22 The diagram shows a hexagon $A B C D E F$.

$A B E F$ and $C B E D$ are congruent parallelograms where $A B=B C=x \mathrm{~cm}$.
$P$ is the point on $A F$ and $Q$ is the point on $C D$ such that $B P=B Q=10 \mathrm{~cm}$.
Given that angle $A B C=30^{\circ}$,
prove that $\cos P B Q=1-\frac{(2-\sqrt{3})}{200} x^{2}$

