Can you go into the Registry and check the value of HKLM\SOFTWARE\Westwood\Renegade\Render\RenderDeviceName is the correct name for the NVidia graphics card?

Just because wwconfig only shows the Nvidia device when that is enabled doesn't necessarily mean it's actually configured correctly and if that registry setting is wrong then the RenderDeviceIdentifier setting above it will also be wrong, which will cause the shaders.dll crash you are experiencing.