My usual suggestions as far as servers go (not in any particular order, though) are:

 Black-Cell -- A very experienced and respectful (on the whole), large, and well-equipped moderating staff to go along with good activity, a large pool of regulators, and some of the most sophisticated server-side modifications in Renegade make BC's servers perennial winners.
 Black-Intel -- A newer addition to the Renegade community for most, Black-Intel boasts a superb package of server-side mods. However, their moderating staff is rather small and Euro-centric.
 N00bstories -- Ah, yes. Crimson has put together a solid moderating staff and developed some server-side tricks for her own sleeve; however, NS is almost always F-U-L-L.
 Gamerz0ne -- If you wondered what happened to FnFall's servers, they just changed their name. A top-notch moderating staff, a large pool of regulars, and a surprisingly sophisticated server-side mod are all featured in the Gamerz0ne Network; be prepared to put up with server instabilities and the occasional cheat test, though.
 AJZServ -- Even though this server has a small moderating staff and does not draw the activity levels of, say, NS or BC, AJZ has built a very experienced and cohesive moderating staff over the years.