

Sunday, 2 August 2026

## **Seven and 7plus win gold with Glasgow 2026, 7NEWS, AFL**

- **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: 54.1%**
- **National total TV audience share, 6.00am to midnight: 53.1%**
- **#1 in broadcast TV nationally and in the capital cities**
- **7plus: #1 in BVOD**
- **#1 news, #1 sport, #1 at breakfast**
- **#1 program of the week: Glasgow 2026: 26 July Evening, reached 2.56 million**
- **#1 news program of the week: 7NEWS Sunday, reached 2.41 million**
- **#1 at breakfast: Sunrise, 86% more viewers than Today**

### **WEEK 31, 2026 HIGHLIGHTS:**

Seven Network reaches 13.42 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.
- Seven Network: #1 nationally and in the capital cities in broadcast TV share.

[7plus](#): #1 in BVOD. 63.1% commercial share, up from 40.2% in the same week in 2025.

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

#1 in sport: **Glasgow 2026 Commonwealth Games 26 July Evening**.

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

- Monday to Friday: 86% more viewers than *Today*. Biggest winning margin this year.
- Monday to Friday: biggest weekly audience in 2026.
- Monday to Friday: up 16% on previous week.

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

### **6.00pm to midnight**

| Network       | All people  | 25 to 54s   | Grocery shoppers |
|---------------|-------------|-------------|------------------|
| Seven Network | <b>54.1</b> | <b>53.5</b> | <b>53.9</b>      |
| Nine Network  | 29.9        | 28.9        | 29.8             |
| Network Ten   | 16.0        | 17.7        | 16.2             |

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

### **6.00am to midnight**

| Network       | All people  | 25 to 54s   | Grocery shoppers |
|---------------|-------------|-------------|------------------|
| Seven Network | <b>53.0</b> | <b>53.4</b> | <b>53.0</b>      |
| Nine Network  | 31.6        | 30.2        | 31.8             |
| Network Ten   | 15.3        | 16.4        | 15.2             |

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## **SEVEN'S TOP 40:**

1. **Glasgow 2026 Commonwealth Games: 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. **7NEWS Sunday:** #1 program in total TV. National reach 2.41 million, national audience 1.56 million.
3. **7NEWS Monday:** #1 program in all people and grocery shoppers. National reach 2.41 million, national audience 1.55 million.
4. **Glasgow 2026 Commonwealth Games: 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.
5. **7NEWS Thursday:** #1 program in all people and grocery shoppers. National reach 2.25 million, national audience 1.42 million.
6. **7NEWS Tuesday:** #1 program in all people and grocery shoppers. National reach 2.34 million, national audience 1.52 million.
7. **Glasgow 2026 Commonwealth Games: 29 July Evening:** #2 program in all people, 25 to 54s, 16 to 39s. National reach 2.31 million, national audience 1.05 million.

million.

