



Ratings Release

Sunday, 19 July 2026

Seven rules, #1 in all demos, #1 in news, #1 in entertainment

- 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: 44.3%
- National total TV audience share, 6.00am to midnight: 45%
- #1 in broadcast TV nationally and in the capital cities
- 7plus: #1 in BVOD
- #1 news, #1 drama, #1 lifestyle show, #1 at breakfast
- #1 program: 7NEWS Monday, reached 2.34 million
- #1 sport program: AFL Friday Night Football, reached 2.09 million
- #1 entertainment show of the week: Farmer Wants A Wife Sunday, reached 1.96 million
- #1 breakfast show all week: Sunrise

WEEK 29, 2026 HIGHLIGHTS:

Seven Network reaches 12.03 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. 48% commercial share, up from 41.9% in the same week in 2025.

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

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

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

#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.

- Monday to Friday: 65% more viewers than *Today*.

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	44.3	41.6	44.5
Nine Network	35.9	35.4	35.7
Network Ten	19.8	23.0	19.8

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	45.0	43.8	45.3
Nine Network	36.6	35.6	36.8
Network Ten	18.3	20.6	18.0

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SEVEN'S TOP 35:

- 7NEWS** Monday: #1 program in all people, 25 to 54s and grocery shoppers. National reach 2.34 million, national audience 1.59 million.
- 7NEWS** Sunday: #1 news program. National reach 2.27 million, national audience 1.42 million.
- 7NEWS** Tuesday: #1 program in all people, 25 to 54s and grocery shoppers. National reach 2.26 million, national audience 1.5 million.
- 7NEWS** Wednesday: #1 program in total TV, #1 program in grocery shoppers. National reach 2.19 million, national audience 1.45 million.
- 7NEWS** Thursday: #1 news program. National reach 2.18 million, national



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audience 1.41 million.

6. **Seven's AFL: Friday Night Football:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers National reach 2.09 million, national audience 695,000.
7. **Farmer Wants A Wife Sunday:** #1 entertainment program. National reach 1.96 million, national audience 1.04 million. Biggest audience so far in 2026. Up 23% year-on-year in total TV, up 133% on 7plus. Up 5% week-on-week in total TV, up 16% on 7plus.
8. **7NEWS Friday:** #1 news program. National reach 1.9 million, national audience 1.21 million.
9. **Farmer Wants A Wife Monday:** #1 entertainment program. National reach 1.79 million, national audience 1.01 million. Up 19% year-on-year in total TV, up 132% on 7plus. Up 6% week-on-week in total TV, up 13% on 7plus.
10. **7NEWS Saturday:** #1 program in all people and grocery shoppers. National reach 1.69 million, national audience 1.02 million.
11. **Seven's AFL: Thursday Night Football:** National reach 1.57 million, national audience 530,000. Up 16% year-on-year in total TV, up 154% on 7plus.
12. **The Chase Australia Monday:** National reach 1.53 million, national audience 780,000. Up 3% year-on-year in total TV, up 78% on 7plus. Up 4% week-on-week in total TV.
13. **The Chase Australia Tuesday:** National reach 1.48 million, national audience 761,000. Up 8% year-on-year in total TV, up 73% on 7plus. Up 4% week-on-week in total TV.
14. **The 1% Club UK:** #1 program in total TV in timeslot. National reach 1.42 million, national audience 819,000. Up 24% year-on-year in total TV, up 44% on 7plus.
15. **The Chase Australia Thursday:** National reach 1.41 million, national audience 727,000. Up 8% year-on-year in total TV, up 79% on 7plus.
16. **Home and Away Monday:** #1 drama. National reach 1.39 million, national audience 946,000. Up 81% year-on-year on 7plus.
17. **The Chase Australia Wednesday:** National reach 1.39 million, national audience 702,000. Up 87% year-on-year on 7plus.
18. **Home and Away Wednesday:** #1 entertainment program in total TV, #1 drama. National reach 1.35 million, national audience 929,000. Up 4% year-on-year in total TV, up 78% on 7plus.
19. **7NEWS Spotlight:** National reach 1.32 million, national audience 545,000. Up 75% year-on-year on 7plus. Up 2% week-on-week in total TV.
20. **The Chase Australia Tuesday:** National reach 1.31 million, national audience 644,000.
21. **Home and Away Tuesday:** #1 entertainment program in total TV, #1 drama. National reach 1.3 million, national audience 924,000. Up 6% year-on-year in total TV, up 84% on 7plus.
22. **The Front Bar:** National reach 1.16 million, national audience 592,000. Up 15% year-on-year in total TV, up 128% on 7plus. Up 42% week-on-week in total TV, up 63% on 7plus.



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- 23. First Dates Australia:** National reach 1.15 million, national audience 554,000. Up 9% week-on-week in total TV.
- 24. Seven's AFL: Sunday Afternoon Football:** National reach 1.09 million, national audience 366,000. Up 21% week-on-week in total TV, up 32% on 7plus.
- 25. Better Homes and Gardens Saturday:** #1 entertainment program, #1 lifestyle program. National reach 886,000, national audience 505,000.
- 26. Sunrise Monday:** #1 breakfast program. National reach 1.05 million, national audience 466,000. Biggest audience since 12 May. 73% more viewers than *Today*.
- 27. Sunrise Tuesday:** #1 breakfast program. National reach 1.05 million, national audience 465,000. 200,000 – or 75% – more viewers than *Today*.
- 28. Sunrise Thursday:** #1 breakfast program. National reach 1 million, national audience 440,000. 69% more viewers than *Today*.
- 29. Sunrise Friday:** #1 breakfast program. National reach 999,000, national audience 421,000. 54% more viewers than *Today*.
- 30. Sunrise Wednesday:** #1 breakfast program. National reach 988,000, national audience 422,000. 56% more viewers than *Today*.
- 31. Home and Away Thursday:** #1 drama. National reach 969,000, national audience 736,000. Up 2% week-on-week in total TV.
- 32. The Rookie:** National reach 935,000, national audience 455,000.
- 33. Better Homes and Gardens Friday:** #1 lifestyle program. National reach 886,000, national audience 505,000.
- 34. Weekend Sunrise Sunday:** #1 breakfast program. National reach 854,000, national audience 342,000. 71% more viewers than *Today*.
- 35. Home and Away Thursday Episode 2:** National reach 828,000, national audience 683,000.

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**



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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.