A particle P is projected from a point O on a horizontal plane and moves freely under gravity. The initial velocity of P is $100 \,\mathrm{m\,s^{-1}}$ at an angle θ above the horizontal, where $\tan \theta = \frac{4}{3}$. The two times at which P's height above the plane is H m differ by $10 \,\mathrm{s}$.

(a) Find the value of H. [5]

(b) Find the magnitude and direction of the velocity of *P* one second before it strikes the plane. [4]