I never managed to find any useful tutorials on it, ended up wrestling with the renegade engine for several days trying to get it to do what I wanted.

When making my animations I opened the ones from always.dat in w3d viewer, to see how long they were (number of frames is shown at bottom of w3d viewer), and as a rough guide to how to animate it.. but then my model was a biped and more similar to the originals.