



**COMMONWEALTH
GAMES 26**

Media Release

Friday, 31 July 2026

Seven takes the podium with Glasgow 2026 Commonwealth Games reach 10.5 million in first week

The **Glasgow 2026 Commonwealth Games** continues to captivate Australians, with the Seven Network's live, free and exclusive coverage on Seven and [7plus Sport](#) reaching 10.5 million people across the first week of the Games.

From the opening ceremony on 24 July to last night's competition, Glasgow 2026 has delivered an average prime time national total TV audience of 828,000. Across all day parts, the Games have an average total TV audience of 374,000.

Seven has been the #1 network in total people, 25 to 54s, 16 to 39s and grocery shoppers every day of the Games, taking top spot in total TV, broadcast and BVOD between 6.00am and midnight and 6.00pm and midnight for the past week.

On 7plus Sport, Glasgow 2026 has generated an average audience of 62,000 over the first seven days, up 528% on the Birmingham Games in 2022. The pop-up channels on 7plus Sport have been a hit, including the Australia v England Netball pop up on 26 July, which had 185,000 viewers, and the Australia v Tonga Netball pop-up on 25 July (92,000 viewers).

The biggest sessions so far have been the evening of 26 July, which reached 2.56 million and had a national total TV audience of 954,000, and the night of 29 July, with an audience reach of 2.39 million and 1.14 million total TV viewers.

Seven's Head of Commonwealth Games, Anna Stone, said: "With three epic nights of prime-time competition remaining, our Australian athletes have produced another extraordinary Commonwealth Games campaign, and the best is yet to come.

"From Breanna Scott's near-perfect balance beam performance and Lachie Kennedy's Australian record-breaking effort in the men's 100m sprint, to golden performances across the pool, track, field and velodrome, these Games have showcased the remarkable depth of Australian sport and etched countless stories into our history books.

"And the excitement is only building. Tonight, our flag bearer Nina Kennedy takes centre stage in the women's pole vault final, our sprint stars chase more gold in the men's and women's 200m finals, and the cycling action continues in what promises to be another huge night at the velodrome, headlined by superstar Leigh Hoffman," she said.

"The final three nights of Glasgow 2026 are shaping as something truly special, and Seven and 7plus Sport will be there for every medal, every record and every unforgettable moment, live and free for Australians."



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Seven is broadcasting Glasgow 2026 in prime time from 7.00pm each night, with live coverage running through to 7.30am across all 10 days. **Sunrise**, **7NEWS**, [7NEWS.com.au](https://www.7news.com.au) and [The Nightly](#) will provide editorial coverage each day of the Games.

A 24/7 digital offering on 7plus Sport gives Australian sports fans more live sport, more replay options and more ways to follow the Games than ever before.

The 7plus Sport streaming offer for Glasgow 2026 will centre on 15 channels of live content and eight FAST replay channels. The FAST channels are available 24/7 and cover swimming, athletics, track cycling, artistic gymnastics, power and combat sports, team sports, bowls, and a curated Glasgow Glory channel featuring the best moments, Aussie highlights and standout performances from all competing nations.

Glasgow 2026 coverage and updates are also available on SCA's Triple M and Hit Networks. Triple M is simulcasting Seven's live broadcast from 10pm to 5am. During breakfast, the Triple M and Hit Networks are delivering breaking coverage of key moments and providing regular updates each day.

Glasgow 2026 Commonwealth Games Highlights: The First Seven Days:

1. 26 July Evening: #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 2.56 million, national audience 964,000.
2. 29 July Night: #1 program in all people, 25 to 54s, 16 to 39s, grocery shoppers. National reach 2.39 million, national audience 1.14 million.
3. 29 July Evening: #2 program in all people, 25 to 54s, 16 to 39s. National reach 2.31 million, national audience 1.05 million.
4. 27 July Evening: #1 program in 25 to 54s and 16 to 39s. National reach 2.15 million, national audience 874,000.
5. 26 July Night: National reach 2.07 million, national audience 822,000.
6. 27 July Night: National reach 2.03 million, national audience 885,000.
7. 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.
8. 25 July Night: National reach 1.7 million, national audience 714,000.
9. 29 July Late: National reach 1.65 million, national audience 582,000. Up 10% in total TV on same session in 2022.
10. 24 July Evening: National reach 1.63 million, national audience 655,000.
11. 30 July Night: National reach 1.56 million, national audience 673,000.
12. 30 July Evening: National reach 1.53 million, national audience 572,000.
13. 27 July Late: National reach 1.49 million, national audience 533,000. Up 3% in total TV on same session in 2022.
14. 25 July Late: National reach 1.41 million, national audience 413,000.
15. 30 July Late: National reach 1.44 million, national audience 541,000. Up 6% in total TV on same session in 2022.



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- 16. 24 July Night: National reach 1.28 million, national audience 455,000.
- 17. 26 July Late: National reach 1.27 million, national audience 406,000.
- 18. 24 July Late: National reach 1.25 million, national audience 437,000.
- 19. 25 July Highlights: National reach 1.22 million, national audience 334,000.
- 20. 27 July Highlights: National reach 1.12 million, national audience 267,000.

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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: VOZ 5.0, overnight national total TV average audience and reach – days 1-7 including ceremonies, Primetime is an average of the evening and night session. Includes spill.