

Sunday, 20 September 2026

Top two programs, #1 in news, sport, BVOD: Seven rules the week

- **Seven #1 nationally in total TV.**
- **#1 for 25 weeks in a row.**
- **Seven #1 in all people, 25 to 54s, 16 to 39s, grocery shoppers.**
- **National total TV audience share, 6.00pm to midnight: 45.1%.**
- **National total TV audience share, 6.00am to midnight: 45.6%.**
- **#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.**
- **Top two programs of the week.**
- **#1 program of the week: AFL Friday Night Football: Finals, reached 3.73 million.**
- **#1 news: 7NEWS Saturday, reached 2.4 million.**
- **#1 entertainment show: The Voice Sunday, reached 2.13 million.**
- **#1 at breakfast: Sunrise, 65% more viewers than Today**

WEEK 38, 2026 HIGHLIGHTS:

Seven Network reaches 12.51 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 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 grocery shoppers.
- Seven Network: #1 nationally and in the capital cities in broadcast TV share.

[7plus](#): #1 in BVOD. 49.4% commercial share, up from 44.3% in the same week in 2025.

#1 program of the week: **AFL Friday Night Football: Finals.**

#2 program of the week: **AFL Saturday Night Football: Finals.**

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

#1 news: **7NEWS.**

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

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

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

- Monday to Friday: 65% more viewers than Today.

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	45.1	41.8	44.9
Nine Network	39.1	39.9	39.1
Network Ten	15.8	18.2	16.0

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	45.6	44.2	45.5
Nine Network	39.3	39.3	39.5
Network Ten	15.1	16.4	15.0

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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 3.73 million, national audience 1.59 million.
2. **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 3.35 million, national audience 1.48 million.

3. **7NEWS Saturday:** #1 news program. National reach 1.98 million, national audience 1.24 million.
4. **7NEWS Monday:** #1 program in all people and grocery shoppers. National reach 2.37 million, national audience 1.52 million.
5. **7NEWS Sunday:** National reach 2.29 million, national audience 1.43 million.
6. **7NEWS Tuesday:** #1 program in all people and grocery shoppers. National reach 2.16 million, national audience 1.41 million.
7. **7NEWS Wednesday:** #1 program in all people and grocery shoppers. National reach 2.14 million, national audience 1.37 million.
8. **7NEWS Thursday:** #1 program in all people, 16 to 39s and grocery shoppers. National reach 2.14 million, national audience 1.35 million.
9. **The Voice Sunday:** National reach 2.13 million, national audience 1.04 million. Up 18% year-on-year in total TV, up 31% on 7plus.
10. **7NEWS Friday:** #1 news program. National reach 1.98 million, national audience 1.24 million.
11. **The Voice Monday:** National reach 1.7 million, national audience 930,000. Up 21% year-on-year in total TV, up 49% on 7plus.
12. **The 1% Club UK (R):** National reach 1.5 million, national audience 886,000. Up 10% year-on-year in total TV, up 36% on 7plus. Up 6% week-on-week in total TV.
13. **The Chase Australia Monday:** National reach 1.45 million, national audience 690,000. Up 2% year-on-year in total TV, up 36% on 7plus.
14. **Home and Away Monday:** #1 drama. National reach 1.44 million, national audience 985,000. Up 13% year-on-year in total TV, up 45% on 7plus.
15. **Home and Away Wednesday:** #1 BVOD program, #1 drama. National reach 1.44 million, national audience 965,000. Up 14% year-on-year in total TV, up 41% on 7plus.
16. **The Break Up (R):** National reach 1.39 million, national audience 293,000.
17. **The Chase Australia Tuesday:** National reach 1.37 million, national audience 670,000. Up 9% year-on-year in total TV, up 32% on 7plus.
18. **Seven's AFL: Friday Night Football: Finals Post Match:** National reach 1.33 million, national audience 626,000.
19. **The Chase Australia Wednesday:** National reach 1.31 million, national audience 657,000. Up 7% year-on-year in total TV, up 38% on 7plus. Up 3% week-on-week in total TV.
20. **The Chase Australia Thursday:** National reach 1.3 million, national audience 624,000. Up 5% year-on-year in total TV, up 34% on 7plus. Up 3% week-on-week in total TV.
21. **Home and Away Tuesday:** #1 drama. National reach 1.26 million, national audience 920,000. Up 7% year-on-year in total TV, up 38% on 7plus.
22. **The Front Bar:** National reach 1.26 million, national audience 627,000. Up 25% year-on-year in total TV, up 53% on 7plus.
23. **Home and Away Thursday:** #1 entertainment program in total TV, #1 BVOD program, #1 drama. National reach 1.22 million, national audience 928,000. Up

- 16% year-on-year in total TV, up 45% on 7plus.
24. **7NEWS Spotlight:** National reach 1.17 million, national audience 561,000. Up 20% year-on-year in total TV, up 49% on 7plus.
25. **The Chase Australia** Wednesday: National reach 1.16 million, national audience 599,000.
26. **Seven's AFL: Saturday Night Football: Finals Pre Match:** National reach 1.16 million, national audience 508,000.
27. **Sunrise** Wednesday: #1 breakfast program. National reach 1.03 million, national audience 478,000. 200,000, or 72%, more viewers than Today.
28. **Sunrise** Thursday: #1 breakfast program. National reach 1.03 million, national audience 477,000. 201,000, or 73%, more viewers than Today.
29. **Sunrise** Tuesday: #1 breakfast program. National reach 1.03 million, national audience 462,000. 182,000, or 65%, more viewers than Today.
30. **Home and Away** Thursday Episode 2: National reach 1.01 million, national audience 843,000.
31. **Sunrise** Wednesday: #1 breakfast program. National reach 996,000, national audience 477,000. 169,000, or 55%, more viewers than Today.
32. **First Dates Australia:** National reach 991,000, national audience 456,000.
33. **Sunrise** Monday: #1 breakfast program. National reach 985,000, national audience 435,000. 161,000, or 59%, more viewers than Today.
34. **Home and Away** Thursday Episode 3: National reach 956,000, national audience 812,000.
35. **Weekend Sunrise** Sunday: #1 breakfast program. National reach 898,000, national audience 362,000. 34% more viewers than Today.
36. **The Rookie:** National reach 890,000, national audience 469,000. Up 34% year-on-year on 7plus.
37. **Better Homes and Gardens** Friday: #1 lifestyle program. National reach 778,000, national audience 446,000.
38. **Air Crash Investigations (R):** National reach 762,000, national audience 274,000.
39. **Seven's Horse Racing** Saturday: National reach 762,000, national audience 167,000.
40. **Weekend Sunrise** Saturday: #1 breakfast program. National reach 720,000, national audience 415,000. 163,000, or 65%, more viewers than Today.

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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.