A particle of mass $2 \,\mathrm{kg}$ is attached to one end of a light elastic string of natural length $0.8 \,\mathrm{m}$ and modulus of elasticity $100 \,\mathrm{N}$. The other end of the string is attached to a fixed point O on a smooth horizontal surface. The particle is moving in a horizontal circle about O with the string taut and with constant angular speed 5 radians per second.

Find the extension of the string.

[3]