

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

OMB APPROVAL
OMB number: 3235-0145
Expires: October 31, 1997
Estimated average burden
hours per response..14.90

SCHEDULE 13G

UNDER THE SECURITIES EXCHANGE ACT OF 1934

(AMENDMENT NO. Initial)*

Avid Technology, Inc.

(Name of Issuer)

Common

(Title of Class of Securities)

05367P100

(CUSIP Number)

Check the following box if a fee is being paid with this statement [X]. (A fee is not required only if the filing person: (1) has a previous statement on file reporting beneficial ownership of more than five percent of the class of securities described in Item 1; and (2) has filed no amendment subsequent thereto reporting beneficial ownership of five percent or less of such class.) (See Rule 13d-7).

*The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter the disclosures provided in a prior cover page.

The information required in the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

SEC 1745 (2/95)
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NAME OF REPORTING PERSON

1 S.S. OR I.R.S. IDENTIFICATION NO. OF ABOVE PERSON
The Capital Group Companies, Inc.
86-0206507

CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP*

2 (a) []
(b) []

SEC USE ONLY

3

CITIZENSHIP OR PLACE OF ORGANIZATION

4 Delaware

SOLE VOTING POWER

5
NUMBER OF 1,229,500

SHARES		SHARED VOTING POWER
BENEFICIALLY	6	NONE
OWNED BY	-----	
EACH	7	SOLE DISPOSITIVE POWER
REPORTING		3,411,000
PERSON	-----	
WITH	8	SHARED DISPOSITIVE POWER
		NONE

9	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON	
	3,411,000 Beneficial ownership disclaimed pursuant to Rule 13d-4	

10	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES*	

11	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW 9	
	16.4%	

12	TYPE OF REPORTING PERSON*	
	HC	

* SEE INSTRUCTIONS BEFORE FILLING OUT!

1	NAME OF REPORTING PERSON
	S.S. OR I.R.S. IDENTIFICATION NO. OF ABOVE PERSON
	Capital Research and Management Company
	95-1411037

2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP*
	(a) []
	(b) []

3	SEC USE ONLY

4	CITIZENSHIP OR PLACE OF ORGANIZATION
	Delaware

	SOLE VOTING POWER
5	NONE
NUMBER OF	-----
SHARES	
	SHARED VOTING POWER
6	NONE
BENEFICIALLY	-----
OWNED BY	
	SOLE DISPOSITIVE POWER
7	
REPORTING	1,950,000
PERSON	-----
	SHARED DISPOSITIVE POWER
8	NONE
WITH	

 9 AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON
 1,950,000 Beneficial ownership disclaimed pursuant to Rule 13d-4

 10 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES*

 11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW 9
 9.3%

 12 TYPE OF REPORTING PERSON*
 IA

* SEE INSTRUCTIONS BEFORE FILLING OUT!

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 1 NAME OF REPORTING PERSON
 S.S. OR I.R.S. IDENTIFICATION NO. OF ABOVE PERSON
 Capital Guardian Trust Company
 95-2553868

2 CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP*
 (a) []
 (b) []

3 SEC USE ONLY

4 CITIZENSHIP OR PLACE OF ORGANIZATION
 California

	5	SOLE VOTING POWER
NUMBER OF		1,229,500
SHARES		-----

	6	SHARED VOTING POWER
BENEFICIALLY		NONE
OWNED BY		-----

	7	SOLE DISPOSITIVE POWER
EACH		1,461,000
REPORTING		-----

	8	SHARED DISPOSITIVE POWER
PERSON		NONE
WITH		-----

 9 AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON
 1,461,000 Beneficial ownership disclaimed pursuant to Rule 13d-4

 10 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES*

 11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW 9
 7.0%

 12 TYPE OF REPORTING PERSON*

* SEE INSTRUCTIONS BEFORE FILLING OUT!

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SECURITIES AND EXCHANGE COMMISSION
Washington, DC 20549Schedule 13G
Under the Securities Exchange Act of 1934Fee enclosed or Amendment No. Initial

Item 1(a) Name of Issuer:

Avid Technology, Inc.

