16 A body performs simple harmonic motion with a period of 0.063 s. The maximum speed of the body is $3.0\,\mathrm{m\,s^{-1}}$.

What are the values of the amplitude x_0 and the angular frequency ω?

	x_0/m	$\omega/\mathrm{rad\,s^{-1}}$
A	0.030	100
B	0.19	16
C	5.3	16
D	33	100

17 A pendulum bob has a speed of $0.264\,\mathrm{m\,s^{-1}}$ at the mid-point of its travel. It is oscillating along the