I think you misunderstood. What people mean when they say delete everything and start again is to run the uninstallers for RenGuard and then Renegade, delete the renegade folder, and then reinstall everything in order. Sure, you can try that, but thats not what your problem is, so deleting it wont help!

The problem is that for some reason something on your computer is stopping renguard accessing its master servers. You said you disabled your firewall, but did you also check that windows firewall is turned off?

(If you already know this then sorry, but I don't know how good you are with XP so I will post it anyway)
1) go to Start -> All Programs -> Accessories -> System Tools -> Security Center
2) Click on Windows Firewall underneath the 'Manage Security Settings for:' label
3) Set it to disabled and click OK. OR add game.exe and game2.exe to its exceptions list.