million Australians nationally.

6.00pm to midnight:

- Seven Network: #1 nationally in total TV in all people.
- Seven Network: #1 nationally in total TV in 25 to 54s.
- Seven Network: #1 nationally in total TV in 16 to 39s.
- Seven Network: #1 nationally in total TV in grocery shoppers.
- Seven Network: #1 nationally and in the capital cities in broadcast TV share.

6.00am to midnight:

- Seven Network: #1 nationally in total TV in all people.
- Seven Network: #1 nationally in total TV in 25 to 54s.
- Seven Network: #1 nationally in total TV in 16 to 39s.
- Seven Network: #1 nationally in total TV in grocery shoppers.

[7plus](#): #1 in streaming. 46.5% commercial share.

#1 news: **7NEWS**.

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

#1 sport: **AFL Thursday Night Football**, up 35% year-on-year.



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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	44.1	41.6	44.1
Nine Network	37.0	36.9	37.1
Network Ten	19.0	26.6	18.9

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	42.7	38.7	42.7
Nine Network	36.2	36.0	36.0
Network Ten	21.1	25.3	21.3

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SEVEN'S TOP 35:

- 7NEWS Monday:** #1 program in all people, 25 to 54s and grocery shoppers. National reach 2.36 million, national audience 1.55 million.
- 7NEWS Tuesday:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 2.33 million, national audience 1.5 million.
- 7NEWS Sunday:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 2.31 million, national audience 1.44 million.
- 7NEWS Wednesday:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 2.27 million, national audience 1.48 million.
- 7NEWS Thursday:** #1 program in all people and grocery shoppers. National reach 2.07 million, national audience 1.37 million.
- 7NEWS Friday:** #1 program in all people and grocery shoppers. National reach 1.91 million, national audience 1.21 million.
- Seven's AFL: Thursday Night Football:** #1 sport, #1 program in 25 to 54s and 16 to 39s. National reach 1.89 million, national audience 757,000. Up 35% year-on-year in total TV, up 179% on 7plus.
- The 1% Club Australia:** #1 entertainment program. National reach 1.78 million, national audience 852,000. Up 70% year-on-year on 7plus.



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9. **7NEWS Saturday**: #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 1.65 million, national audience 1.05 million.
10. **Seven's AFL: Friday Night Football**: #1 sport, #1 program in 25 to 54s and 16 to 39s. National reach 1.65 million, national audience 541,000.
11. **The Chase Australia Monday**: National reach 1.55 million, national audience 771,000. Up 6% year-on-year in total TV, up 80% on 7plus.
12. **The Chase Australia Tuesday**: National reach 1.48 million, national audience 727,000. Up 11% year-on-year in total TV, up 77% on 7plus.
13. **Home and Away Monday**: #1 entertainment program in total TV, #1 drama. National reach 1.45 million, national audience 1 million. Up 6% year-on-year in total TV, up 67% on 7plus.
14. **Home and Away Tuesday**: #1 entertainment show in total TV, #1 drama. National reach 1.43 million, national audience 999,000. Up 7% year-on-year in total TV, up 63% on 7plus. Up 4% week-on-week in total TV.
15. **The Chase Australia Wednesday**: National reach 1.42 million, national audience 729,000. Up 7% year-on-year in total TV, up 82% on 7plus.
16. **Glenn & Mick's Celebrity Intervention**: National reach 1.42 million, national audience 685,000.
17. **7NEWS Spotlight**: National reach 1.37 million, national audience 605,000. Up 32% year-on-year on 7plus. Up 9% week-on-week in total TV.
18. **The Chase Australia Thursday**: National reach 1.36 million, national audience 704,000. Up 10% year-on-year in total TV, up 96% on 7plus. Up 3% week-on-week in total TV, up 3% on 7plus.
19. **My Reno Rules**: National reach 1.35 million, national audience 571,000. Up 5% week-on-week in total TV.
20. **Seven's AFL: Sunday Afternoon Football**: #1 sport. National reach 1.35 million, national audience 493,000. Up 24% year-on-year in total TV, up 205% on 7plus.
21. **The Chase Australia Friday**: National reach 1.34 million, national audience 664,000.
22. **Home and Away Wednesday**: #1 entertainment show in total TV, #1 drama. National reach 1.3 million, national audience 964,000. Up 7% year-on-year in total TV, up 63% on 7plus.
23. **SAS: AUS V ENG**: National reach 1.17 million, national audience 451,000.
24. **Better Homes and Gardens Saturday**: #1 lifestyle program. National reach 1.11 million, national audience 502,000.
25. **Sunrise Tuesday**: #1 breakfast program. National reach 1.04 million, national audience 460,000. 51% more viewers than *Today*.
26. **Sunrise Wednesday**: #1 breakfast program. National reach 1.01 million, national audience 475,000. 49% more viewers than *Today*.
27. **The Front Bar**: National reach 1 million, national audience 537,000. Up 88% year-on-year on 7plus.
28. **Sunrise Friday**: #1 breakfast program. National reach 996,000, national audience 465,000. 50% more viewers than *Today*.



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- 29. Sunrise Monday:** #1 breakfast program. National reach 977,000, national audience 435,000. 44% more viewers than *Today*.
- 30. Sunrise Thursday:** #1 breakfast program. National reach 971,000, national audience 456,000. 51% more viewers than *Today*.
- 31. Home and Away Thursday:** #1 drama. National reach 962,000, national audience 735,000. Up 59% year-on-year on 7plus.
- 32. Apollo 13 (R):** National reach 962,000, national audience 183,000.
- 33. Weekend Sunrise Sunday:** #1 breakfast program. National reach 924,000, national audience 423,000. 58% more viewers than *Today*.
- 34. Seven's AFL: Thursday Night Football Pre Match:** National reach 903,000, national audience 451,000.
- 35. Better Homes and Gardens Friday:** National reach 895,000, national audience 433,000.

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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.