

Sunday, 16 August 2026

Seven wins week 33, 7NEWS #1, AFL #1, 7plus #1

- **Seven #1 nationally in total TV**
- **Seven on top in all demos**
- **Seven #1 in all people, 25 to 54s, 16 to 39s, grocery shoppers**
- **National total TV audience share, 6.00am to midnight: 43.9%**
- **National total TV audience share, 6.00pm to midnight: 41.7%**
- **#1 in broadcast TV nationally and in the capital cities**
- **7plus: #1 in BVOD**
- **#1 news, #1 sport, #1 drama, #1 lifestyle show, #1 at breakfast**
- **#1 program: 7NEWS Monday, reached 2.35 million**
- **#1 sport program of the week: AFL Friday Night Football, reached 1.89 million**
- **#1 entertainment show: The Voice Tuesday, reached 1.67 million**
- **#1 at breakfast: Sunrise, 64% more viewers than Today**

WEEK 33, 2026 HIGHLIGHTS:

Seven Network reaches 12.1 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 25 to 54s.
- Seven Network: #1 nationally in total TV in grocery shoppers.
- Seven Network: #1 nationally and in the capital cities in broadcast TV share.

6.00pm to midnight:

- Seven Network: #1 nationally in total TV in all people.
- 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. 46.2% commercial share, up from 42.5% in the same week in 2025.

#1 news: **7NEWS**.

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

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

#1 lifestyle program: **Better Homes and Gardens**.

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

- Monday to Friday: 64% more viewers than *Today*.

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	43.9	42.0	44.1
Nine Network	38.2	38.1	38.2
Network Ten	17.9	19.9	17.8

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	41.7	37.4	41.8
Nine Network	38.6	39.7	38.4
Network Ten	19.8	22.9	19.9

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SEVEN'S TOP 40:

- 7NEWS Monday:** #1 program in all people and grocery shoppers. National reach 2.35 million, national audience 1.58 million.
- 7NEWS Tuesday:** #1 program in all people and grocery shoppers. National reach 2.27 million, national audience 1.48 million.
- 7NEWS Wednesday:** #1 program in all people and grocery shoppers. National reach 2.19 million, national audience 1.42 million.
- 7NEWS Thursday:** #1 program in all people and grocery shoppers. National reach 2.13 million, national audience 1.32 million.
- 7NEWS Sunday:** National reach 2.13 million, national audience 1.31 million.
- Seven's AFL: Friday Night Football:** #1 program in all people, 25 to 54s and 16 to 39s. #1 sport. National reach 1.89 million, national audience 828,000.
- 7NEWS Friday:** National reach 1.78 million, national audience 1.08 million.
- 7NEWS Saturday:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 1.73 million, national audience 1.22 million.
- The Voice Tuesday:** National reach 1.67 million, national audience 928,000.

Biggest overnight audience so far this year. Up 69% year-on-year on 7plus. Up 3% week-on-week in total TV.

- 10. The Voice Monday:** National reach 1.66 million, national audience 918,000. Up 85% year-on-year on 7plus. Up 3% week-on-week in total TV.
- 11. Home and Away Tuesday:** #1 drama. National reach 1.51 million, national audience 1.06 million. Up 14% year-on-year in total TV, up 96% on 7plus. Up 9% week-on-week in total TV, up 5% on 7plus.
- 12. Seven's Cricket: First Test Australia v Bangladesh Day One, Session Three:** National reach 1.48 million, national audience 433,000.
- 13. The Chase Australia Monday:** National reach 1.46 million, national audience 737,000. Up 19% year-on-year in total TV, up 67% on 7plus.
- 14. The 1% Club UK (R):** National reach 1.49 million, national audience 819,000. Up 5% week-on-week in total TV, up 13% on 7plus.
- 15. Home and Away Monday:** #1 drama. National reach 1.45 million, national audience 1.02 million. Up 13% year-on-year in total TV, up 90% on 7plus. Up 6% week-on-week in total TV, up 12% on 7plus.
- 16. Home and Away Wednesday:** #1 program in BVOD, #1 drama. National reach 1.43 million, national audience 982,000. Up 10% year-on-year in total TV, up 85% on 7plus. Up 6% week-on-week in total TV, up 9% on 7plus.
- 17. The Chase Australia Tuesday:** National reach 1.41 million, national audience 714,000. Up 8% year-on-year in total TV, up 82% on 7plus.
- 18. Home and Away Thursday:** #1 entertainment program in total TV, #1 drama, #1 program in BVOD. National reach 1.4 million, national audience 898,000. Up 20% year-on-year in total TV, up 95% on 7plus. Up 10% week-on-week in total TV.
- 19. The Chase Australia Wednesday:** National reach 1.39 million, national audience 721,000. Up 12% year-on-year in total TV, up 76% on 7plus.
- 20. Seven's Cricket: First Test Australia v Bangladesh Day Three, Session Three:** National reach 1.37 million, national audience 412,000.
- 21. Seven's Cricket: First Test Australia v Bangladesh Day Two, Session Three:** National reach 1.32 million, national audience 421,000.
- 22. Seven's AFL: Sunday Night Football:** #1 sport. National reach 1.32 million, national audience 363,000.
- 23. The Front Bar:** National reach 1.17 million, national audience 597,000.
- 24. Better Homes and Gardens Saturday:** #1 lifestyle program. National reach 1.13 million national audience 514,000.
- 25. Sunrise Monday:** #1 breakfast program. National reach 1.08 million, national audience 483,000. 194,000, or 67%, more viewers than Today.
- 26. The 1% Club (NSW, Queensland and WA only):** National reach 1.04 million, national audience 5265,000.
- 27. Sunrise Friday:** #1 breakfast program. National reach 1.04 million, national audience 461,000. 172,000, or 60%, more viewers than Today.
- 28. Sunrise Tuesday:** #1 breakfast program. National reach 1.03 million, national audience 447,000. 169,000, or 61%, more viewers than Today.

- 29. Sunrise Thursday:** #1 breakfast program. National reach 1.03 million, national audience 461,000. 174,000, or 61%, more viewers than Today.
- 30. Sunrise Wednesday:** #1 breakfast program. National reach 1.02 million, national audience 481,000. 195,000, or 68%, more viewers than Today.
- 31. Highway Patrol Dumb Decisions (R):** National reach 1.01 million, national audience 390,000.
- 32. Weekend Sunrise Sunday:** #1 breakfast program. National reach 958,000, national audience 418,000. 150,000, or 56%, more viewers than Weekend Today.
- 33. The Rookie:** National reach 950,000, national audience 479,000.
- 34. Women's AFL: Thursday Night Football:** National reach 880,000, national audience 182,000.
- 35. Ramsay's Kitchen Nightmares USA:** National reach 871,000, national audience 366,000.
- 36. Seven's AFL: Friday Night Football Pre Game:** National reach 861,000, national audience 469,000.
- 37. Seven's Cricket: First Test Australia v Bangladesh Day Three, Session One:** National reach 840,000, national audience 334,000.
- 38. Better Homes and Gardens Friday:** #1 lifestyle program. National reach 812,000, national audience 354,000.
- 39. 7NEWS Spotlight:** National reach 804,000, national audience 331,000.
- 40. Seven's Cricket: First Test Australia v Bangladesh Day Three, Session Two:** National reach 803,000, national audience 334,000.

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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.