



Ratings Release

Sunday, 24 May 2026

Seven's clean sweep: wins all demos, #1 program, #1 in sport, 7plus #1

- **Seven #1 nationally in total TV**
- **Seven #1 in all people, 25 to 54s, 16 to 39s, grocery shoppers**
- **National total TV audience share, 6.00pm to midnight: 42.9%**
- **National total TV audience share, 6.00am to midnight: 44%**
- **#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 2.38 million**
- **#1 sport program of the week: AFL Friday Football, reached 1.94 million**
- **#1 entertainment show: The 1% Club, reached 1.54 million**

WEEK 21, 2026 HIGHLIGHTS:

Seven Network reaches 11.58 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, up from 45.9% in the same week in 2025.

#1 in news: **7NEWS**.

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



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

#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 (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	42.9	38.4	43.1
Nine Network	36.5	37.1	36.2
Network Ten	20.6	24.5	20.7

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	44.0	41.0	44.3
Nine Network	37.5	37.6	37.4
Network Ten	18.5	21.4	18.3

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SEVEN'S TOP 30:

1. **7NEWS Monday**: #1 program in all people and grocery shoppers. National reach 2.38 million, national audience 1.56 million.
2. **7NEWS Tuesday**: #1 program in all people and grocery shoppers. National reach 2.26 million, national audience 1.48 million. Up 4% year-on-year in total TV, up 88% on 7plus.
3. **7NEWS Wednesday**: #1 program in all people and grocery shoppers. National reach 2.24 million, national audience 1.48 million.
4. **7NEWS Thursday**: #1 program in all people and grocery shoppers. National reach 2.14 million, national audience 1.36 million.
5. **7NEWS Sunday**: National reach 2.09 million, national audience 1.28 million.
6. **Seven's AFL: Friday Night Football**: #1 sport, #1 program in all people, 25 to 54s and 16 to 39s. National reach 1.94 million, national audience 694,000.
7. **7NEWS Friday**: #1 news program, #1 program in all people in total TV. National



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reach 1.9 million, national audience 1.22 million.

8. **Seven's AFL: Thursday Night Football:** #1 sport, #1 program in 25 to 54s and 16 to 39s. National reach 1.74 million, national audience 630,000. Up 72% year-on-year on 7plus.
9. **7NEWS Saturday:** #1 program in all people, 25 to 54s and grocery shoppers. National reach 1.62 million, national audience 991,000.
10. **The 1% Club Australia:** National reach 1.53 million, national audience 840,000. Up 50% year-on-year on 7plus.
11. **The Chase Australia Monday:** National reach 1.51 million, national audience 793,000. Up 12% year-on-year in total TV, up 87% on 7plus.
12. **The Chase Australia Tuesday:** National reach 1.48 million, national audience 767,000. Up 13% year-on-year in total TV, up 89% on 7plus. Up 4% week-on-week in total TV.
13. **The Chase Australia Wednesday:** National reach 1.43 million, national audience 731,000. Up 6% year-on-year in total TV, up 79% on 7plus.
14. **Home and Away Tuesday:** #1 entertainment program in total TV, #1 drama. National reach 1.39 million, national audience 981,000. Up 60% year-on-year on 7plus. Up 3% week-on-week in total TV.
15. **Home and Away Wednesday:** #1 entertainment program in total TV, #1 drama. National reach 1.36 million, national audience 983,000. Up 8% year-on-year in total TV, up 68% on 7plus.
16. **The Chase Australia Thursday:** National reach 1.36 million, national audience 716,000. Up 2% year-on-year in total TV, up 83% on 7plus.
17. **Home and Away Monday:** #1 drama. National reach 1.34 million, national audience 957,000. Up 4% year-on-year in total TV, up 58% on 7plus.
18. **Seven's AFL: Sunday Afternoon Football:** National reach 1.3 million, national audience 414,000. Up 6% year-on-year in total TV, up 120% on 7plus.
19. **The Chase Australia Friday:** National reach 1.26 million, national audience 643,000.
20. **My Reno Rules:** National reach 1.25 million, national audience 596,000. Up 20% week-on-week in total TV.
21. **Glenn & Mick's Celebrity Intervention:** National reach 1.23 million, national audience 585,000.
22. **7NEWS Spotlight:** National reach 1.19 million, national audience 535,000. Up 7% week-on-week in total TV, up 6% on 7plus.
23. **Better Homes and Gardens Saturday:** #1 entertainment program, #1 lifestyle program. National reach 835,000, national audience 387,000.
24. **Home and Away Thursday:** #1 entertainment program in total TV, #1 drama. National reach 1.07 million, national audience 822,000. Up 12% year-on-year in total TV, up 74% on 7plus. Up 4% week-on-week in total TV.
25. **Sunrise Monday:** #1 breakfast program. National reach 1.04 million, national audience 457,000. 48% more viewers than *Today*.
26. **Sunrise Wednesday:** #1 breakfast program. National reach 1.03 million, national



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audience 464,000. 48% more viewers than *Today*.

27. The Front Bar: National reach 1.02 million, national audience 551,000. Up 71% year-on-year on 7plus. Up 4% week-on-week in total TV, up 9% on 7plus.

28. SAS: AUS V ENG: National reach 1.02 million, national audience 442,000.

29. Sunrise Thursday: #1 breakfast program. National reach 995,000, national audience 450,000. 51% more viewers than *Today*.

30. Sunrise Friday: #1 breakfast program. National reach 975,000, national audience 426,000. 42% more viewers than *Today*.

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**.

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.