

Sunday, 30 August 2026

Seven rules: AFL #1 program of the week, 7NEWS #1, 7plus #1

- **Seven #1 nationally in total TV**
- **Seven #1 in all people, 25 to 54s, grocery shoppers**
- **National total TV audience share, 6.00pm to midnight: 46.1%**
- **National total TV audience share, 6.00am to midnight: 46.2%**
- **#1 in broadcast TV nationally and in the capital cities**
- **7plus: #1 in BVOD**
- **#1 news, #1 sport, #1 drama, #1 at breakfast**
- **#1 program of the week: AFL Friday Night Football Finals: reached 2.54 million**
- **#1 news program: 7NEWS Monday, reached 2.35 million**
- **#1 entertainment show: The Voice Tuesday, reached 1.69 million**
- **#1 breakfast show: Sunrise, 57% more viewers than Today.**

WEEK 35, 2026 HIGHLIGHTS:

Seven Network reaches 12.38 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. 48.9% commercial share, up from 43.3% in the same week in 2025.

#1 sport: AFL Friday Night Football Finals.

#1 news: **7NEWS**.

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

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

- Monday to Friday: 57% more viewers than Today.

NATIONAL TOTAL TV COMMERCIAL SHARES (%): 6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	46.2	44.2	46.1
Nine Network	37.6	37.5	37.7
Network Ten	16.2	18.3	16.2

NATIONAL TOTAL TV COMMERCIAL SHARES (%): 6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	46.1	42.8	45.9
Nine Network	37.0	37.5	36.9
Network Ten	16.9	19.7	17.2

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SEVEN'S TOP 40:

1. **Seven's AFL: Friday Night Football Finals:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers, #1 sport. National reach 2.54 million, national audience 966,000.
2. **Seven's AFL: Thursday Night Football: Legends Game For Prostate Cancer:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers, #1 sport. National reach 2.38 million, national audience 881,000. Up 3% year-on-year in total TV, up 51% on 7plus.
3. **7NEWS Monday:** #1 program in all people and grocery shoppers. National reach 2.35 million, national audience 1.51 million.
4. **7NEWS Wednesday:** #1 program in all people and grocery shoppers. National reach 2.25 million, national audience 1.46 million.
5. **7NEWS Thursday:** #1 program in total TV. National reach 2.24 million, national audience 1.4 million.
6. **7NEWS Tuesday:** #1 program in all people and grocery shoppers. National reach 2.22 million, national audience 1.44 million.

7. **Seven's AFL: Saturday Night Football Finals:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers, #1 sport. National reach 2.21 million, national audience 894,000.
8. **7NEWS Sunday:** National reach 2.15 million, national audience 1.34 million.
9. **7NEWS Friday:** #1 program in total TV. National reach 1.93 million, national audience 1.19 million.
10. **7NEWS Saturday:** #1 program in total TV. National reach 1.77 million, national audience 1.1 million.
11. **The Voice Tuesday:** National reach 1.69 million, national audience 945,000. Up 10% year-on-year on 7plus.
12. **The Voice Monday:** National reach 1.67 million, national audience 1.03 million.
13. Second biggest audience in 2026. Up 5% year-on-year in total TV, up 76% on 7plus. Up 2% week-on-week in total TV.
14. **Home and Away Wednesday:** #1 entertainment program in total TV, #1 BVOD program, #1 drama. National reach 1.53 million, national audience 1.04 million. Up 44% year-on-year in total TV, up 106% on 7plus.
15. **Home and Away Monday:** #1 BVOD program, #1 drama. National reach 1.48 million, national audience 1.04 million. Up 17% year-on-year in total TV, up 94% on 7plus.
16. **The 1% Club UK (R):** National reach 1.45 million, national audience 877,000. Up 49% year-on-year in total TV, up 149% on 7plus. Up 2% week-on-week in total TV.
17. **The Chase Australia Monday:** National reach 1.43 million, national audience 712,000. Up 12% year-on-year in total TV, up 70% on 7plus.
18. **Seven's AFL: Sunday Night Football:** #1 sport. National reach 1.4 million, national audience 428,000.
19. **The Chase Australia Tuesday:** National reach 1.39 million, national audience 713,000. Up 4% year-on-year in total TV, up 70% on 7plus.
20. **The Chase Australia Wednesday:** National reach 1.39 million, national audience 698,000. Up 13% year-on-year in total TV, up 67% on 7plus. Up 4% week-on-week in total TV.
21. **Home and Away Tuesday:** #1 drama. National reach 1.36 million, national audience 956,000. Up 3% year-on-year in total TV, up 66% on 7plus.
22. **The Chase Australia Thursday:** National reach 1.35 million, national audience 654,000.
23. Up 4% year-on-year in total TV, up 73% on 7plus.
24. **The Front Bar:** National reach 1.31 million, national audience 617,000.
25. **Seven's Cricket: Second Test Australia v Bangladesh Day Two, Session Three:** National reach 1.25 million, national audience 238,000.
26. **The Chase Australia Friday:** National reach 1.22 million, national audience 597,000.
27. **Sunrise Wednesday:** #1 breakfast program. National reach 1.07 million, national audience 482,000. 177,000, or 58%, more viewers than Today.
28. **Home and Away Thursday:** #1 entertainment program in total TV, #1 BVOD

program, #1 drama. National reach 1.05 million, national audience 820,000. Up 29% year-on-year in total TV, up 97% on 7plus.

29. **Sunrise** Friday: #1 breakfast program. National reach 1.05 million, national audience 450,000. 166,000, or 58%, more viewers than Today.
30. **Seven's AFL: Saturday Night Football Finals Pre Game**: National reach 1.03 million, national audience 512,000.
31. **Sunrise** Thursday: #1 breakfast program. National reach 1.02 million, national audience 456,000. 168,000, or 58%, more viewers than Today.
32. **Seven's Cricket: Second Test Australia v Bangladesh Day Two, Session Two**: National reach 1.02 million, national audience 447,000.
33. **Seven's AFL: Friday Night Football Finals Post Match**: National reach 1.01 million, national audience 491,000.
34. **Sunrise** Tuesday: #1 breakfast program. National reach 1.01 million, national audience 453,000. 176,000, or 64%, more viewers than Today.
35. **Miss Universe Australia 2026**: National reach 1 million, national audience 185,000.
36. **Sunrise** Monday: #1 breakfast program. National reach 983,000, national audience 433,000. 47% more viewers than Today.
37. **The Rookie**: National reach 971,000, national audience 537,000. Up 22% year-on-year in total TV, up 94% on 7plus. Up 6% week-on-week in total TV.
38. **The 1% Club (R)** (NSW, Queensland and WA only): Reach 925,000, audience 482,000.
39. **Seven's Cricket: Second Test Australia v Bangladesh Day Two, Session One**: National reach 919,000, national audience 403,000.
40. **Home and Away** Thursday Episode 2: National reach 901,000, national audience 749,000.

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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.