



# Ratings Release

Sunday, 7 June 2026

## **Seven's winning week: #1 in all demos, 7NEWS #1, AFL #1, 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: 44.9%
- National total TV audience share, 6.00am to midnight: 45.3%
- #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 Thursday Night Football, reached 1.76 million
- #1 entertainment show: The Chase Australia Monday, reached 1.53 million

### **WEEK 23, 2026 HIGHLIGHTS:**

Seven Network reaches 11.7 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 BVOD. 46.2% commercial share, up from 44.3% in the same week in 2025.

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

#1 in sport: **AFL Thursday 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 (%):**

### **6.00am to midnight**

<b>Network</b>	<b>All people</b>	<b>25 to 54s</b>	<b>Grocery shoppers</b>
Seven Network	<b>45.3</b>	<b>42.7</b>	<b>45.6</b>
Nine Network	35.9	35.6	36.1
Network Ten	18.8	21.7	18.4

## **NATIONAL TOTAL TV COMMERCIAL SHARES (%):**

### **6.00pm to midnight**

<b>Network</b>	<b>All people</b>	<b>25 to 54s</b>	<b>Grocery shoppers</b>
Seven Network	<b>44.9</b>	<b>40.7</b>	<b>45.1</b>
Nine Network	34.3	34.4	34.1
Network Ten	20.8	24.9	20.8

[www.virtualoz.com.au](http://www.virtualoz.com.au)

## **SEVEN'S TOP 35:**

1. **7NEWS Monday**: #1 program in all people, 25 to 54s and grocery shoppers. National reach 2.41 million, national audience 1.58 million.
2. **7NEWS Tuesday**: #1 program in all people, 25 to 54s and grocery shoppers. National reach 2.35 million, national audience 1.55 million.
3. **7NEWS Wednesday**: #1 program in all people and grocery shoppers. National reach 2.26 million, national audience 1.49 million.
4. **7NEWS Thursday**: #1 program in all people and grocery shoppers. National reach 2.12 million, national audience 1.41 million.
5. **7NEWS Sunday**: #1 program in total TV, #1 program in grocery shoppers. National reach 2.1 million, national audience 1.36 million.
6. **7NEWS Saturday**: #1 program in all people and grocery shoppers. National reach 1.96 million, national audience 1.42million.
7. **Seven's AFL: Thursday Night Football**: #1 sport. National reach 1.76 million,



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national audience 697,000. Up 18% year-on-year in total TV, up 135% on 7plus. Up 24% week-on-week in total TV, up 20% on 7plus.

8. **Seven's AFL: Friday Night Football:** #1 sport. #1 program in 25 to 54s and 16 to 39s. National reach 1.72 million, national audience 633,000.
9. **7NEWS Saturday:** #1 program in all people, 16 to 39s and grocery shoppers. National reach 1.55 million, national audience 967,000.
10. **Seven's AFL: Sunday Night Football:** #1 sport. National reach 1.54 million, national audience 452,000. Up 121% year-on-year on 7plus.
11. **The Chase Australia Monday:** National reach 1.53 million, national audience 813,000. Biggest audience of 2026. Up 17% year-on-year in total TV, up 86% on 7plus. Up 5% week-on-week in total TV.
12. **The Chase Australia Tuesday:** National reach 1.52 million, national audience 796,000. Up 14% year-on-year in total TV, up 86% on 7plus. Up 5% week-on-week in total TV.
13. **The Chase Australia Wednesday:** National reach 1.5 million, national audience 748,000. Up 5% year-on-year in total TV, up 71% on 7plus.
14. **My Reno Rules – Final:** #2 program in 16 to 39s, #3 in 25 to 54s. National reach 1.49 million, national audience 718,000. Biggest audience of 2026. Up 27% week-on-week in total TV, up 40% on 7plus.
15. **Home and Away Monday:** #1 entertainment program in total TV, #1 drama. National reach 1.45 million, national audience 1 million. Up 10% year-on-year in total TV, up 74% on 7plus. Up 3% week-on-week in total TV.
16. **Home and Away Tuesday:** #1 entertainment program in total TV, #1 drama. National reach 1.42 million, national audience 1.01 million. Up 11% year-on-year in total TV, up 77% on 7plus.
17. **The Chase Australia Thursday:** National reach 1.42 million, national audience 766,000. Up 13% year-on-year in total TV, up 82% on 7plus. Up 7% week-on-week in total TV.
18. **Home and Away Wednesday:** #1 entertainment program in total TV, #1 drama. National reach 1.37 million, national audience 1 million. Up 13% year-on-year in total TV, up 69% on 7plus. Up 11% week-on-week in total TV, up 7% on 7plus.
19. **Glenn & Mick's Celebrity Intervention:** National reach 1.3 million, national audience 637,000. Up 17% week-on-week in total TV, up 13% on 7plus.
20. **The Chase Australia Friday:** National reach 1.29 million, national audience 666,000.
21. **Seven's AFL: Sunday Afternoon Football:** National reach 1.28 million, national audience 425,000. Up 32% year-on-year in total TV, up 262% on 7plus.
22. **Home and Away Thursday:** #1 entertainment program in total TV, #1 drama. National reach 1.1 million, national audience 834,000. Up 17% year-on-year in total TV, up 70% on 7plus.
23. **The Front Bar:** National reach 1.02 million, national audience 555,000. Up 33% week-on-week in total TV, up 38% on 7plus.
24. **Sunrise Friday:** #1 breakfast program. National reach 1.02 million, national



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- audience 421,000. 32% more viewers than *Today*.
25. **Sunrise** Tuesday: #1 breakfast program. National reach 1.01 million, national audience 456,000. 40% more viewers than *Today*.
  26. **Sunrise** Monday: #1 breakfast program. National reach 1 million, national audience 440,000. 35% more viewers than *Today*.
  27. **Sunrise** Wednesday: #1 breakfast program. National reach 1 million, national audience 429,000. 34% more viewers than *Today*.
  28. **Weekend Sunrise** Sunday: #1 breakfast program. National reach 983,000, national audience 428,000. 49% more viewers than *Today*.
  29. **SAS: AUS V ENG**: National reach 963,000, national audience 390,000. Up 34% week-on-week in total TV, up 25% on 7plus.
  30. **Sunrise** Thursday: #1 breakfast program. National reach 945,000, national audience 437,000. 54% more viewers than *Today*.
  31. **Better Homes and Gardens** Saturday: #1 lifestyle program. National reach 919,000, national audience 433,000.
  32. **The 1% Club Australia (R)** (NSW, Queensland and WA only): National reach 916,000, national audience 468,000.
  33. **Home and Away** Thursday – Episode 2: National reach 899,000, national audience 747,000.
  34. **Better Homes and Gardens** Friday: National reach 883,000, national audience 454,000.
  35. **House of Wellness**: National reach 867,000, national audience 291,000.

## For further information, please contact:

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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](http://7plus.com.au); [7NEWS.com.au](http://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**.



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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.