



Ratings Release

Sunday, 26 July 2026

Seven owns the week, #1 in all demos, 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: 47.4%**
- **National total TV audience share, 6.00am to midnight: 47.3%**
- **#1 in broadcast TV nationally and in the capital cities**
- **7plus: #1 in BVOD**
- **#1 news, #1 drama, #1 at breakfast**
- **#1 program: 7NEWS Monday, reached 2.41 million**
- **#1 entertainment show of the week: Farmer Wants A Wife – Finale, reached 2.19 million**
- **#1 sport: AFL Friday Night Football, reached 2.06 million**
- **#1 breakfast show all week: Sunrise**

WEEK 30, 2026 HIGHLIGHTS:

Seven Network reaches 12.8 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. 52.5% commercial share, up from 42.5% in the same week in 2025.

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

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

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- National reach 2.19 million, national audience 1.15 million.
- Up 35% year-on-year in total TV, up 150% on 7plus.

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

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

Sunrise and **Weekend Sunrise** dominate breakfast TV, #1 every single day of the week.

- Monday to Friday: 62% more viewers than *Today*.

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	47.3	46.0	47.3
Nine Network	35.3	34.3	35.4
Network Ten	17.4	19.6	17.3

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	47.4	44.8	47.3
Nine Network	33.9	33.7	33.7
Network Ten	18.8	21.6	18.9

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SEVEN'S TOP 40:

1. **7NEWS** Monday: #1 news program. National reach 2.41 million, national audience 1.6 million.
2. **7NEWS** Tuesday: #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 2.26 million, national audience 1.47 million.
3. **Farmer Wants A Wife – Finale**: #1 entertainment program. National reach 2.19 million, national audience 1.15 million. Up 35% year-on-year in total TV, up 150% on 7plus. Up 11% week-on-week in total TV, up 4% on 7plus.
4. **7NEWS** Wednesday: #1 program in all people, 25 to 54s and grocery shoppers. National reach 2.17 million, national audience 1.44 million.
5. **7NEWS** Sunday: #1 news program. National reach 2.15 million, national audience



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1.41 million.

6. **7NEWS Thursday:** #1 program in all people and grocery shoppers. National reach 2.13 million, national audience 1.34 million.
7. **Seven's AFL: Friday Night Football:** #1 sport, #1 program in all people, 25 to 54s and 16 to 39s. National reach 2.06 million, national audience 730,000.
8. **7NEWS Friday:** #1 program in total TV, #1 program in grocery shoppers. National reach 2.02 million, national audience 1.29 million.
9. **Seven's AFL: Thursday Night Football:** #1 sport. National reach 1.84 million, national audience 716,000. Up 44% year-on-year in total TV, up 162% on 7plus. Up 32% week-on-week in total TV, up 22% on 7plus.
10. **7NEWS Saturday:** #1 program in total TV. National reach 1.79 million, national audience 1.12 million.
11. **Glasgow 2026 Commonwealth Games: 25 July Evening:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 1.79 million, national audience 722,000.
12. **Glasgow 2026 Commonwealth Games: 25 July Night:** National reach 1.7 million, national audience 714,000.
13. **Glasgow 2026 Commonwealth Games: 24 July Evening:** National reach 1.63 million, national audience 655,000.
14. **The Chase Australia Monday:** National reach 1.54 million, national audience 762,000. Up 6% year-on-year in total TV, up 82% on 7plus.
15. **The 1% Club UK:** #1 program in its timeslot. National reach 1.47 million, national audience 827,000.
16. **Home and Away Monday:** #1 entertainment program in total TV, #1 drama. National reach 1.44 million, national audience 981,000. Up 5% year-on-year in total TV, up 78% on 7plus. Up 4% week-on-week in total TV.
17. **The Chase Australia: Larry & Friends:** National reach 1.44 million, national audience 800,000.
18. **Glasgow 2026 Commonwealth Games: 25 July Late:** National reach 1.41 million, national audience 413,000.
19. **The Chase Australia Wednesday:** National reach 1.39 million, national audience 724,000. Up 3% week-on-week in total TV. Up 71% year-on-year on 7plus.
20. **Home and Away Wednesday:** #1 entertainment program in total TV, #1 drama. National reach 1.38 million, national audience 943,000. Up 5% year-on-year in total TV, up 81% on 7plus.
21. **The Chase Australia Tuesday:** National reach 1.38 million, national audience 691,000. Up 78% year-on-year on 7plus.
22. **7NEWS Spotlight:** National reach 1.35 million, national audience 753,000. Second biggest episode of 2026. Up 58% year-on-year in total TV, up 258% on 7plus. Up 36% week-on-week in total TV, up 36% on 7plus.
23. **The Chase Australia Thursday:** National reach 1.35 million, national audience 695,000. Up 12% year-on-year in total TV, up 72% on 7plus.
24. **Home and Away Tuesday:** #1 entertainment program in total TV, #1 drama.



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National reach 1.29 million, national audience 925,000. Up 10% year-on-year in total TV, up 89% on 7plus.

- 25. Glasgow 2026 Commonwealth Games: 24 July Night:** National reach 1.28 million, national audience 455,000.
- 26. Glasgow 2026 Commonwealth Games: 24 July Late:** National reach 1.25 million, national audience 437,000.
- 27. Glasgow 2026 Commonwealth Games: 25 July Highlights:** National reach 1.22 million, national audience 334,000.
- 28. The Front Bar:** National reach 1.2 million, national audience 600,000. Up 92% year-on-year on 7plus.
- 29. The Chase Australia:** National reach 1.19 million, national audience 585,000.
- 30. Home and Away** Thursday: #1 drama. National reach 1.18 million, national audience 748,000. Up 4% year-on-year in total TV, up 57% on 7plus.
- 31. Sunrise** Friday: #1 breakfast program. National reach 1.13 million, national audience 449,000. 38% more viewers than *Today*.
- 32. First Dates Australia:** National reach 1.1 million, national audience 502,000.
- 33. Sunrise** Thursday: #1 breakfast program. National reach 1.05 million, national audience 446,000. 62% more viewers than *Today*.
- 34. Sunrise** Wednesday: #1 breakfast program. National reach 1.04 million, national audience 457,000. 62% more viewers than *Today*.
- 35. Seven's AFL: Sunday Afternoon Football:** National reach 1.02 million, national audience 263,000.
- 36. Sunrise** Tuesday: #1 breakfast program. National reach 999,000, national audience 439,000. 66% more viewers than *Today*.
- 37. Glasgow 2026 Commonwealth Games: 24 July Opening Ceremony Highlights:** National reach 973,000, national audience 274,000. Up 15% in total TV on same session in 2022.
- 38. The Rookie:** National reach 954,000, national audience 510,000. Up 12% week-on-week in total TV.
- 39. Sunrise** Monday: #1 breakfast program. National reach 945,000, national audience 387,000. 95% more viewers than *Today*.
- 40. Weekend Sunrise** Sunday: #1 breakfast program. National reach 904,000, national audience 413,000. 86% more viewers than *Today*.

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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](#); [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.