Item 1(b) Address of Issuer's Principal Executive Offices:

Metropolitan Technology Park
One Park West
Tewksbury, MA 01876

Item 2(a) Name of Person(s) Filing:

The Capital Group Companies, Inc., Capital Research and
Management Company and Capital Guardian Trust Company

Item 2(b) Address of Principal Business Office:

333 South Hope Street
Los Angeles, CA 90071

Item 2(c) Citizenship: N/A

Item 2(d) Title of Class of Securities: Common

Item 2(e) CUSIP Number: 05367P100

Item 3 The person(s) filing is(are):

- (b) Bank as defined in Section 3(a)(6) of the Act.
- (e) Investment Adviser registered under Section 203 of the Investment Advisers Act of 1940
- (g) Parent Holding Company in accordance with Section 240.13d-1(b)(1)(ii)(G).

Item 4 Ownership

(a) Amount Beneficially Owned:

See item 9, pg.2,3 and 4

(b) Percent Class: See item 11, pg.2,3 and 4

(c) Number of shares as to which such person has:

- i) sole power to vote or to direct the vote See item 5, pg.2,3 and 4
- ii) shared power to vote or to direct the vote

None

iii) sole power to dispose or to direct the disposition of
See item 7, pg.2,3 and 4iv) shared power to dispose or to direct the disposition
of None - beneficial ownership disclaimed pursuant to
Rule 13d-4

Item 5 Ownership of 5% or Less of a Class: N/A

Item 6 Ownership of More than 5% on Behalf of Another Person: N/A

Item 7 Identification and Classification of the Subsidiary Which

Acquired the Security Being Reported on By the Parent Holding
Company

(#) Capital Research and Management Company is an Investment

Adviser registered under Section 203 of the Investment Advisers Act of 1940 and is a wholly owned subsidiary of The Capital Group Companies, Inc.

(#) Capital Guardian Trust Company is a Bank as defined in Section 3(a)(6) of the Act and a wholly owned subsidiary of The Capital Group Companies, Inc.

Item 8 Identification and Classification of Members of the Group: N/A

Item 9 Notice of Dissolution of the Group: N/A

Item 10 Certification

By signing below, I certify that, to the best of my knowledge and belief, the securities referred to above were acquired in the ordinary course of business and were not acquired for the purpose of and do not have the effect of changing or influencing the control of the issuer of such securities and were not acquired in connection with or as a participant in any transaction having such purpose or effect.

Signature

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Date: January 9, 1996

Signature: /s/ Larry P. Clemmensen

Name/Title: Larry P. Clemmensen, Executive Vice President/PFO
The Capital Group Companies, Inc.

Date: January 9, 1996

Signature: /s/ Paul G. Haaga, Jr.

Name/Title: Paul G. Haaga, Jr. Senior Vice President
Capital Research and Management Company

Date: January 9, 1996

Signature: /s/ Eugene P. Stein

Name/Title: Eugene P. Stein, Executive Vice President
Capital Guardian Trust Company

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AGREEMENT

Los Angeles, California
January 9, 1996

Capital Research and Management Company ("CRMC"), Capital Guardian Trust Company ("CGTC"), and The Capital Group Companies, Inc. ("CGC") hereby agree to file a joint statement on Schedule 13G under the Securities Exchange Act of 1934 (the "Act") in connection with their beneficial ownership of Common stock issued by Avid Technology, Inc..

CRMC, CGTC and CGC state that they are each entitled to individually use Schedule 13G pursuant to Rule 13d-1(c) of the Act.

CRMC, CGTC and CGC are each responsible for the timely filing of

the statement and any amendments thereto, and for the completeness and accuracy of the information concerning each of them contained therein but are not responsible for the completeness or accuracy of the information concerning the others.

CAPITAL RESEARCH AND MANAGEMENT COMPANY

BY: /s/ Paul G. Haaga, Jr.

Paul G. Haaga, Jr.

Senior Vice President

CAPITAL GUARDIAN TRUST COMPANY

BY: /s/ Eugene P. Stein

Eugene P. Stein

Executive Vice President

THE CAPITAL GROUP COMPANIES, INC.

BY: /s/ Larry P. Clemmensen

Larry P. Clemmensen

Executive Vice President/PFO