8. **Glasgow 2026 Commonwealth Games: 28 July Night:** National reach 2.3 million, national audience 1.09 million.
9. **7NEWS Wednesday:** #1 program in total TV. National reach 2.28 million, national audience 1.48 million.
10. **Glasgow 2026 Commonwealth Games: 28 July Evening:** #1 program in 25 to 54s and 16 to 39s. National reach 2.24 million, national audience 967,000.
11. **Glasgow 2026 Commonwealth Games: 27 July Evening:** #1 program in 25 to 54s and 16 to 39s, #1 sport. National reach 2.15 million, national audience 874,000.
12. **Glasgow 2026 Commonwealth Games: 26 July Night:** National reach 2.07 million, national audience 822,000.
13. **Seven's AFL: Thursday Night Football:** #1 sport, #1 program in 25 to 54s and grocery shoppers. National reach 2.04 million, national audience 615,000. Up 28% year-on-year in total TV, up 187% on 7plus.
14. **Glasgow 2026 Commonwealth Games: 27 July Night:** National reach 2.03 million, national audience 885,000.
15. **7NEWS Friday:** #1 program in all people and grocery shoppers. National reach 2.02 million, national audience 1.26 million.
16. **Seven's AFL: Friday Night Football:** #1 sport, #1 program in 25 to 54s and 16 to 39s. National reach 1.92 million, national audience 645,000.
17. **Glasgow 2026 Commonwealth Games: 1 August Evening:** #1 sport, #1 program in all people. National reach 1.86 million, national audience 698,000. Up 6% in total TV on same session in 2022.
18. **7NEWS Saturday:** #1 program in total TV, #1 program in grocery shoppers. National reach 1.85 million, national audience 1.14 million.
19. **Glasgow 2026 Commonwealth Games: 1 August Night:** National reach 1.78 million, national audience 757,000.
20. **Glasgow 2026 Commonwealth Games: 24 July Evening:** National reach 1.75 million, national audience 694,000. Up 7% in total TV on same session in 2022.
21. **Glasgow 2026 Commonwealth Games: 1 August Late:** #1 program in 25 to 54s and 16 to 39s. National reach 1.7 million, national audience 694,000.
22. **Glasgow 2026 Commonwealth Games: 29 July Late:** National reach 1.65 million, national audience 582,000. Up 10% in total TV on same session in 2022.
23. **Glasgow 2026 Commonwealth Games: 28 July Late:** National reach 1.61 million, national audience 625,000. Up in total TV on same session in 2022.
24. **Glasgow 2026 Commonwealth Games: 30 July Night:** National reach 1.56 million, national audience 673,000.
25. **The Chase Australia Tuesday:** National reach 1.54 million, national audience 768,000. Up 12% year-on-year in total TV, up 81% on 7plus. Up 11% week-on-week in total TV.
26. **The Chase Australia Monday:** National reach 1.53 million, national audience 715,000.
27. **Glasgow 2026 Commonwealth Games: 30 July Evening:** National reach 1.53

million, national audience 572,000.

- 28. Glasgow 2026 Commonwealth Games: 27 July Late:** National reach 1.49 million, national audience 533,000. Up 3% in total TV on same session in 2022.
- 29. The Chase Australia:** National reach 1.45 million, national audience 740,000. Up 7% year-on-year in total TV, up 73% on 7plus. Up 2% week-on-week in total TV.
- 30. The Chase Australia Thursday:** National reach 1.44 million, national audience 729,000. Up 14% year-on-year in total TV, up 72% on 7plus. Up 5% week-on-week in total TV.
- 31. Glasgow 2026 Commonwealth Games: 30 July Late:** National reach 1.44 million, national audience 541,000. Up 6% in total TV on same session in 2022.
- 32. Seven's AFL: Sunday Afternoon Football:** National reach 1.4 million, national audience 431,000. Up 128% year-on-year in total TV, up 407% on 7plus. Up 64% week-on-week in total TV, up 61% on 7plus.
- 33. The Chase Australia Friday:** #1 game show. National reach 1.35 million, national audience 679,000.
- 34. Glasgow 2026 Commonwealth Games: 26 July Late:** National reach 1.27 million, national audience 406,000.
- 35. Sunrise Thursday:** #1 breakfast program. National reach 1.24 million, national audience 548,000. Biggest audience in 2026. 296,000, or 117%, more viewers than *Today*. Biggest winning margin in more than five years.
- 36. Sunrise Wednesday:** #1 breakfast program. National reach 1.24 million, national audience 525,000. 246,000, or 88%, more viewers than *Today*.
- 37. Glasgow 2026 Commonwealth Games: 24 July Night:** National reach 1.21 million, national audience 458,000.
- 38. Glasgow 2026 Commonwealth Games: 26 July Highlights:** National reach 1.21 million, national audience 441,000.
- 39. Sunrise Friday:** #1 breakfast program. National reach 1.17 million, national audience 490,000. 197,000, or 67%, more viewers than *Today*.
- 40. Glasgow 2026 Commonwealth Games: 1 August Highlights:** National reach 1.16 million, national audience 290,000.

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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: 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.