

Monday, 13 July 2026

Seven wins the week, #1 in news, entertainment, breakfast TV

- **Seven #1 nationally in total TV**
- **Seven #1 in all people and grocery shoppers**
- **National total TV audience share, 6.00am to midnight: 41.9%**
- **National total TV audience share, 6.00am to midnight: 39.9%**
- **7plus: #1 in VOD**
- **#1 news, #1 drama, #1 lifestyle show, #1 at breakfast**
- **#1 program: 7NEWS Monday, reached 2.39 million**
- **#1 sport program: AFL Thursday Night Football, reached 2.18 million**
- **#1 entertainment show of the week: Farmer Wants A Wife Sunday, reached 1.99 million**
- **#1 breakfast show all week: Sunrise**

WEEK 28, 2026 HIGHLIGHTS:

Seven Network reaches 12.09 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 grocery shoppers.

[7plus](#): #1 in VOD with a 46.6% commercial share. 40.4% share in BVOD, up from 36.7% in the same week in 2025.

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

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

- National reach 2.18 million, national audience 930,000.
- Up 67% year-on-year in total TV, up 208% on 7plus.
- Up 22% week-on-week in total TV, up 23% on 7plus.
- Biggest Thursday Night Football in more than five years.
- Biggest regular season prime time audience since 2022.
- 136,000 viewers on 7plus alone: a record streaming audience for a regular AFL game.

#1 entertainment program of the week: **Farmer Wants A Wife** Sunday.

#1 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.

- 66% more viewers than *Today*, Monday to Friday

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	41.9	38.1	42.4
Nine Network	40.8	42.8	40.5
Network Ten	17.2	19.0	17.1

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	39.9	34.0	40.3
Nine Network	42.5	46.3	41.8
Network Ten	17.7	19.7	17.9

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SEVEN'S TOP 35:

1. **7NEWS** Monday: #1 news program. National reach 2.39 million, national audience 1.6 million.
2. **7NEWS** Wednesday: #1 news program in total TV. National reach 2.27 million, national audience 1.5 million.
3. **7NEWS** Tuesday: #1 news program, #1 program in total TV, #1 in program in grocery shoppers. National reach 2.24 million, national audience 1.49 million.
4. **7NEWS** Sunday: #1 program in all people and grocery shoppers. National reach 2.23 million, national audience 1.4 million.
5. **Seven's AFL: Thursday Night Football**: #1 program in all people, 25 to 54s and 16 to 39s, #1 sport. National reach 2.18 million, national audience 930,000. Up 67% year-on-year in total TV, up 208% on 7plus. Up 22% week-on-week in total TV, up 23% on 7plus.

6. **7NEWS Thursday:** #1 program in grocery shoppers, #1 program in all people. National reach 2.17 million, national audience 1.38 million.
7. **Farmer Wants A Wife Sunday:** #1 entertainment program in total TV. National reach 1.99 million, national audience 990,000. Second biggest audience this year. Up 23% year-on-year in total TV, up 117% on 7plus. Up week-on-week in total TV.
8. **7NEWS Friday:** #1 news program, #1 program in total TV, #1 program in grocery shoppers. National reach 1.94 million, national audience 1.23 million.
9. **Seven's AFL: Friday Night Football:** #1 sport in total TV. National reach 1.74 million, national audience 616,000.
10. **Farmer Wants A Wife Monday:** #1 in timeslot in total TV. National reach 1.68 million, national audience 946,000. Up 15% year-on-year in total TV, up 112% on 7plus. Up 5% week-on-week in total TV, up 6% on 7plus.
11. **7NEWS Saturday:** #1 program in all people and grocery shoppers. National reach 1.66 million, national audience 1.05 million.
12. **The Chase Australia Monday:** National reach 1.53 million, national audience 747,000. Up 6% year-on-year in total TV, up 72% on 7plus.
13. **Home and Away Monday:** #1 entertainment program in total TV, #1 drama. National reach 1.5 million, national audience 1.02 million. Up 11% year-on-year in total TV, up 84% on 7plus. Up 2% week-on-week in total TV, up 3% on 7plus.
14. **The Chase Australia Wednesday:** National reach 1.47 million, national audience 723,000. Up 8% year-on-year in total TV, up 77% on 7plus.
15. **The Chase Australia Tuesday:** National reach 1.41 million, national audience 729,000. Up 6% year-on-year in total TV, up 72% on 7plus.
16. **The Chase Australia Thursday:** National reach 1.4 million, national audience 717,000. Up 12% year-on-year in total TV, up 65% on 7plus.
17. **Home and Away Wednesday:** #1 entertainment program in total TV, #1 drama. National reach 1.39 million, national audience 937,000. Up 13% year-on-year in total TV, up 76% on 7plus.
18. **Home and Away Tuesday:** #1 entertainment program in total TV, #1 drama. National reach 1.32 million, national audience 927,000. Up 8% year-on-year in total TV, up 101% on 7plus.
19. **The Chase Australia Friday:** National reach 1.29 million, national audience 654,000.
20. **The 1% Club UK (R):** National reach 1.24 million, national audience 659,000.
21. **First Dates Australia:** National reach 1.22 million, national audience 547,000. Up 3% week-on-week in total TV.
22. **7NEWS Spotlight:** National reach 1.17 million, national audience 530,000. Up 10% year-on-year in total TV, up 189% on 7plus. Up 7% week-on-week in total TV, up 16% on 7plus.
23. **Seven's AFL: Thursday Night Football Pre Match:** National reach 1.17 million, national audience 510,000.
24. **Home and Away Thursday:** #1 drama. National reach 1 million, national audience 722,000.

- 25. Sunrise** Tuesday: #1 breakfast program. National reach 1 million, national audience 453,000. 79% more viewers than *Today*. Up 19% year-on-year in total TV, up 46% on 7plus.
- 26. Seven's AFL: Sunday Afternoon Football:** National reach 1 million, national audience 303,000. Up 5% week-on-week in total TV, up 19% on 7plus.
- 27. Sunrise** Wednesday: #1 breakfast program. National reach 986,000, national audience 441,000. 69% more viewers than *Today*. Up 16% year-on-year in total TV, up 43% on 7plus.
- 28. Better Homes and Gardens** Saturday: #1 lifestyle program. National reach 981,000, national audience 450,000.
- 29. Sunrise** Thursday: #1 breakfast program. National reach 978,000, national audience 432,000. 54% more viewers than *Today*. Up 11% year-on-year in total TV, up 48% on 7plus.
- 30. Sunrise** Friday: #1 breakfast program. National reach 964,000, national audience 401,000. 61% more viewers than *Today*.
- 31. Sunrise** Monday: #1 breakfast program. National reach 962,000, national audience 409,000. 68% more viewers than *Today*. Up 4% year-on-year in total TV, up 45% on 7plus.
- 32. Better Homes and Gardens** Friday: #1 lifestyle program. National reach 912,000, national audience 459,000.
- 33. The Rookie:** National reach 895,000, national audience 434,000. Up 23% year-on-year on 7plus.
- 34. The Front Bar:** National reach 880,000, national audience 427,000. Up 24% year-on-year in total TV, up 101% on 7plus.
- 35. Weekend Sunrise** Sunday: #1 breakfast program. National reach 833,000, national audience 367,000. 62% more viewers than *Today*.

For further information, please contact:

Neil Shoebridge

M: 0417 511 012

E: neil@skmediagroup.com.au

About Southern Cross Media Group

Southern Cross Media Group (ASX:SXL) is one of Australia's most prominent media companies, with a market-leading presence across broadcast television, audio, publishing and digital.

The company 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](#).

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.