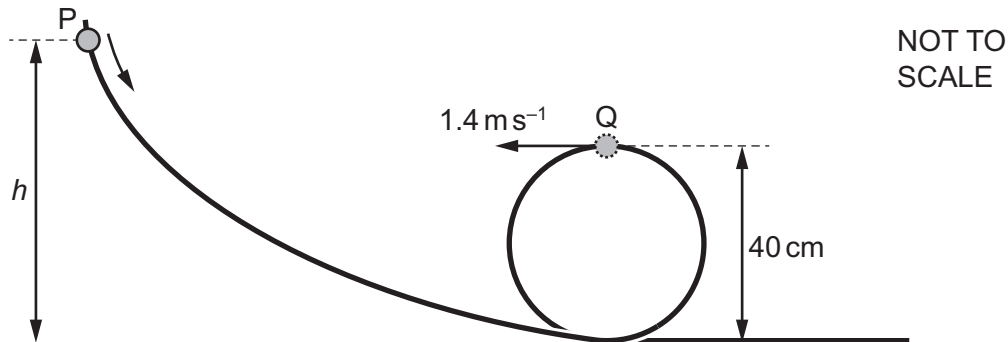


16 A bead is released from rest at point P and slides along a wire, as shown.



The track loops around and forms a vertical circle of diameter 40 cm. At point Q, the bead has a speed of 1.4 m s^{-1} .

Air resistance and friction on the wire are negligible.

What is the height h from which the bead is released?

- A** 0.30 m **B** 0.40 m **C** 0.50 m **D** 0.60 m