



Ratings Release

Sunday, 17 May 2026

Seven rules: #1 last week, #1 program, #1 sport, #1 in 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: 43.4%
- National total TV audience share, 6.00pm to midnight: 41.7%
- #1 in broadcast TV nationally and in the capital cities
- 7plus: #1 in BVOD
- #1 news, #1 sport, #1 drama, #1 lifestyle show, #1 at breakfast
- #1 program of the week: 7NEWS Monday, reached 2.41 million
- #1 sport program of the week: AFL Friday Night Football, reached 2.12 million
- #1 entertainment show: The 1% Club, reached 1.69 million

WEEK 20, 2026 HIGHLIGHTS:

Seven Network reaches 11.68 million Australians nationally.

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

6.00pm to midnight:

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

[7plus](#): #1 in streaming. 45.2% commercial share, up from 45.1% in the same week in 2025.

#1 news: **7NEWS**.

#1 drama of the week: **Home and Away**.

#1 sport program of the week: **AFL Friday Night Football**.



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#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	43.4	40.8	43.5
Nine Network	38.1	38.2	38.0
Network Ten	18.6	21.0	18.5

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

Network	All people	25 to 54s	Grocery shoppers
Seven Network	41.7	37.4	41.9
Nine Network	37.6	38.2	37.3
Network Ten	20.7	24.4	20.8

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SEVEN'S TOP 30:

- 7NEWS Monday:** #1 program in all people and grocery shoppers. National reach 2.41 million, national audience 1.6 million.
- 7NEWS Tuesday:** #1 program in all people and grocery shoppers. National reach 2.29 million, national audience 1.48 million.
- 7NEWS Wednesday:** #1 program in all people, 16 to 39s and grocery shoppers. National reach 2.24 million, national audience 1.43 million.
- 7NEWS Thursday:** #1 program in all people and grocery shoppers. National reach 2.2 million, national audience 1.36 million.
- 7NEWS Sunday:** #1 program in total TV, #1 program in grocery shoppers. National reach 2.18 million, national audience 1.4 million.
- Seven's AFL: Friday Night Football:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers National reach 2.12 million, national audience 695,000.
- Seven's AFL: Thursday Night Football:** National reach 1.98 million, national audience 663,000. Up 21% year-on-year in total TV, up 156% on 7plus.
- 7NEWS Friday:** #1 program in total TV. National reach 1.84 million, national



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audience 1.12 million.

9. **The 1% Club Australia:** National reach 1.69 million, national audience 901,000.
10. **7NEWS Saturday:** #1 program in all people and grocery shoppers. National reach 1.61 million, national audience 1.04 million.
11. **The Chase Australia Monday:** National reach 1.56 million, national audience 790,000. Biggest audience since July 2023. Up 15% week-on-week in total TV, up 90% on 7plus.
12. **Home and Away Monday:** #1 entertainment program in total TV, #1 drama. National reach 1.51 million, national audience 1.03 million. Up 6% year-on-year in total TV, up 62% on 7plus.
13. **The Chase Australia Wednesday:** National reach 1.45 million, national audience 735,000. Up 14% year-on-year in total TV, up 87% on 7plus.
14. **The Chase Australia Tuesday:** National reach 1.43 million, national audience 739,000. Up 10% year-on-year in total TV, up 96% on 7plus.
15. **The Chase Australia Thursday:** National reach 1.38 million, national audience 716,000. Up 7% year-on-year in total TV, up 96% on 7plus.
16. **Home and Away Wednesday:** #1 entertainment show in total TV. #1 drama. National reach 1.37 million, national audience 970,000. Up 3% year-on-year in total TV, up 67% on 7plus.
17. **Glenn & Mick's Celebrity Intervention:** National reach 1.35 million, national audience 639,000.
18. **7NEWS Spotlight:** National reach 1.35 million, national audience 491,000.
19. **Home and Away Tuesday:** #1 entertainment program in total TV, #1 drama. National reach 1.33 million, national audience 950,000. Up 67% year-on-year on 7plus.
20. **Seven's AFL: Sunday Afternoon Football:** National reach 1.29 million, national audience 420,000.
21. **The Chase Australia Friday:** National reach 1.27 million, national audience 651,000.
22. **SAS: AUS V ENG:** National reach 1.1 million, national audience 479,000. Up 6% week-on-week in total TV.
23. **My Reno Rules:** National reach 1.08 million, national audience 493,000.
24. **Better Homes and Gardens Saturday:** #1 entertainment program, #1 lifestyle program. National reach 1.08 million, national audience 459,000.
25. **Home and Away Thursday:** #1 drama. National reach 1.03 million, national audience 791,000. Up 9% year-on-year in total TV, up 68% on 7plus. Up 8% week-on-week in total TV, up 6% on 7plus.
26. **Sunrise Wednesday:** #1 breakfast program. National reach 1.03 million, national audience 449,000. 45% more viewers than *Today*.
27. **Sunrise Tuesday:** #1 breakfast program. National reach 1.01 million, national audience 466,000. 68% more viewers than *Today*.
28. **Sunrise Monday:** #1 breakfast program. National reach 1 million, national audience 450,000. 43% more viewers than *Today*.



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29. Sunrise Thursday: #1 breakfast program. National reach 995,000, national audience 441,000. 40% more viewers than *Today*.

30. The Front Bar: National reach 968,000, national audience 539,000. Up 66% year-on-year on 7plus.

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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](http://7plus.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.